

## Test a new way of performing an action and measuring gain (Level 3) Example of an activity

### Activity 1 – Choosing a strategy

#### Instruction

"You must remember the simplified protocol of a shower toilet. This protocol will be transmitted to you on a written medium without photos or drawings.

From the memorisation strategies you identified earlier in your group, choose one:

- that you don't usually use
- that seems effective to you in retaining the protocol of a shower"

#### Pooling of information

Ask everyone to name the strategy they have chosen.

Highlight that it is the situation that influences the choice of strategy.

### Activity 2 – Memorising a protocol

#### Instruction

"Memorise the protocol from toilet in the shower that is given to you.

You have X minutes."

#### **Variations:**

- The trainer demonstrates the protocol
- The trainer reads the protocol
- The trainer proposes a protocol combining text and photos/drawings

Remark: participants need to know in advance in what form the protocol will be given to them to adapt their choice of strategy.

Example of a partial protocol for shower toilet  
(Freely inspired by the syllabus of Tatiana Naryzhnyaya)

1) **Preparation of the beneficiary**

- Inform the beneficiary of what will be done and ask him about his condition before the treatment
- Physical
  - Possibly present the breakdown, urinal or go to the toilet.
  - Ensure room temperature, close windows

2) **Hand hygiene**

- Hand washing (possibly, depending on the case, disinfection with hydro-alcoholic solution)

3) **Gathering and preparation of the necessary material**

- Gather all the equipment within reach

4) **Installation of the beneficiary**

- Invite him to go to the shower

5) **Execution of the technique**

- Undress the beneficiary
- Take the upper glove and wash the upper body
  - Facial cleansing
  - Upper limb, chest, abdomen and back grooming
- Take the bottom glove and wash the lower body
  - Lower limb toilet
  - Intimate and seat toilet
- Dress the beneficiary
- Do the auxiliary care
- Invite the beneficiary to return to his chair/bed where he can be installed

6) **Re-ordering of equipment**

7) **Hand washing**

- Disinfect with hydro-alcoholic solution