

## INDIVIDUAL CARD FOR NURSING AND CARE ACTIVITIES

**Marcel Marzec**

First name, last name

Wielospecjalistyczny Szpital Miejski  
ul. Orna 5, 60-963Poznań

Stamp of the entity and the date

**Aleksandra Kwiecień**

Personal support worker

Card number **0803**

	Date 23.03.2022	Date 24.03.2022	Date	Date	Date	Date	Date
	Time and signature	Time and signature	Time and signature	Time and signature	Time and signature	Time and signature	Time and signature
<b>Skin care procedures</b>							
Full body toilet		6.00 <i>AK</i>					
Partial toilet of the body							
Oral hygiene/prosthesis		6.30 <i>AK</i>					
Shaving/brushing							
Hand/foot nails							
Change of underwear	10.30 <i>AK</i>	6.40 <i>AK</i>					
Combing hair, care/cosmetics for the head and face		7.00 <i>AK</i>					
Rinse eye/wounds							
Administering fluids							
Water balance							
Feeding							
Assistance with feeding							
Tube feeding							
Dietetic education							

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Breathing gymnastics							
Patting							
Changing the lying position							
Activation – movement exercises	15.15	9/7					
Hoppe method gymnastics							
Help with standing up and walking							
Gymnastics in a sitting position							
Making the bed							
Change of bed linen							
Change of sheets							
Duck/pool serving	10.20	9/7					
Leading to the toilet			6.20	9/7			
Changing nappies							
Changing the urine bag							
Stoma bag replacement							
Replacing the undercoat							
Airing	11.35	9/7					
Dressing up							

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Help with dressing							
Undressing							
Help with undressing							
Bath in the tub							
Washing under the shower							
Washing the head							
Skin care							
Education on the prevention of pressure ulcers							
Dressing change							
Help with the administration of drugs							
Collection of material for laboratory and microbiological tests <i>(enter what)</i>							
Registration of bedsores – grade							

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0 – none, healthy skin I – fading redness II – redness not blushing III – damage to all layers of the skin to the border with the subcutaneous tissue IV – the damage involves the skin and subcutaneous tissue V – necrosis	0	0					
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Notes and observations: