

# *“Personal Hygiene”*

(E-Book)



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# Introduction

Hygiene is the science of health and its maintenance “Personal Hygiene” is the self care by which people attend to such functions as bathing, toileting general body hygiene and grooming. Hygiene is highly personal matter determined by individual values and practices. It involves care of the skin hair, nails, teeth, oral and nasal cavities, eyes, ears and perineal – genital areas.

It is important for nurses to know exactly how much assistance a client needs for Hygiene care clients many require help after urinating or defecating after vomiting and whenever they becomes soiled for example, from mound drainage or from profuse perspiration.

# HYGIENE

The world hygiene has evolved from the greek term “Hygeia” which means “Goddess of health”. Hygiene can be defined as, “The science and art which is associated with the preservation and promotion of health”.

The main subject areas of hygiene or health science include:

1. Personal Hygiene
2. Environmental Hygiene

Personal Hygiene is used to promote the physical and mental health of an individual. It pays attention to the cleanliness of all parts of the body like; skin, eyes, ears, mouth, hair, feet etc. while environmental hygiene is associated with the development of health level of community, it includes environment; social, physical, biological etc. Environment hygiene is greatly concerned with community, so the term community hygiene is synonymously used as environmental hygiene is interdependent or two sides of a coin.

The latest references define hygiene as that “Science of health, which includes all the factors contributing to the healthful living”.

## **Social Hygiene**

The term social hygiene is present in the field of medical sciences for last 150 years. But despite many definitions and discussions, consensus has not been arrived at its

subject matter. Generally, this word is used to denote the science related to sexually transmitted diseases. Thus the subject matter of social hygiene includes:

- I. Sexual Behavior
- II. Types of STDs/ STIs
- III. Social causes of STDs/ STIs and
- IV. Identifying those social solutions, this can be used to control these diseases.

STDs can be controlled to a large extent by finding a solution to concealed or hidden causes. These solutions include marital counseling, increase in the standard of education and living, rehabilitation of prostitutes, providing sex education. Reestablishment of moral values is also essential.

Presently, the scope of social hygiene is not limited to sexual behavior or STDs and their control, rather the term social medicine has replaced the world social hygiene. Its objective is to study man as a social animal in its total environment. The scope of social medicine includes science of social structure and functions, social pathology and social treatment etc.

## **Industrial Hygiene**

Earlier occupational health was considered to be associated with the labors working in mines and factories; therefore terms like industrial hygiene or industrial health were in use. Presently the world “Occupational health”, which is broader in meaning, has replaced these words. Its

scope is extended up to the health of labor working in all types of occupations and different aspects of health.

According to the joint committee of International Labor Organization and WHO (1950), the objectives of industrial hygiene or occupational health are:

- Protecting the labor working in all the occupations from diseases.
- Maintaining the highest standard of their physical, mental and social welfare.
- Protecting the workers from diseases and accidents caused by their working conditions and its ill effects on their health.
- Making adjustments between the work and the nature of individual.

Following activities are important for achieving these objectives:

- Making attempts to improve health.
- Special protection, immunization etc.
- Arrangements for early diagnosis and treatment.
- Providing protection against impairment/ disability.
- Regular health check-ups, maintaining health records, making arrangements for proper nutrition and health education.
- Providing rehabilitation facilities.

## **School Hygiene**

School hygiene or school health is an important branch of community health related to the health of future generation.

Objectives of school hygiene or school health services are:

- I. Facilitating optimum health to school children
- II. Prevention of diseases
- III. Early diagnosis, treatment and follow-up treatment of disorders and diseases.
- IV. Making children health conscious.
- V. Creating healthful environment in school.

School health programmes are multi dimensional. Some of these Programs associated with community nurse and health, are given ahead:

- Health assessment
- Immunization
- School health record
- Primary and emergency care
- Health education
- Diagnoses and treatment including follow-up treatment
- Nutrition services
- Taking care of mental health, eyes and teeth
- Cleanliness in school.

## **Advantages of Personal Hygiene**

- Attractive and graceful personality (physical and mental)

- Clean and infection free eyes, nose, ears, mouth, teeth, skin, hair and feet.
- Improvement in the immune system of individual for his daily activities.
- Contribution in the environmental health and environmental protection.
- Improvement in the national health level by improving the individual health level.

## **Activities to Achieve Personal Hygiene**

- Maintaining balance and co-ordination in diet sleep and exercise.
- Control on body weight (For this the standard height and weight chart can be used).
- Taking care of the cleanliness of all parts of the body.
- Following the health rules in case of medication, alcohol and smoking etc.
- Building healthy habits and following a healthy life style.
- Regular physical checkup and medical examination.
- Learning techniques of mental adjustment.
- Understanding the importance of immunization, getting immunized and taking care of methods of protection from other diseases.
- In case of illness, taking steps to prevent recurrence of disease.
- Not to be a carrier of infection for others.
- Understanding the importance of family planning.

- Getting educated about personal hygiene and keeping that knowledge up to date.
- Participating in community health programs, environmental protection, etc.

# Habits

Habits are the highly automated and self executed behavior of man. Their origin lies in focusing the attention or concentration, but they get executed automatically, without any attention or concentration, by being repeated over a sufficient period of time in similar conditions. The ability to build habits is innate in man. Habits can be related to physical activities or mental like those related to paying attention or thinking. On the basis of their merits and demerits, habits can be of two types- good or bad. Sleeping and waking up at the right time (early to bed and early to rise), regular bathing and bowing movement, studying regularly etc. are good habits, while drinking alcohol, smoking, telling lies, using foul language, abusing etc. are considered to be bad habits.

## Advantages of Good Habits

Good habits are an asset for the individual in maintaining good health. It has following advantages:

- i. Saves time and labor.
- ii. Provides a feeling of social security.
- iii. Helpful in case of diseases or emergency.
- iv. Assists in maintaining good health.
- v. Builds personality and hands over goods education, etiquette and qualities.
- vi. Presents good examples to others.
- vii. Person can achieve successes in education, work, profession and life by good habits related to thinking, reasoning, thoughts and etiquettes.

## **Difference between Habit and Addiction**

When the man becomes a slave of habits or the habits overpower his personality, they take the form of addiction. Generally bad habits gradually get converted into addiction. Its major examples are the people addicted to alcohol, smoking, heroin, opium and sedative or intoxicating drugs. An addict tries to satisfy his urge by any means. He loses his ability to discriminate between the moral and immoral values and these people knowingly or unknowingly gets involved in the crime. To get rid of addiction, it is essential to adopt a flexible attitude towards it. Following good habits and bringing change in their thinking in accordance with the environment and conditions can be useful for them. Therefore, to avoid the transformation of habits into addiction, person should have clear thinking and co-operative attitude towards forming new habits.

## **Physical care**

Various aspects of physical health are described:

### **Skin**

Skin is protective cover and an important part of the body. It has two layers namely, epidermis and dermis. Sweat and sebaceous glands are situated between these two layers. Color of skin is determined by the hereditary and racial characteristics.

### **Types of Skin**

- a) Normal skin: A skin is neither very dry nor very oily is called normal skin.
- b) Dry skin: Skin that is never moist on touching is called dry skin.
- c) Oily skin: Skin in which sebaceous glands are more active is called oily skin. Boils and pimples develop more easily on this type of skin.
- d) Mixed skin: Many people have mixed skin. Part of their body is oily (like face etc.) and remaining part is dry.

## **Care of Skin**

Skin is always in touch with the external environment. Due to this, dust, dirt, wastage of chemical substances (smoke and particles of petrol-diesel etc.), impurities etc. get deposited on skin. Along with these, solid particles, left after the evaporation of sweat also get stuck on the skin. If attention is not paid to care and cleaning of skin, then this dirt obstructs the openings of sweat glands. This may lead to boils, itching, infection or other skin diseases, ignoring the cleanliness of skin makes body emanate foul smell and with it, the functioning of skin is also affected. Therefore, it is essential to pay attention to cleanliness of skin for good health. It has following main points:

## **Care about Bath**

- Regular daily bath: In summer, cold water and in winter, warm water should be used for bath. During summer season, one can have bath twice a day, both in the morning and in the evening.
- Using soap, shampoo or any other natural substance to remove dirt.
- Paying special attention to clean those parts of the body which perspire more e.g. axilla, genitals, back of the neck and groins etc.
- Rubbing the body with wet towel (it opens the pores of body).
- Everyone should have a separate towel.

## **Care about Clothes**

- Wearing clean clothes everyday.
- Wearing clothes according to the season.
- Special attention should be paid to the cleanliness of under garments.
- When wearing clothes made of silk, nylon, terrylene etc. one should know about the allergy of skin, they may cause.

## **Use of Cosmetics**

- Avoiding unnecessary use.
- As far as possible, natural cosmetics should be used on skin.
- Talcum powder or any other body spray may be used as deodorant.

## **Types of Bath**

Bath is very important for personal hygiene. Along with being essential for cleanliness it is also very beneficial for skin and internal organs. How should one take bath? This depends upon the habits, rituals, customs, their importance and necessity and availability of source of water or articles needed for bath.

## **Others**

- Taking balanced diet (for healthy skin).
- Use of repellent cream (as odomos) or mosquito net etc. (to protect on against malaria, filarial and skin from insect bites).
- Removing hair from genitals.
- Massaging the skin twice a week.
- Providing health education, related to care of skin.

## **HAIR**

Conditions of hair (like tat of skin) tell about the general health of person. Cleanliness of hair is directly related to his being settled and healthy. Long, shining and thick hairs are the symbol of the beauty of a woman. Clean and combed hair impresses other also.

## **Factors Affecting Hair**

## **1. Infections of scalp and Hair**

Scabies, ringworm, lice etc. can be found in hair and scalp. Similarly if not treated properly or in time, dandruff can also be the cause of infection of scalp, which have an adverse effect on the health of hair.

## **2. Ignoring the Cleanliness of Hair**

This includes:

- Presence of dust, excessive oil, perspiration etc. in hair.
- Irregular bath and inadequate cleaning of hair.
- Using dirty water and poor quality/ improper soap for bath.
- Not massaging the head.
- Using harmful substances on hair.
- Unavailability of fresh air and sufficient light to hair.

## **3. Dandruff**

This is the major problem that affects the hair. Dandruff is actually excessive scaling off of the scalp skin. This stimulates the infection. Dandruff is the major cause of baldness, thinning and falling of hair.

## **4. Low level of Nutrition**

Imbalanced diet affects the health of hair. Deficiency of vitamin B group, in the diet may be responsible for the thin, spares and falling hair. Hairs lose their sheen due to lack of nutrition.

## **5. Physical and Mental Conditions**

- Falling of graying of hair is normal in ageing people but as an exception young people have also been found to be suffering baldness.
- Hair falls due to poor health and diseases.
- Endocrine abnormalities and hormonal imbalance also affect the distribution, health and growth of hair.
- Other major causes of immature graying and falling of hair are worries, mental illness, suffering and depression etc.

## **6. Damaging the Hair**

- Combing wet hair.
- Pulling hair or plate of hair.
- Scratching the head with nails.
- Using fast acting and harmful shampoo, soap, oil, dye and other articles in hair.
- Arranging hair with sharp-toothed comb, roller or brush.

## **Care of Hair**

Following facts are important in taking care of hair and keeping those healthy:

## **1. Cleaning of Hair**

Cleanliness of hair can be obtained by improving the level of personal hygiene. This includes:

- Washing hair with clean and lukewarm water.
- Using those shampoos, soaps and conditioners, which do not remove the natural oil.
- Giving oil massage to hair.
- Protection from excessive oil and avoiding frequent change of oil.
- Protect hair from dirt, dust etc.
- Everyone should use separate comb and brush.
- It is essential for men to wash their hair everyday and woman twice a week.

## **2. Prevention against Dandruff**

- Protect hair from dust, dirt and excessive use of oil.
- Use of the appropriate shampoo after consulting the physician. Selenium sulphide shampoo should be used carefully. Eyes should be protected while using it.
- Oil massage, steam treatment also prevents dandruff.

## **3. Treatment of Scalp's Infection**

Early diagnosis and treatment of scalp of infection is essential. Similarly, lice infestation should also be treated without any delay. For these antilice shampoos as nycil, DDT powder (10%) etc. can be used.

## **4 Improving the Nutritional Status**

Diet should be balanced and rich in vitamin B group. Good nutrition is the basis of good health and healthy hair.

## **5. Other Methods of Care**

- Protect hair from getting hurt.
- Avoid mental tensions.
- Men should shave themselves instead of going to a barber.
- A lot of precaution should be taken while using dye.
- Hair should be dried in light and open atmosphere. Then combing should be done.
- Consulting the skin and hair specialist as per the need.

Thus, it can be concluded that to keep hair healthy their cleanliness, protection against dandruff, controlling the infection and paying attention to personal hygiene are essential.

## **Oral Hygiene**

Cleanliness and care of oral cavity is known as oral hygiene. According to National Oral Health Survey Reports (2004), more than 80% adult and 60% adolescent (at the age of 15 years) have dental disorders. The gum diseases were also found at a higher rate. It vindicates the importance of oral hygiene. Cleanliness of oral cavity implies healthy and strong organs of oral cavity. It is essential to know different parts of oral cavity to have good oral hygiene. Following parts surrounds it:

- Lips in front
- Pharynx at the back.
- Cheeks in the side.
- Palatine bones above it.
- Mandibles at the bottom.

This cavity has tongue, teeth, gums and opening of salivary glands. Generally speaking, oral hygiene is associated with keeping teeth-gums and tongue, clean and healthy. Since most of the infections enter the body through mouth and unhealthy mouth is the ideal place for growth of organisms, oral hygiene can prevent a large number of diseases. Also, cleanliness of mouth indicates improvement in general health.

## **Care of Teeth**

Healthy, clean, strong and good teeth are like valuable possession. Therefore, attention should be paid to the following points for cleaning and taking care of teeth:

## **1. Proper Cleaning**

- It is essential to clean the teeth minimum twice a day. It will be appropriate to properly gargle or brush the teeth, after every meal.
- Teeth should be brushed in such a manner that it reaches all the five surfaces of teeth; internal surface, left and right surface, lower and upper surfaces, to clean them properly.
- Brush should neither be very hard nor very soft. Brush should start from gums and move towards enamel.
- Tooth paste should be selected carefully. Using a “Neem” or “Babool” twig is best.
- Tongue should also be cleaned.
- Mouth should be properly cleaned by doing gargles.

## **2. Regular Check-up**

One should get his teeth regularly checked –up by a dentist, twice a year, from childhood to middle age.

## **3. Health Education**

Information about care of teeth causes of dental diseases, and protection against them should be given. This kind of health education should be given right from the beginning, as apart of school health programme.

## **4. Use of Fluoride**

Fluoride stops dental caries. Therefore .5 to .8 mg of fluoride must be present in 1 ltr of water. For this, toothpaste containing fluoride can also be used.

## **5. Appropriate nutrition**

Liquids and vitamin C should be consumed in sufficient quality and pastries, chocolate, chewing gum; sugar and sweets etc. should be used carefully. Similarly, sufficient intake of cucumber, apple, carrot and 'salad' etc. is essential to keep teeth and gums healthy. These are called natural toothbrushes. Nutrition diet is also desirable for strong teeth.

## **6. Safety of Denture**

Dentures should be removed after eating food and cleaned with brush. They should not be put in boiling water. These should be removed while sleeping and should be kept in any cleaning agent or solution of baking soda.

## **7. Developing Healthy Habits**

- Feeding bottle or soothers should not be given to children before going to bed. This

stimulates dental caries. This dental disease is called “Baby Bottle Syndrome”.

- It is necessary to give – up the use of beetle leaves, tobacco, beetle nut and smoking etc. for the cleanliness of mouth and healthy teeth.
- Healthy habits about teeth should be developed from the childhood itself.
- Sweets should not be consumed before going to bed, if used then proper brushing, of teeth and gargles is necessary before sleeping.
- Cardamom or oral wash can be used according to the need.

## **EYES**

Healthy eyes are essential for the proper and overall development of a person. Eyes are also called “Window of knowledge” and mirror of soul. Eyes shine in happiness, become moist in worry and pity, dull when the person is tired and hard in anger or hate. Eyes are the image of mental and physical health. Therefore, it is essential to pay attention to the diseases affecting eyes.

### **Eye Diseases**

#### **1. Infections**

- Conjunctivitis

- Trachoma
- Stye or Hordeolum
- Blepharitis, etc.

## **2. Eye injuries**

These include ulcers of sclera, corneal ulcer, bleeding and other injuries of eyes.

## **3. Diseases Due to Malnutrition**

- Exophthalmia
- Night blindness

## **4. Refractive Error**

- Near sightedness or myopia
- Farsightedness or hypermetropia

## **5. Other Eye Disorders**

- Eye Flu
- Cataract: Age, injury, systemic disease etc. may be the causes of it.
- Glaucoma
- Ophthalmia neonatorum.

If the above mentioned conditions and diseases are not treated in time or the eyes are not protected against these, than these may lead o blindness or refractive error.

## **Care of Eyes**

Early diagnosis and treatment, good personal health, good nutrition, control on flies and other insects, and essential for healthy eyes. Following care is required for the cleanliness and protection of eyes:

### **1. Prevention of Infections**

Diseases like trachoma, conjunctivitis, blepharitis etc. may be caused by infections. For the protection against infection:

- Immediate attention should be paid to redness in eye, pain or any discharges from the eye.
- Putting infected and dirty clothes, handkerchief, towel and a part of saree, etc on the eye, should be stopped / discouraged.
- Good personal health building good habits arly diagnosis and treatment of diseases are essential. Conjunctivitis and eye flu etc. can take the from of epidemic. Therefore, proper attention and care is essential.

## **2 Safety of Eyes**

This includes protecting eyes from injuries and tensions.

### **Protection from Injuries**

- While playing games like cricket, gillidanda, bow and arrow etc. attention and care is needed, especially children should be watched over.
- Firecrackers and fireworks on diwali and color and spray of water on holi, can be harmful for the eyes; therefore one should be careful while using them.
- While traveling, eyes should be protected from harsh blow of air, dust, splinters etc.
- Similarly eyes should not be rubbed if a foreign body like mosquito or any other insect has fallen in it. Eyes should be washed with clean water and the physician should be consulted if the foreign body doesn't come out after it.
- Workers of industry like welding etc. where eye injuries are possible, should wear protective glasses.

## **3. Balance Diet**

Malnutrition is the major cause of many eye diseases. These include diseases caused by deficiency of vitamin A i.e. xerosis and night blindness, therefore food items rich in vitamin A should be included in diet: like green leafy vegetables yellow fruits, egg, milk, butter etc. other

than these, as precautionary measures, solution of vitamin A or capsules should be given to the preschool children, it should be given in a dose of 2,00,000 units, twice a year.

## 4. Regular Eye Examinations

Following points are essential for examination:

- In case of complaints like watery discharge from eyes, pus collection in eyes, swelling or pain in eyelids, blurred vision, spots beneath the eyes, headache dizziness and eye fatigue etc. ophthalmologist should be consulted.
- In case of quirt, co-ordination of eyes, exercisees or operation should be advised.
- For refraction related diseases. Timely diagnosis and treatment is necessary. According to age groups, regular eye examination should be conducted in the following manner:

Up to 10 years	-	Every year
40 years	-	Once in 3 years
After 40 years	-	Once in every 2
years		(along
with checkup for glasses)		

- Incase symptoms of a disease are noticed, eyes should be examined immediately.

## 5. Care of Newborn's eyes

The natural body defences in a newborn child are not much. Therefore , (i) during delivery, (ii) at the time of giving bath and (iii) by use of dirty clothes, their eyes may be taken to protect the child against infection of eyes, while giving bath and cleaning him. Eyes should be cleaned with sterile wet cotton. Ophthalmologist should be consulted, in case of discharge. According to the standing orders or the advice of doctor, eye medicine should be put in the eyes of the child.

## **EARS**

Ear is a significant sensory organ among the five senses, by which we hear the sound. Other than hearing, ears are also responsible for the balance of body. Ears contribute a lot in getting protection, success and pleasures in life. So, we should know about the common disorders of ears and their signs and symptoms.

### **Ear Disorders**

#### **1. Earache**

Possible reasons of earache are:

- Local infection: infection of throat or nose easily spreads to middle ear and nose birth to diseases like otitis media.
- Foreign bodies: foreign bodies like: insects, pieces of stone, wood, chalk pencil, seeds, alpine, etc. may enter the ear and may be the cause of earache.
- Cerumen or earwax: presence of earwax in the ear and its hardness may cause earache.

## **2. Ear Discharge**

This discharge can be thin and watery, thick and purulent or bloody. It may have following reasons:

- Infection of middle ear: fungal or viral infection of the ear.
- If foreign body remains in the ear for long time or begin to decay there.
- Boils in the ear.
- Ear discharge is also noticed, if mother feeds the baby while laying down.
- Bleeding (this is a sign of internal ear or brain injury).

## **3. Deafness**

Deafness is course, its possible causes are:

- a. Congenital defect.
- b. Excessive sound pollution.
- c. Injury to eardrum.
- d. Delayed treatment of ear diseases etc.

## **4. Vertigo**

Dizziness or vertigo can also be a sign of ear disorders. In this, the person feels as he is walking in circles or the surroundings appear to be whirling around him. These are actually indications of the disease of cerebellum or nervous disorder of ear.

## **Care of ears**

It is essential to pay attention to following point for the cleanliness, protection and care of ears:

### **1. Cleaning of Ears**

- As far essential to pay attention to following points for the cleanliness, protection and care of ears:
- Generally, cerumen protects the eardrum from external substances and dust etc. but if it accumulates in excess it becomes hard. It may cause earache or partial deafness. therefore,
  1. -use of olive or mustard oil, glycerin, liquid paraffin etc. can dissolve cerumen. Then it can be easily removed from the ear. Medicines are also

available for this, in the market, -ENT specialist should be consulted, in case cerumen could not be pulled out of the ear. Using ordinary methods.

2. -syringing can also be used under medical supervision, though these days this technique is rarely used for removing cerumen.

## **2. Early treatment of nose and throat infections**

Nose and throat infections easily reach to ears, therefore disease of nose and throat like cold, cough, sore throat, rhinitis etc. should be treated properly and in time.

## **3 Protections against Sound Pollution**

Ear can bear the sound of 140 dB (maximum bearing the capacity) while the sound of more than 85 dB begins to hurt the ear, which may damage the eardrum and increase the blood pressure. As compared to rural areas, problem of sound pollution is more severe in cities. Noise makes a person irritable therefore loudspeakers, horn etc. Should be controlled and the person should stay away from loud sounds and noise as far as possible.

## 4. Other Measures

- Foreign bodies like pencil, hairpin, safety pin, and matchsticks etc. should not be put into the ears.
- Ears should be protected from insects, mosquitoes, ants etc. Clean water can be poured in the ear to be being to kill them. Clean water can be poured in the ear to living these out; spirit can also be used to kill them.
- Water should not go into one's ear while having bath swimming (especially in river and pond water).
- Ear should be protected from injuries.
- Earplugs can be used as per the need.

## HANDS

Hands are the symbol of man's activity and totality. Healthy hands not only increase the physical beauty but these are also necessary to fulfill all types of human need. Utility of hands in the field of medical science and nursing is beyond doubt. Hence, it is very important to know about the cleaning of hands. Some as aspects of cleanliness of hands are given here:

### 1. Prevention against Infection

Hands and nails may get infected, if not washed promptly after coming in contact With edibles, equipment, clothes etc. and after urination or defecation, Disease Causing bacteria (Pathogens) can enter the

body and give birth to disease, if anything is eaten with these infected hands. Infections get transmitted to other People through dirty hands. Thus, it is essential to keep one's hands clean to Protect him and others infections.

## **2. Prevention from Nosocomial Infections**

Cross- infection may spread during hospitalization through any medical or nursing process by infected hands. Therefore cleanliness of hands is essential to protect other patients and hospital staff from nosocomial infections.

## **3. Beauty of Hands**

Healthy and clean hands are symbol of beauty and attract others.

## **4. Mental Satisfaction**

Many people experience mental satisfaction by cleaning and washing hands before beginning and religious and pious rite.

## **5. Health Education**

Cleaning and washing of hands is an important step in health education. Therefore, it is essential to interpret the significance of clean hands in community.

## **Articles Required for Hand Washing**

- Appropriate soap, in a soap case. (if bacteriostatic soap is used, then it takes less
- time to clean hands). Soap solution or antiseptic lotion may be preferred.
- Nail cutter and nail brush.
- Water tap or a pot of clean water.
- Bucket or tub (to collect dirty water) or proper drainage system.

## **Methods of Hand Washing**

1. Nails should be cut short.
2. Jewellery, wristwatch, bangles, rings etc. should be removed.
3. Open the tap and wet forearms and hands.
4. Flow of should be from less infected part to more infected part means, it should flow down from elbow.
5. Apply soap or solution and rub it properly on every finger and the space between fingers. Palms should be rubbed.
6. Brush should be used to remove dirt and filth from inside the nails.
7. Rinse your hands clean by letting the water flow from elbows to hands.
8. Again apply the soap or solution and repeat the complete process of cleaning the hands, so as the cleanliness of hands can be ascertained.

9. Wipe hands from elbow to hand, using a clean or sterile towel.
10. Keep the towel aside.
11. To avoid contamination ask an assistant to turn off the tap or use a paper napkin for it.

(Note: More time and different method is employed for surgical hand washing).

## **Conditions Related to Feet**

Feet are an important part of body. Given below are some conditions related to feet:

### **1. Diseases Spreading through Feet**

Some diseases spread through the skin of feet. Hookworm is the most prevalent of them. If the person walks barefoot through the muddy field that also contain human excreta or defecates barefoot, then hookworm may get transmitted in this through his feet's skin.

### **2. Local Diseases of Feet**

These include:

- Yaws or infection of the skin of feet.
- Athlete's foot: A fungal infection between the toes of foot.
- Thickenings of skin or corn.

- Congenital diseases like, clubfeet and calipees.
- Madura foot.
- Hyperidrosis: Excessive perspiration in feet.
- Bromhidrosis: In these diseases feet not only perspire but also emanate foul smell.

### **3. Systematic Diseases Affecting Feet**

- **Filaria:** This affects the legs and feet of the person.
- **Leprosy:** This creates the wounds in the feet of the patient, and toes may decay as well. This deforms the feet.
- Similarly, in the case of heart and kidney diseases, feet may develop swelling.

Other conditions affecting feet include improper alignment diseases of nails or not protecting and care of feet.

## **Care of Feet**

### **1. Protecting Measures**

- Shoes and socks are used carefully.
- Right fitting shoes should be used. They should be sufficiently broad. All the toes should fit straight and flat in it.
- Sole of shoes should not be torn out. Heels should be sufficiently high.

- Slipper or shoes should be comfortable when wore for the first time. It should not bite develop blisters.
- Shoes should be airy and absorb perspiration.
- Chappals or sandles can be more comfortable in summer. Similarly, it is necessary to select proper shoes in rainy season also.
- Socks should be clean and dry, and necessary to clean and change them daily.
- Feet may get damaged or injured by walking bare foot. In such conditions, immediate treatment is must.
- Incase of cuts or bruises, mild antiseptic cream be as first-aid.

## **2.Methods of Cleaning the Feet**

- Every morning and evening, feet should be washed with clean water.
- Incase of cracks, milk cream or wax should be used. Any cream can also be used consulting the physician.
- Massaging toes and the space between them with of and doing exercise for feet should be kept free from dust dirt and fifth.

## **3.Safety of Legs from Diseases**

- Mosquitoes should be controlled to prevent filarial.

- Early diagnosis should be leprosy.
- Systemic diseases should be cured in case of swelling of feet. Pillow should be kept under the feet in these patients.
- In case of hyperhidrosis and bromhidrosis process like cleaning feet with soap and water every morning and evening, using boric acid mixed talcum powder, and dipping the feet in a dilute solution of formalin for 15 minutes, are used.

#### **4. Other Measures**

- For protection against hookworm, the habit of defecating in the open sanitary latrines should be used.
- When tired, add a little salt in lukewarm water and dip feet in it for some time.
- Early morning walk on grass is also beneficial.
- Diabetics must be more alert about feet care.
- Podiatrist should be consulted for diagnosis and treatment of feet disorders.

## **REST AND SLEEP**

For the maintenance of health Rest and sleep complement each other. These can be defined as:

***Sleep:*** Sleep is subjective or personal need that provides the person, a feeling of rest or relaxation.

**Rest:** Rest can be expressed as the condition of reduced labor whether it is physical, mental or both. These two are related to each other but they are not similar or equal, although rest induces sleep and gives rest.

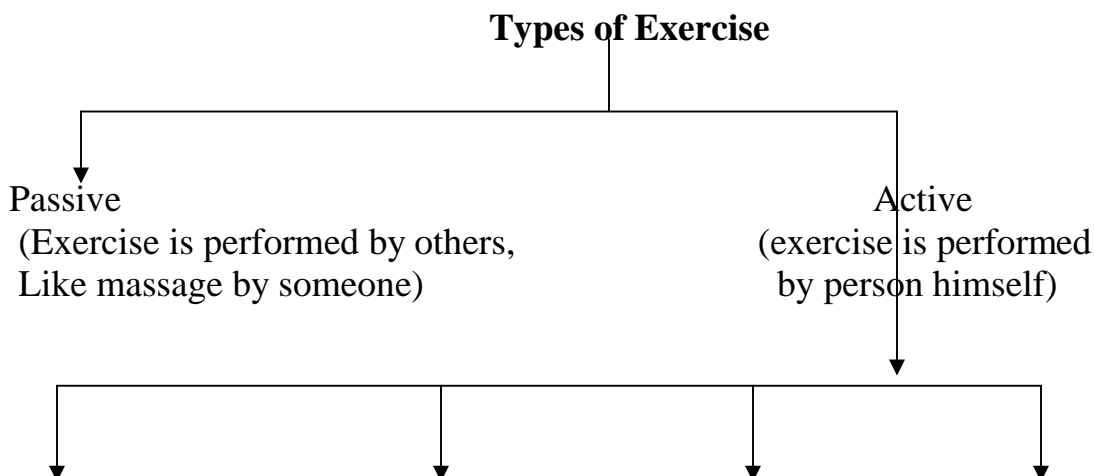
## **Some Techniques for Rest Sleep**

- a. Place of rest and sleep should be free from noise, well ventilated and without barriers or hindrances.
- b. Bed clothing should be clean, and free from creases.
- c. Pillow and other devices of comfort should be used with tact and according to need. Pillow should not be more than 4 inches in thickness.
- d. Room should be dark while sleeping. A night lamp or lamp with a shade on it can be kept switched on.
- e. It is essential to have regular sleep habits, 'Early to bed early to rise' is necessary for good health.
- f. Mental worries, anxieties and emotional disturbance should be kept aside while going to bed.
- g. A light head massage and bath with warm or cold water, (as per the season), facilitates good sleep.
- h. Dinner should be light and nightdress loose and appropriate.

- i. Light entertainment, light music exercise and reading a book before going to bed etc. also facilitate good sleep.
- j. As far as possible, drugs should not be used to induce sleep and certainly not without consultancy a doctor.
- k. Use of mosquito nets and keeping the face uncovered while sleeping help in getting good sleep.
- l. Shavaasana (Yoga) and relaxation exercise, before going to bed also facilitate good sleep.

## EXERCISE

The objective of exercise is to promote proper and harmonious development of the whole body. Exercise also helps in correcting physical deformities. As a machine becomes rusted if not used, similarly the body also begins to loose strength in case of insufficient in developing the health of an individual. Exercise can be defined as “The physical or to correct the physical deformities of the body”.



Strength  
Exercise  
(Weight  
Lifting)

speed  
exercise  
(running)

Dexterity  
exercise  
1. Boxing  
2. Shooting

endurance  
exercise

Yoga

Recreation  
1. Swimming,  
2. Games,  
3. Walking, etc.

## RECREATION

Word “Recreation” has two parts, recreation. Which means rebuilding or regeneration? It includes all those activities of relaxation and amusing oneself, which revive agility, freshness relaxes both mind as well as body. Selection of recreational activity depends upon the person and the availability of resources.

### **Benefits of Recreation**

- Reduces mental tension.
- Reduces physical stress and fatigue.
- Provides energy and freshness.
- Facilitates recovery from diseases.

- Increases vitality, enthusing and ability to work, along with life expectancy.
- Diversion or recreation therapy is used to cure many mental diseases.

## Types of Recreation

Recreation activities can be grouped broadly. In the following manner:

Active Recreation	Passive Recreation
Recreation that includes physical activities of the individual, e.g.	Recreation that negligible or minimum physical activity, e.g.
<ul style="list-style-type: none"> <li>• Exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Reading • Listening Music</li> </ul>
<ul style="list-style-type: none"> <li>• Indoor games e.g., Chess, carom, table tennis etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Watching television or cinema</li> </ul>
<ul style="list-style-type: none"> <li>• Outdoor games e.g. Football, kabbadi, cricket etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Listening story • Reading letters</li> </ul>
<ul style="list-style-type: none"> <li>• Literary work according to interest e.g. writing letter writing etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Talking on phone</li> </ul>
	<ul style="list-style-type: none"> <li>• Enjoying the work of art like painting etc. or admiring the beauty of nature.</li> </ul>

## POSTURE

Posture is another name for the position of body. Good posture gives impression of a dynamic and energetic personality. Good posture helps in proper functioning of

the different system of body with minimum utilization of energy, while a poor posture not only causes fatigue but also makes the joints, nerves and the muscles of the body tense.

## **Causes of Defective Posture**

- Substandard nutrition / Malnutrition.
- Chronic infections.
- Defective bones.
- Hearing or sight problems.
- Emotional maladjustment.
- Improper furniture.
- Tight clothes.
- Shoes with defective heels.
- Diseases like polio, TB PCM, rickets, springs etc.
- Weak muscles.
- Using appliances with lot of foam, springs or poor quality steel springs.

## **Deformities Caused by Defective Posture**

- Kyphosis or humpback
- Lordosis
- Pot belly
- Stoop shoulders
- Bending head to one side, etc.
- Scoliosis

- First Chest.
- Stiff neck.

## **Correct Alignment in Different Conditions**

### **(i) Correct Standing Posture**

Try to stand straight. Head is balanced on shoulders, hips and ankles, Chest is held high and abdomen is flat and shrunken. Feet are parallel and at a distance of 3 inches. One foot is slightly ahead of the other. In this condition the stress is also minimum.

### **(ii) Correct Sitting Posture**

Head and trunk should be in the same position as while standing. Hips should be at right angle from the trunk of the body and touching the back of the chair. Knees should be bent and form right angle with the lower part of the leg. The weight of body should on the lower part of the pelvic bone. Feet should be flat on the floor and parallel to each other.

### **(iii) Condition while Bending**

While bending, foot should be placed slightly ahead of the other and then one should bend the knees and the hips. Also, while picking up or lifting something, knees

should be bent but unnecessary bending should be avoided.

#### **(iv) Correct Posture while Sleeping**

Bed should be hard, smooth and flat. Posture should give complete rest to the person while sleeping. Bed should not be very high. One pillow can be placed under the knees.

### **Methods to Maintain Good Posture**

- Maintaining good physical health.
- Early diagnosis and treatment of physical deformities, diseases and weaknesses.
- Using the right kind of furniture.
- Using the right kind of clothes and shoes different conditions.
- Paying attention to correct alignment in different conditions.
- Building healthy habits since childhood for correct posture.

## **SEXUAL HEALTH**

Sexual health is an essential aspect of human health. It is impossible to obtain optimal health if sexual health is neglected. Similarly, sexual health is a part of psychosomatic disease. Sexual health is closely related to other aspects of health.

To get information about sexual health is an important part of nursing assessment. While getting information about sex, respectability confidentiality and feelings of the person concerned, should be given full consideration.

## **Characteristics of Sexual Health**

The following are the characteristics of a sexually health person:

- Experience and knowledge about human sexuality and sexual feeling.
- Have a positive attitude towards body image.
- Suitable behavior with reference to biological sex, gender identity and gender behavior.
- Conscious about one's own sexual feelings qualities.
- Capable of physical and psychosexual responses.
- Accepts the responsibility of sexual pleasure and reproduction.
- Maintains balance between lifestyle and sexual behavior.
- Keeps healthy and comfortable attitude towards and different types of sexual behavior.
- Capacity to develop effective interpersonal relations with both sexes.

## **Sexuality and Indian Culture**

Indian society had been a meeting point of different cultures. Indian culture has assimilated many other cultures; we can see many attitudes towards sexuality also.

On one hand in our culture, sex is not considered as a subject for general discussion and variations are also found regarding sex education. But on the other side, there are ample references about sex in our religious texts and historical books. Courtesans giving sexual training to princes, custom of female beauty, giving much importance to female beauty, giving much importance to sexual intercourse in Vatsayan's Kamasutra, all are striking examples of this. This different system of marriage, also show the variety of sexual behavior. Many views are available regarding beauty and nakedness. Similarly is ancient literature much importance is given to sexual education and behavior. In fact a lot of variation regarding sex can be found in Indian culture. At present, some main constraints found regarding sex in Indian society are given below:

- Following the rules regarding marriage.
- Accepting monogamy as the ideal.
- Erroneous or mistaken ideas regarding masturbation.
- Exposing (nakedness) in considered bad.
- Considering open sexual behavior like; kissing and embracing, against morality.
- Feeling of hesitation regarding sexual diseases, sexual literature etc.
- Considering pre martial and extra marital sex as immoral.

This is to be remembered that Indian society is passing through a period of change in matters relating to sex and sexuality. The following factors are playing an important role in changing the sexual behavior in Indian Society.

- Fashion, exhibition of beauty by models.
- Beauty competitions of females and males.
- Low standard sexual literature.
- Exhibition of female body and nakedness in advertisement and serials, etc.
- Blue films/ pornography.
- Surfing, chat show and obscene websites through internet on the computer.
- The thrill of following western culture, foreign tours and /seeing sexual freedom existing there during travels.
- Fear of AIDS/ HIV infection.
- Impact of friendship circle.
- Different sex scandals.
- Glorification of sexual crimes or stories.

While providing nursing care to patient about human sexuality, nurse should avoid encounters and conflicts in her own views, values and concepts regarding sex and the sex culture of the patient. Nurse should respect the patient's differences regarding matters of sex.

# **Sex Education**

It is clear that sex affects most of the activities of life. Hence, it is essential to provide sex education along with general health education. In Indian context, sex education is more important because in India even today, sex is not a subject of open discussion or a part of general education. Sex education is also understood as family life education.

## **Contents of Sex Education**

1. Knowledge of male and female reproductive system.
2. Puberty and related problems.
3. Attrition towards opposite sex and healthy attitude/ positive view.
4. Conception and sexual behavior during pregnancy.
5. Common sexual acts and behavior, stages of sexual development.
6. Sexual abnormalities and dysfunctions.
7. Cultural pattern, social; regulation, religious sanctions, constraints and laws related to sexuality.
8. Selection of life partner, family counseling, reproduction.
9. Contraceptives and family planning.
10. Population problem.
11. Breast self examination and testes self examination.
12. Sexually transmitted diseases.
13. Sexual behavior during different stages of life.
14. Menopause.

## 15. Sex counseling.

### **Objectives and Importance of Sexual Health and Sex Education**

- To remove misconceptions, superstitions and wrong ideas regarding sex.
- To increase and develop sexual health
- To develop positive thinking about sexuality.
- To provide information regarding sexual behavior and sex identity etc.
- To remove sex discrimination and develop healthy relations between men and women.
- To achieve the objective of optimum health through sex education and good sexual health.

### **Sex Therapies**

Several methods may be employed for treatment of sexual problems and to provide sexual health care. The method of treatment should be selected according to the type of sex problem, mental, social state of the patient, age, environment, etc. the following types of treatment are included in sex therapy:

#### **1.Somatic Therapy**

In this treatment of diseases, injuries a physical anomalies affecting sexual health are included. These are:

- Medicinal treatment
- Treatment of sexually transmitted infections
- Hormonal treatment
- Rehabilitation
- Surgery

## **2. Psychological Therapy**

The following systems of treatments are used in this:

### **1. Behavior therapy**

Person's sexual behavior and attitudes are changed through this. He is motivated towards healthy sexual behavior.

### **2. Psycho-analysis**

Psycho-analysis is useful in finding out the causes of excessive fantasies and sex imagination.

### **3. Hypnosis**

By proper use of hypnosis, sexual tension can be reduced and patient's sexual tendencies can be changed in healthy direction.

### **4. Psychotherapy**

In this, with the help of implicit expression and audio visual aids, sexual treatment is provided to person. Sexual treatment may be provided along with the general treatment, but for sexual therapy, proper place,

environment and sensitive behavior are required. Sex clinics are proper places for providing sexual treatment, similarly, treatment should be provided to the sex partner also, if infected.

## **Sexually Transmitted Diseases/ Infections**

Sexually, transmitted diseases are component of family health and social problems. Community health nurse is an important member of the health team. Hence, she should have full knowledge of sexually transmitted diseases.

A person's

- I. Sex act
- II. Sexual behavior
- III. Personality and sex identity, and
- IV. Prostitution or extra- marital relation
- V. Privacy, and
- VI. Morality,

All are closely linked with sexually transmitted diseases.

Hence, in Indian context, to get information about sexually transmitted diseases and to control them is a complicated matter or complex problem. Yet because of the widespread propaganda regarding this in media and means of communication and also the increasing fear of AIDS are bringing changes in the situation.

The important sexually transmitted diseases in India are syphilis, gonorrhoea, chancroid, pelvic inflammatory diseases, candidiasis, herpes proies, HIV infection and AIDS etc.

## **Functions of CNH in control of STIs/ STDs**

In the clinic, during home visits or in the community work, community health nurse should pay full attention to prevent and control sexually transmitted diseases.

The role of community's health nurse in the control of sexually transmitted diseases is summarily given ahead:

- Detecting cases or persons suffering from sexually transmitted disease.
- Identifying and diagnosing of sexually transmitted diseases.
- Providing counseling and guidance to the patients.
- Giving sexual health education.
- Paying more attention to personal presentation.
- Monitoring for controlling sexually transmitted diseases.
- Fulfilling the responsibility in national programme, for controlling sexually transmitted diseases including AIDS control.

## Conclusion

Hygiene care is very necessary for our daily routine from morning to night. Early morning care is provided to clients as they awaken in the morning. This care consists of providing a urinal or bedpan to the client confined to bed, washing the face and hands and giving oral care. Morning care is often provided after clients have breakfast, although it may be provided before breakfast, it usually includes providing for elimination needs, a bath or shower perineal care, back massages and oral, nail hair care. Making the clients bed is part of morning care. Afternoon care often includes providing bedpan or urinal, washing the hands and face and assisting with oral care to refresh clients, hour of sleep care is provided to client before they retire for night it usually involves providing for elimination needs, washing face and hands, giving oral care and giving a back massage. As needed care is provided as required by the clients for example-

A client who is diaphoretic (sweating profusely) may need more frequent bathing and change of Cd others and linen. In this way, hygiene is very important for our daily life and our health.

