

i Know . . .

- Relaxation is important while preparing for sleep
- Sedatives (sleeping pills) are often used to help older people sleep BUT
- Sleeping pills can have bad side effects such as daytime drowsiness, delirium or confusion, falls, memory and thinking problems
- Backrubs are back massages and can help the person become relaxed, feel less anxious, improve sleep, decrease restlessness, and improve their overall comfort



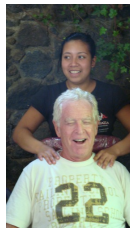
The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Personal Hygiene - Backrub

i See . . .

- Persons who may have difficulty falling asleep, are feeling anxious, agitated, complain of back aches or back tension, feeling tense
- Persons who ask for or agree when offered a back rub
- Have no health problems that would be made worse by a backrub such as fragile bones, severe pain, difficulty sitting or laying position required for a backrub
- Person tell you that a backrub helps prepare them for a better night's sleep



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More information
www.rgpc.ca or
<http://giic.rgps.on.ca>

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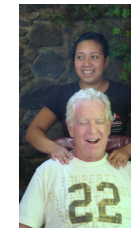
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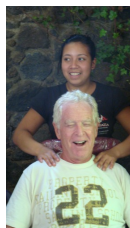
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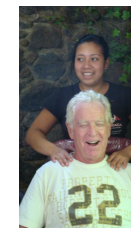
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i Tell ...

Reporting & Documenting

- Skin that has reddened areas, rashes, bruises, or other changes.
- Effects of the backrub on the person i.e., more relaxed, less anxious, improved mood, easier time falling asleep

TIPS

- Other relaxation techniques should be tried, such as music, prayer, warm drink, hot shower/bath, creating a comfortable room and relaxing environment

i Share ...

We'd like to hear from you !

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☎ **Phone** 905.777.3837 x12436

✉ **Email:** dhm9@xplornet.com
Or sagel@hhsc.ca

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Personal Hygiene - Backrub

i Do ...

Promote a comforting and relaxing experience



- Position the person sitting or lying
- Wash the back, starting at neck and move down toward the waistline
- Gently dry skin and spread a small amount of warm lotion on my hands
- Stand close to the bed with one foot slightly forward and in a solid

balance position

- Move my hands slowly during the backrub, massaging to help the person relax
- Start massaging on the back near the waistline.
- Move my hands upward on both sides of the spine all the way to the shoulders.
- Make a circular motion with my hands on the back as I move upward

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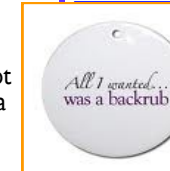
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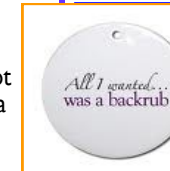
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