Unit 4222-250 Support individuals to maintain personal hygiene (LD 206 C)

Level: **2**
Credit value: **2**
UAN: **K/601/9963**

Unit aim
This unit is aimed at those working in a wide range of settings. It provides the learner with the knowledge and skills required to support an individual in maintaining personal hygiene. It covers good personal hygiene routines and why these are important, as well as potential contributory factors to poor personal hygiene.

Learning outcomes
There are **three** learning outcomes to this unit. The learner will:
1. Understand the importance of good personal hygiene
2. Be able to support individuals to maintain personal hygiene
3. Understand when poor hygiene may be an indicator of other underlying personal issues

Guided learning hours
It is recommended that **17** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards
This unit is linked to the HSC 27, 29, 218, 219, 220.

Support of the unit by a sector or other appropriate body
This unit is endorsed by Skills for Care and Development.

Assessment
Unit must be assessed in line with the Skills for Care and Development QCF Assessment Principles.
Learning outcome 2 must be assessed in a real work environment.

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Assessment Criteria

Outcome 1 Understand the importance of good personal hygiene

The learner can:

1. explain why personal hygiene is important
2. describe the effects of poor personal hygiene on health and well-being.

Outcome 2 Be able to support individuals to maintain personal hygiene

The learner can:

1. support an individual to understand **factors** that contribute to good personal hygiene
2. address personal hygiene issues with the individual in a sensitive manner without imposing own values
3. support the individual to develop awareness of the effects of poor hygiene on others
4. support the **preferences and needs** of the individual while maintaining their independence
5. describe how to **maintain dignity** of an individual when supporting intimate personal hygiene
6. identify **risks** to own health in supporting an individual with personal hygiene routines
7. reduce risks to own health when supporting the individual with personal hygiene routines
8. identify **others** who may be involved in supporting the individual to maintain personal hygiene.

Outcome 3 Understand when poor hygiene may be an indicator of other underlying personal issues

The learner can:

1. identify underlying personal issues that may be a cause of poor personal hygiene
2. describe how **underlying personal issues** might be addressed.

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Additional guidance

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles. Learning outcome 2 must be assessed in a real work environment.

- An **individual** is someone requiring care or support
- **Factors** may include:
  - Washing
  - Showering/bathing
  - Washing hair
  - Cleaning clothes
  - Keeping nails clean
  - Washing hands after using the toilet
- **Preferences and needs** will include any particular requirements around personal hygiene determined by an individual's culture/faith/belief/religion
- **Maintaining dignity** includes
  - privacy
  - having trust on both sides
  - being professional
  - awareness of abuse
  - averting eye contact to avoid embarrassment
  - being gentle
  - being able to empathise
- **Risks** – from infection and reduction through infection control techniques
- **Others** may include
  - The individual
  - Colleagues
  - Families or carers
  - Friends
  - Other professionals
  - Members of the public
  - Advocates
- **Underlying personal issues** may include
  - financial issues
  - abuse
  - health issues