

HYGIENE

TERMINOLOGY

1. **Hygiene:** Hygiene is defined as the science and art which is associated with the prevention and promotion of health. Hygiene is science of health, which includes all the factors contributing to healthful living.
2. **Habits:** Habits are the highly automated and self-executed behavior of man. Habits can be related to physical activities or mental like those related to paying attention or thinking.
3. **Personal hygiene:** Personal hygiene implies to those principles of physical cleanliness and mental health, which are practiced by a person at individual level.
4. **Sexual health:** Sexual health is an integration of the somatic, emotional, intellectual and social aspects of sexual being, in ways that positively enrich and enhance the personality, communication and love.
5. **Mental health:** Mental health is defined as the capacity in an individual to form harmonious relations with others and to participate in or contribute constructively to the changes in his social and physical environment.
6. **School hygiene:** School hygiene or school health is a branch of community health to facilitate optimum health to schoolchildren. It also includes prevention of diseases, early diagnosis.
7. **Attitude:** It is a mental structure or framework that includes motivational, perceptual, emotional and cognitive reactions. It also manifest the individual concepts, thoughts or imaginations, which direct his behavior towards a specific direction.
8. **Adjustment:** It can be defined in the form of social process in which a person is able to develop the tendency of cooperation in his environment.
9. **Health behaviors:** It includes all those activities and actions adopted by man as a protection against diseases. The concept of health behavior includes rules of personal health, good health habits and taking preventive steps against diseases.
10. **Menstrual hygiene:** Menstrual discharge is a normal physiological process. Menstrual hygiene describes the basic elements of hygiene during menstruation to promote feeling of well being and prevention of diseases. This hygiene practices includes daily bath, keeping the genital organs clean and dry, placing a clean sanitary pads and taking proper nutrition and rest.

INTRODUCTION

The word hygiene has evolved from the Greek term '*Hygia*' which means 'Goodness of Health'. Hygiene is the science of health and includes all factors which contribute to healthful living. Hygiene is the science of health and its preservation; it also refers to practices that are conducive to good health. Good personal hygiene is important to a person's general health.

DEFINITION

1. Hygiene defined as 'the science and art' which is associated with the preservation and promotion of health.

FACTORS INFLUENCING HYGIENE PRACTICES

1. **Personal preferences:** Each individual has his own desires and preferences about when to bathe, shave, and perform hair care. Same way each individual select different products according to the personal preferences, needs and financial resources. The nurse assists the client in delivering individualized care to the client.
2. **Social practices:** Social groups influence hygiene practices and preferences. During childhood, hygiene practices are influenced by family customs and as children enter their adolescent years, hygiene practices may be influenced by the peer group behavior. During the adult years, work groups and friends shape the expectations of people and in the older adults hygiene practices may change because of living conditions and available resources.
3. **Socioeconomic status:** The type and extent of hygiene practices are influenced by a person's economic resources. The nurse determines which products/supplies, the client can afford.
4. **Health belief and motivation:** Knowledge regarding the importance of hygiene for well-being influences hygiene practices. Only knowledge is not enough. The client must be motivated to maintain self-care.
5. **Cultural beliefs:** A client's cultural beliefs and personal values influence hygiene care.
6. **Physical condition:** Certain type of physical limitations or disabilities often lacks the physical energy to perform hygiene care, e.g. a client with traction or who has an intravenous line, will need assistance for hygiene maintenance.

→ Definition

Personal hygiene defined as that the healthy practices and lifestyle helps in the maintenance and promotion of individual health physically, emotionally, socially and spiritually.

Purposes of Personal Hygiene and Protect from Disease

1. To prevent illness.
2. To promote good health.
3. To improve the standard of health.
4. To maintain quality life of an individual.
5. To promote mental well being.
6. To promote socially and spiritually health.
7. To improve the self-esteem in the society.
8. To maintain resistance and prevent from infection.

Principles of Personal Hygiene

1. Hygiene practices are learnt.
2. Changes occur throughout the life span, it also affects the health care practices.
3. Individual differences exist from one individual to other.
4. Health practices of people vary with cultural values and personal values.
5. Health practices directly influences the physical, mental, social and spiritual health of an individual.
6. Good health practices prevent entry of microorganism into the body.
7. Nature acts as a first line of defence on human health natural light and ventilation.

Factors Influences on Personal Hygiene

1. **Social practices:** Social groups influence including the type of personal care. During childhood, hygiene is influenced by family customs.
2. **Personal preferences:** Each person has individual desires and preferences about when to bath, shave and perform hair care. Individual selects different products according to personal preferences, needs and financial resources.
3. **Body language:** An individual general holds for the person. Body image is a person's subjective concept of his or her physical appearance. These images can change frequently.

When individual undergo surgery, illness or a change in functional status, body image can change dramatically.

4. **Socioeconomic status:** A person's economic resources influence the type and extent of hygiene practices used. Socioeconomic status may influence his or her ability to regularly maintain hygiene.
5. **Health beliefs and motivation:** Knowledge about importance of hygiene and its implications for well-being influences hygiene practices. However, knowledge alone is not enough. The individual also must be motivated to maintain self-care.
6. **Cultural variables:** An individual's cultural beliefs and personal values hygiene care. People from diverse cultural background follow different self-care practices. Culturally maintaining cleanliness may not hold the same importance for some ethnic groups as it does for others.
7. **Physical condition:** The nurse quickly learns that clients with certain types of physical limitations or disabilities often lack of physical energy and dexterity to perform hygienic care. A client in traction or a cast or who has an intravenous line or other device connected to the body will need assistance with hygiene.

Nurses Role in Personal Hygiene

1. Direct provision of hygienic care provides the nurse with an ideal opportunity for daily assessment of the patient's physical and emotional state.
2. The process of daily bathing, oral hygiene, care of the hair, nails and massage forms a vital part of the nurse-patient interaction.
3. The nurse should assess the needs of patients and identifying related nursing problems.
4. The nurse needs to collect further information about the patient's identified problems.
5. The nurse needs to develop an appropriate nursing care plan in terms of the data collected and relevant nursing principles.
6. The nurse has to implement the nursing care plan to provide optimum quality of nursing care for individual patients.
7. The nurse has to evaluate the success of the nursing care plan and adjusting it to meet the patient's changing needs.