Hygiene 2.3: Diaper Changing

This video will demonstrate diaper changing procedures.

These are some of the items that you may need. Survey the environment and minimize hazards such as wet floor, loose rugs, or wires. Ensure privacy by closing the doors and drawing the curtains. Place items within easy reach. Before procedure, wash and dry your hands thoroughly. Put on your personal protective equipment. Approach the elderly gently and explain what you are going to assist her in. Assess the elderly’s readiness and alertness. If the elderly complains of giddiness or increased pain, do not carry out the care procedure. Position the elderly in supine position.

Peel off the sticky label and unwrap the front part of the diaper. Check for broken skin, pressure ulcers, bruises, or rashes. Record and report any abnormalities. Check for foul-smelling or quality urine, discharges, loose bowels, or bleeding in the bowels. Clean the genital area gently and thoroughly check the skin condition as you clean. Tuck in diaper end that is furthest away from you under the elderly's body. Turn the elderly on lateral position facing away from you.

Clean the back gently and thoroughly check the skin condition at the back for broken skin, pressure ulcers, bleeding, or rashes. Roll the soiled diaper neatly without contaminating the surrounding linen. Dispose soiled diaper properly. Remove soiled gloves and dispose appropriately. Change into a new pair of gloves.

Tuck-in protective sheet. Tuck the new diaper under the body. Apply moisturizing or protective cream on dry skin areas or bony areas to prevent pressure sores. Turn the elderly back to supine position, adjust diaper. Apply moisturizing or protective cream especially around the groin region. Fasten diaper tapes securely.

Check elderly’s response for any discomfort. Remove personal protective equipment without contaminating the surrounding. Dispose dirty clothes. Appropriately clear and store items use neatly.