

# How to care for the eyes and the nose

## **WARNING TO HEALTH PROFESSIONALS**

The attached resource teaches families how to provide personal care to a person being cared for at home at the end of their life.

Cultural protocols, gender protocols and roles and responsibilities vary widely within and between Aboriginal and Torres Strait Islander communities and families.

Asking the family and those involved in decision making is the best way to find out about cultural and gender protocols and roles and responsibilities so that you know the most appropriate way forward. You should always consider and discuss the appropriateness of your own role and gender in teaching families how to provide personal care.

## **REMEMBER**

- Acknowledge the care the family are already providing
- Ask the family what they need
- Support the family with additional education resources to continue to provide care in the way they have been
- Take relevant disposable items with you, if possible

 **PLEASE REMOVE THIS PAGE BEFORE GIVING THE STEP-BY-STEP GUIDE TO FAMILIES**

# How to care for the eyes

- 🛠 If it is not right for you to clean the eyes and nose, you can ask someone else to help.
- 🛠 If you do not have all the things, just do the best you can.
- 🛠 Your local clinic may be able to give you some things.

1

Things to help you:

Extra things:

- Towel
- Cotton pads
- Rubbish bag



2

Wash your hands



3

Wet a washcloth OR cotton pad with clean water



4

Wipe gently from the inside to the outside of the eye



5

Repeat until eyes are clean

★ Use a clean pad or a new washcloth corner for each wipe



6

Wash the washcloth OR place used cotton pads in rubbish



7

Wash your hands



# How to care for the nose

1

Things to help you:



Extra things:

- Towel
- Cotton tips
- Rubbish bag



2

Wash your hands



3

Wet washcloth and squeeze out excess water



4

Wipe gently around the entrance of the nose with washcloth



5

If there is dry fluid around the nostril, a wet washcloth OR cotton tip can be used to remove it

- ★ Don't push cotton tip too far up the nose



6

Wash the washcloth OR place used cotton tips in rubbish



7

Wash your hands



Need help? Ring the clinic. 

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