

Shampooing Hair

Purpose	The purpose of this procedure is to clean the resident's hair and scalp.
Preparation	<ol style="list-style-type: none">1. Review the resident's care plan to assess for any special needs of the resident.2. Assemble the equipment and supplies as needed.
General Guidelines	<ol style="list-style-type: none">1. Use a comb to remove any tangles before washing the hair.2. Use warm water when washing and rinsing the resident's hair.3. Place a pitcher of warm water within easy reach to ensure that you have enough water. (Note: Test water temperature for comfort on wrist or forearm.)4. To prevent soap from entering the resident's eyes, place a wash cloth over them.5. Keep the resident as warm and dry as possible. Avoid unnecessary exposure of the resident's body.
Equipment and Supplies	<p>The following equipment and supplies will be necessary when performing this procedure.</p> <ol style="list-style-type: none">1. Chair or shower chair;2. Basin of warm water;3. Pitcher of water;4. Shampoo;5. Resident's personal hair care products;6. Large basin or pail;7. Bed protector (plastic or disposable);8. Waterproof trough (shampoo tray or plastic sheet);9. Pillow (waterproof case or plastic cover);10. Bath towels (3);11. Wash cloth;12. Cup (plastic, paper, or styrofoam);13. Bath blanket;14. Hand towels; and15. Personal protective equipment (e.g., gowns, gloves, mask, etc., as needed).
Steps in the Procedure	<ol style="list-style-type: none">1. Place the equipment on the bedside stand or overbed table. Arrange the supplies so they can be easily reached.2. Wash and dry your hands thoroughly, apply gloves.3. If shampooing a resident's hair during a shower or tub bath:<ol style="list-style-type: none">a. If able, have the resident tip his or her head backward. Support the resident's neck with one hand, as possible, while shampooing. Use a washcloth folded across the resident's eyes, if requested by the resident.b. If you are unable to tip the resident's head back, have the resident lean forward and hold wash cloth over the eyes to keep soap out.c. Adjust water to a comfortably warm temperature. Test water temperature for comfort on wrist or forearm.

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**Steps in the
Procedure
(continued)**

- d. Direct a stream of comfortably warm water on the resident's hair while holding the sprayer close to the scalp and away from the resident's face.
- e. Apply selected shampoo and work up a lather. Using both hands, gently wash the hair and massage the scalp. (**Note:** Use your fingertips for this procedure. Do not use your fingernails.) This experience should be relaxing and enjoyable for the resident.
- f. Rinse hair thoroughly.
- g. Use resident's personal hair care products as appropriate.
4. If shampooing a bedfast resident's hair:
 - a. Adjust the bed to a comfortable position. (**Note:** Be sure the bed is locked in place.)
 - b. Place the chair at the side of the bed nearest the resident's head. (**Note:** The chair should be lower than the mattress and the seat should be touching the mattress.)
 - c. Place the small hand towel on the chair.
 - d. Place the large basin or pail on the towel.
 - e. Unless otherwise instructed, put small amounts of cotton in the resident's ears.
 - f. Assist the resident in a position so that his or her head will be close to where you will be standing.
 - g. Remove the pillow from under the resident's head.
 - h. Cover the pillow with the waterproof case or plastic covering.
 - i. Place the pillow under the small of the resident's back so that his or her head will be tilted back.
 - j. Place the bath blanket over the resident without exposing the resident.
 - k. Place the disposable or plastic bed protector on the mattress under the resident's head.
 - l. If a shampoo trough is used, place it under the resident's head.
 - m. If a shampoo trough is not used, make a trough from the plastic bed protector by:
 - (1) Rolling each side of the plastic sheet three (3) times,
 - (2) Place one end of the channel under the resident's head,
 - (3) Hang the opposite end off the bed into the large basin or pail.
 - n. Loosen the resident's gown or pajama top. Turn the neckband under.
 - o. Fill the small basin with warm water.
 - p. Place the basin of water on the bedside stand or overbed table.
 - q. Place the cup beside the basin of water.
 - r. Fill the pitcher with warm water for extra water.
 - s. Place the pitcher of warm water within easy reach.
 - t. Place a wash cloth over the resident's eyes for protection.
 - u. Comb the resident's hair to remove tangles.
 - v. Fill the cup with warm water from the basin. Pour it over the resident's hair. Repeat this procedure until the hair is completely wet.
 - w. Apply a small amount of shampoo to the hair.
 - x. Using both hands, gently wash the hair and massage the scalp. (**Note:** Use your fingertips for this procedure. Do not use your fingernails.) This experience should be relaxing and enjoyable for the resident.
 - y. Be sure the water is draining into the large basin or pail in the chair.
 - z. Rinse the shampoo from the hair by pouring water from the cup. Be sure the hair is completely rinsed of all shampoo.
 - aa. Use resident's personal hair care products as appropriate.
 5. Dry the resident's forehead and ears with the towel.

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Steps in the Procedure (continued)

6. Raise the resident's head and wrap his or her head with a bath towel.
7. Rub the resident's hair with the bath towel to dry it as much as possible. Leave the towel on the resident's head.
8. Take the large basin or pail of water from the chair into the bathroom. Pour the contents down the commode. Flush the commode.
9. Pour any remaining water down the sink. Rinse the sink.
10. Remove the bed or pillow protectors and shampoo trough from the bed. (**Note:** If reusable, place them into the large basin or pail.)
11. Remove the towel from the resident's head.
12. Comb and style the resident's hair.
13. Change the resident's gown as needed.
14. Remove the bath blanket and cover the resident with his or her bed linen. Make the resident comfortable.
15. Lower the bed into lowest position and place the siderails (where applicable) and the head of the bed in the appropriate position as indicated in the resident's plan of care.
16. Place the call light within easy reach of the resident.
17. Discard disposable equipment and supplies in designated containers.
18. Discard soiled laundry and linen into soiled laundry container.
19. Clean your equipment and return it to its designated storage area (i.e., bedside stand, bathroom, etc.).
20. Clean the overbed table and return it to its proper position.
21. Position the chair in its proper place.
22. Wash and dry your hands thoroughly.
23. If the resident desires, return the door and curtains to the open position and if visitors are waiting tell them they may now enter the room.

Documentation

The following information should be recorded in the resident's medical record, if indicated:

1. The date and time the resident's hair was shampooed.
2. The name and title of the individual(s) who shampooed the resident's hair.
3. The condition of the resident's scalp (i.e., any redness, scaling, sores, etc.).
4. If and how the resident participated in the procedure or any changes in the resident's ability to participate in the procedure.
5. Any problems or complaints made by the resident related to the hair care.
6. If the resident refused the care, the reason(s) why and the intervention taken.
7. The signature and title of the person recording the data.

Reporting

1. Notify the supervisor if the resident refuses the care.
2. Report other information in accordance with facility policy and professional standards of practice.