



ROLE OF BODY GROOMING AND PERSONAL HYGIENE ON SURGERY OUTCOME

DR Pradeep Balmiki^{1*}, Dr Akash Jain², Govind Kushwah³ Pallavi Shrivastava⁴

^{1*}Associate Professor Surgery ABVGMC Vidisha MP India

²Assistant Professor ABVGMC Vidisha

³Assistant Professor ABVGMC Vidisha

⁴Pallavi Shrivastava Sister Incharge ABVGMC Vidisha

***Corresponding Author:** DR Pradeep Balmiki

*Associate Professor Surgery ABVGMC Vidisha MP India, Dr.pradeepkumar2011@gmail.com

Abstract

Introduction Personal hygiene and body grooming are basic personal needs. Maintaining personal hygiene when combined with body grooming it not only stop infection spread but enhances patients self-esteem that further progress the patient recovery. **Material and Methods:** This observational study was conducted at ABVG medical college hospital Vidisha MP India from oct.2024 to Dec. 2024 and included all admitted surgical patients.150 patients were enrolled in this study. **Results and Discussion:** Out of 150 patients 98 was males and 52 were females. Patients were instructed to do daily bath full or partial bath. Do brush daily and maintaining body hygiene. All patients follow the protocols and do daily bath, dental care, hare care and nail care either by self or with assistance. There was no incidence of any complication arises due to our protocol and patients were discharged with happy face and having knowledge of maintaining good body care and maintaining hygiene.

Keywords: hygiene, sanitation, grooming, infection spread, cleanliness.

Introduction

Hygiene refers to the regular practices conducive to maintaining health and preventing disease, especially through physical cleanliness. Example hand hygiene. The need for cleanliness to prevent infection and contamination applies to other areas of the body as well, although the need for cleaning is much less frequent than for the hands, which are the main point of contact for the body.

Grooming is closely related to hygiene but is not strictly the same thing. For example, while keeping the hair clean would count as hygiene, shaving and styling preferences are to do with grooming. Grooming is not as strongly associated with preventing disease, yet, both grooming and hygiene have to do with upholding a patient's dignity.

Material and Methods

This study was conducted at ABVG medical college hospital Vidisha MP India from oct.2024 to Dec. 2024 and included all admitted surgical patients.150 patients were enrolled in this study and taken consent from them.

Patients were promoted to do this care from bathing to dental care apart from giving proper antibiotics treatment and proper nutrition.

Basic adult hygiene includes oral hygiene, bathing, eliminating, shaving, brushing, and styling hair.

Result

It is a good idea to educate your patients about hygiene, facilitate opportunities to encourage hygiene and grooming practices, model appropriate hygiene and grooming for your patients, and empower patients to maintain healthy standards in their personal care. All the patients discharged with good looking face and habit of maintaining body hygiene and grooming. Introduction Hygiene refers to the regular practices conducive to maintaining health and preventing disease, especially through physical cleanliness. Example hand hygiene. The need for cleanliness to prevent infection and contamination applies to other areas of the body as well, although the need for cleaning is much less frequent than for the hands, which are the main point of contact for the body.

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Assisting patients with basic hygiene creates a personal connection between the healthcare provider and the patient and is vital to maintaining the patient's health. Patients should be allowed to assist with their hygiene to the best of their ability. Assistance may be needed for tasks such as eliminating, shaving, brushing and styling hair, oral care, and bathing. A lack of hygiene can result in many adverse effects, such as hospital-acquired infections.[1] The most important aspect of maintaining good health is good personal hygiene.

Personal hygiene which is also referred to as personal care includes all of the following:

Bathing and Showering

Hair care

Nail care

Foot care

Genital care

Dental care

Personal hygiene is keeping the body clean, and helps prevent the spread of germs. Grooming is caring for fingernails and hair examples of these activities would be styling hair, shaving, trimming and painting fingernails.

Maintaining good health also includes the following areas: Nutrition, Leisure/recreation opportunities, sleep, and exercise. As you can see, there are many factors that contribute to feeling and looking good. Feeling and looking good are important to each individual's emotional and physical wellbeing. We are unable to find any scoring system or any measures to say that these practices are helpful in early recovery but it would be helpful to stop the spread of the infection.

Methods

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Results

Out of 150 patients 98 was males and 52 were females. Patients were instructed to do daily bath full or partial bath. Do brush daily and maintaining body hygiene. All patients follow the protocols and do daily bath, dental care, hair care and nail care either by self or with assistance. There was no incidence of any complication arises due to our protocol and patients were discharged with happy face and having knowledge of maintaining good body care and maintaining hygiene.

Issues of Concern

Preventing the spread of contamination from the medical provider to the patient and vice versa is essential. When first approaching the patient, the medical professional must verify the patient's identity and review their chart. This process allows the provider to give the proper treatments and make changes based on the individual's needs. To maintain cleanliness, healthcare providers should always disinfect their hands before touching the patient. If needed, the provider can wear gloves for various procedures.

A clear and strong line of communication is needed between the healthcare provider and the patient. Patients can be embarrassed to discuss their hygiene needs, particularly when discussing elimination. Openly discussing these topics with patients can help them feel more comfortable and give the healthcare provider a detailed view of their needs. [2]

While performing hygienic tasks is important to maintain the patient's health, too much hygiene can be detrimental. For example, regularly brushing and styling patient's hair can help them maintain their self-esteem. On the other hand, excessive brushing can result in the formation of acne mechanica near the hairline. [3] Finding a balance of how frequently to assist the patient in maintaining optimal hygiene can help them feel their best.

Besides assisting with hygiene, the medical provider's attitude can influence a patient's hygiene behaviors. A study found that a caregiver's attitude towards the elderly's ability to eliminate using a toilet substantially affected the patient's ability to complete toilet elimination.[4] Being aware of a patient's limitations and maintaining an optimistic view of their ability to support their hygiene can benefit the patient.

Clinical Significance

Basic adult hygiene includes oral hygiene, bathing, eliminating, shaving, brushing, and styling hair. These may seem like basic procedures but are vital to maintaining the patient's health.

The inability to properly maintain hygienic conditions for patients can lead to many adverse effects. Patients who have suffered a stroke need assistance maintaining proper oral hygiene to prevent outcomes like aspiration pneumonia or opportunistic infections.[5] Bathing patients regularly, particularly those in the intensive care unit, can help prevent gram-negative infections.[6] Assisting patients with elimination can prevent *Clostridium difficile* infections.[7] These hygienic practices work as preventative measures to help patients maintain their health.

Before any personal hygiene procedure, the healthcare professional must decontaminate their hands and identify the patient they are treating.

Bathing and Perineal care

Assisting patients with bathing is a fundamental aspect of maintaining their hygiene. Bathing helps the patient feel clean and gain a sense of normalcy, removes dirt, perspiration, bacteria, and dead skin, and promotes blood circulation. Bathing practices may vary from patient to patient based on their personal, religious, and individual needs.

There are a few types of baths that patients may require. The first type is bathing in a bathroom, which consists of a typical shower or bath. This process is for patients who are ambulatory enough to reach the bathroom and need minimal assistance bathing themselves. Next is a self-wash-in-bed for patients who can bathe themselves but not get out of bed. This approach may also require minimal assistance. Lastly, there is a bed bath for patients who cannot get out of bed and cannot bathe themselves.

Particular attention should be taken to giving regular baths to those in intensive care units, as gram-negative infections are a major cause of mortality in this setting.[8] While some studies found that chlorhexidine bathing reduces gram-negative infections, a meta-analysis found no benefit. Follow facility guidelines when choosing a bathing method. [9],[2]

Dental Care

Dental care can be a relatively simple procedure to maintain the patient's hygiene

denture training for nursing home staff results in improved care. Thus, educating healthcare providers can benefit the patient's oral care. [10]

Hair Care

Haircare is a vital part of the hygiene routine. Having clean, well-groomed hair is important to everyone. While hair does not need washing every day, brushing the patient's hair can boost their self-esteem and prevent knots from forming

Brushing can prevent it from tangling. Brushing also distributes oils evenly along the hair shaft.

Nail Care

Nail care gives the patient a neat appearance and helps prevent them from scratching themselves and may result in local infection. Regular nail care can remove bacteria underneath the fingernails to help prevent infections. Take the time to observe the patient's nails, fingers, and toes. Note and report any swelling, thick or brittle nails, changes in nail texture, color, exquisite tenderness, or foot ulcers. Special care is necessary for a patient who has diabetes. When trimming the toenails of a diabetic patient, ensure there is proper lighting, and take special care to trim the nails in a straight line to avoid cutting the patient's foot.

Conclusion

Both maintaining body hygiene and body grooming is essential and basic human need. They not only spread infection but raises patients' self-esteem which result in faster recovery. Under developing countries are lacking in back in personal hygiene which increases the risk of personal hygiene related problems. The main benefit of practicing personal hygiene is to decrease the disease communication and improve the health condition.

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