

P14 DMH Appendix 2b

Name: Anne X		Completion Date: 20.03.17
Support Need: Getting up		Protocol No: 7
<p>Please record how decisions and choices have been made. If decisions / choices are made in the person's best interest, please record how this decision was reached.</p> <p>Tick one – please note that this can change</p>		
Has capacity and can make choices / decisions for themselves		Anne is able to make choices for herself, but please do not present her with too many options at once.
Has the capacity to make some choices / decisions for themselves	√	
Lacks capacity and decisions are made for them on a "Best Interest" basis		
<p>To carry out this protocol you will also need to read:</p> <p>Moving and handling protocol Bathing risk assessment Epilepsy risk assessment / strategies Managing Continence</p>		
<p>Intended outcome: For Anne to start her day in a positive way and to face the day feeling clean and tidy</p>		
Step by step direction	Detailed instructions	
1. Wake up	Anne likes to be woken at 9.00 and to have a drink of orange juice. Anne will help you to choose the cloths she wishes to wear that day prior to you assisting her to have her bath.	
2. Have a bath	<ul style="list-style-type: none"> • Run bath, adding Oilatum • Check temperature for scalding risk. • Ensure that Anne's towels are available x 2 - one for body and one for hair • 2 staff required to assist Anne to the bathroom using the hoist (follow moving and handling protocol) • Follow bathing risk assessment for use of bath hoist • Anne must never be left unattended in the bath as there is a risk of epileptic seizure • Anne likes to soak in the bath for about 5 minutes - Anne will tell you when she is ready for assistance • Assist Anne to wash her hair using her shampoo and conditioner • Assist Anne to wash her body using her soft sponge • Ask Anne to tell you when she is ready to get out of the bath • 2 staff required to assist Anne from the bath and back in to her room (using both bath hoist and mobile hoist) • Ensure Anne is comfortably covered by towels whilst doing this • Assist Anne back on to her bed 	

3. Getting dressed	Assist Anne to get dressed, she will have chosen her clothes before going for her bath. (See Managing Continence Protocol) 2 staff to assist Anne in to her wheelchair using a hoist
4. Hair and make up	Anne likes to have her hair blow dried. She also likes to wear make-up – this is kept in a bag on her dressing table. She will also choose the jewellery that she wishes to wear that day.
5. Breakfast	Once Anne is fully dressed and ready, assist Anne to the dining room. She does not require any special cutlery or crockery. Anne likes to have a choice of breakfast cereals and some toast and jam or marmalade for breakfast. She likes a mug of black coffee to go with this.

Example