



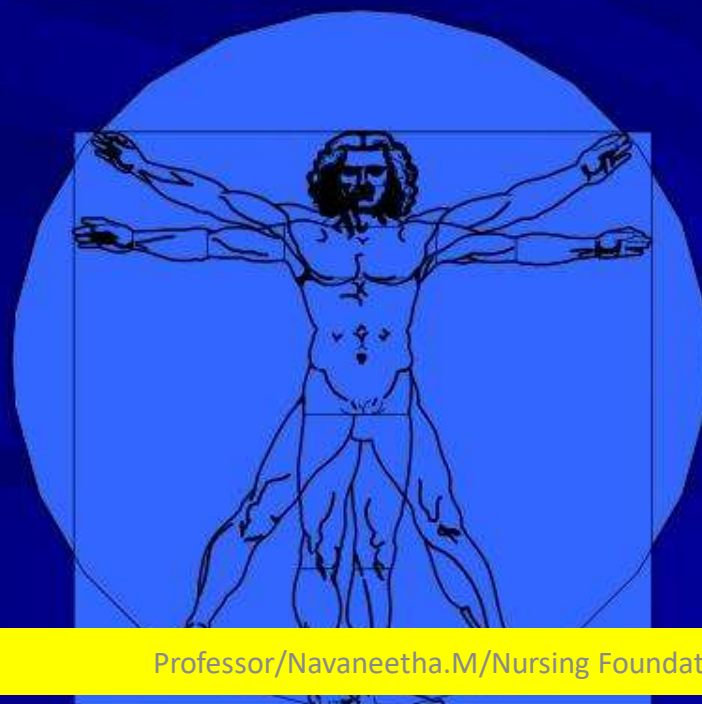
SNS COLLEGE OF NURSING SARAVANAMPATTI, COIMBATORE

UNIT-IV BACK CARE IN NURSING FOUNDATION

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PROFESSOR**



Back Care



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Definition

- ▶ Back care means cleaning and massaging back, paying special attention to pressure points. Especially back massage provides comfort and relaxes the client, thereby it facilitates the physical stimulation to the skin and the emotional relaxation.

Purpose

- ▶ Stimulate blood circulation
- ▶ Prevent bedsores
- ▶ Relax and relieve tension in tissue and muscle.
- ▶ Promote rest and sleep
- ▶ Promote physical and mental relaxation.

Contraindications

- ▶ Rib fracture
- ▶ Any open wound / burns on the back
- ▶ Immediate postoperative period
- ▶ Spinal injuries
- ▶ Surgeries on the back

Articles

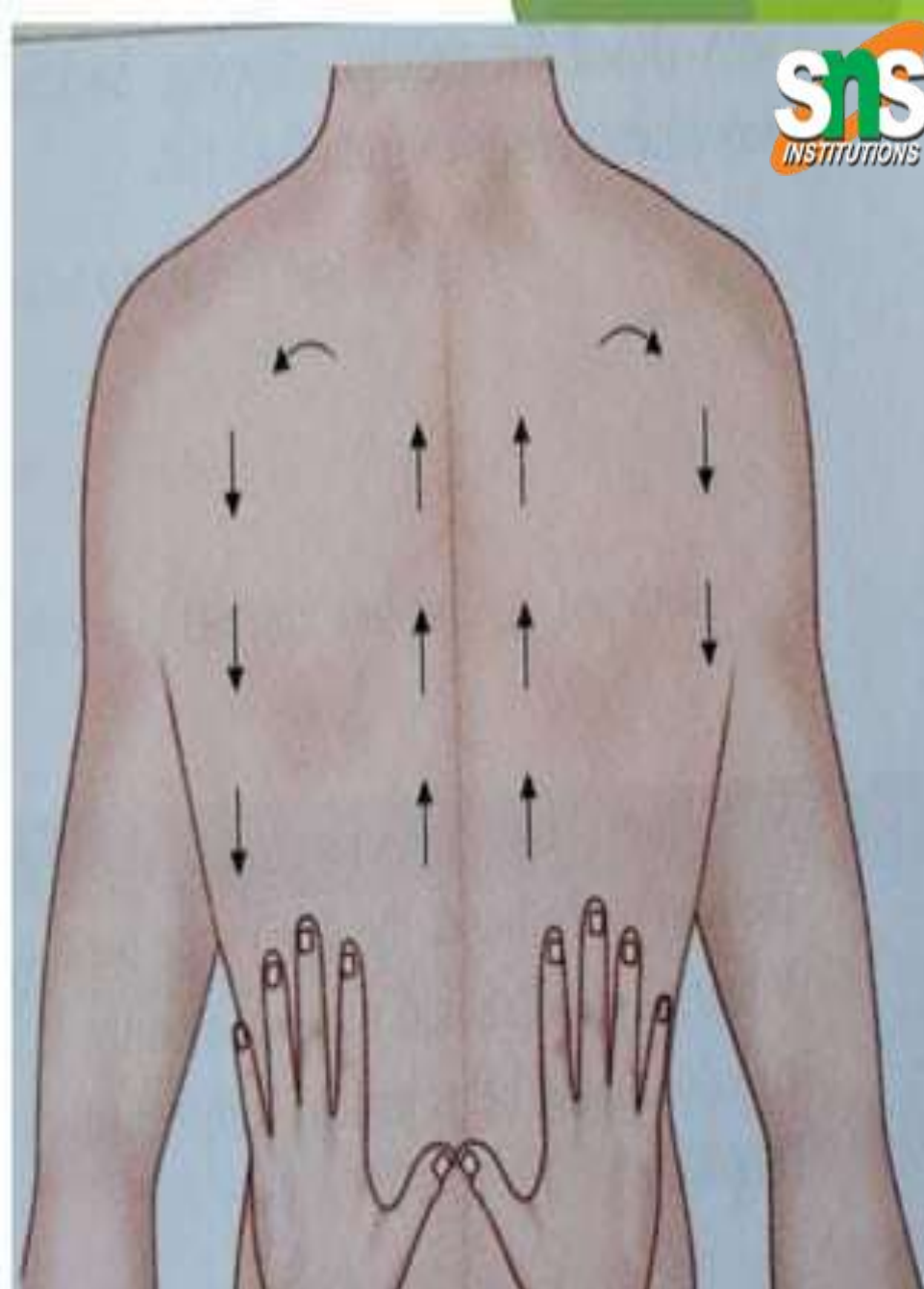
- ▶ Mackintosh and draw sheet
- ▶ Moisturing lotion and oil
- ▶ Powder
- ▶ Jug with hot water
- ▶ Jug with normal water
- ▶ Bath towel
- ▶ Kidney tray
- ▶ Basin
- ▶ Bucket
- ▶ Gloves
- ▶ Additional linen

INTRAPROCEDUREL STEPS

- ▶ Bring the patient close to the edge of the bed.
- ▶ Turn the patient to lateral, prone and sitting position With the back toward nurse provide adequate Privacy. Clean the back and dry it.
- ▶ Apply powder/oil/lotion /cream /spirit according to the skin condition .
- ▶ Strokes of back massage :

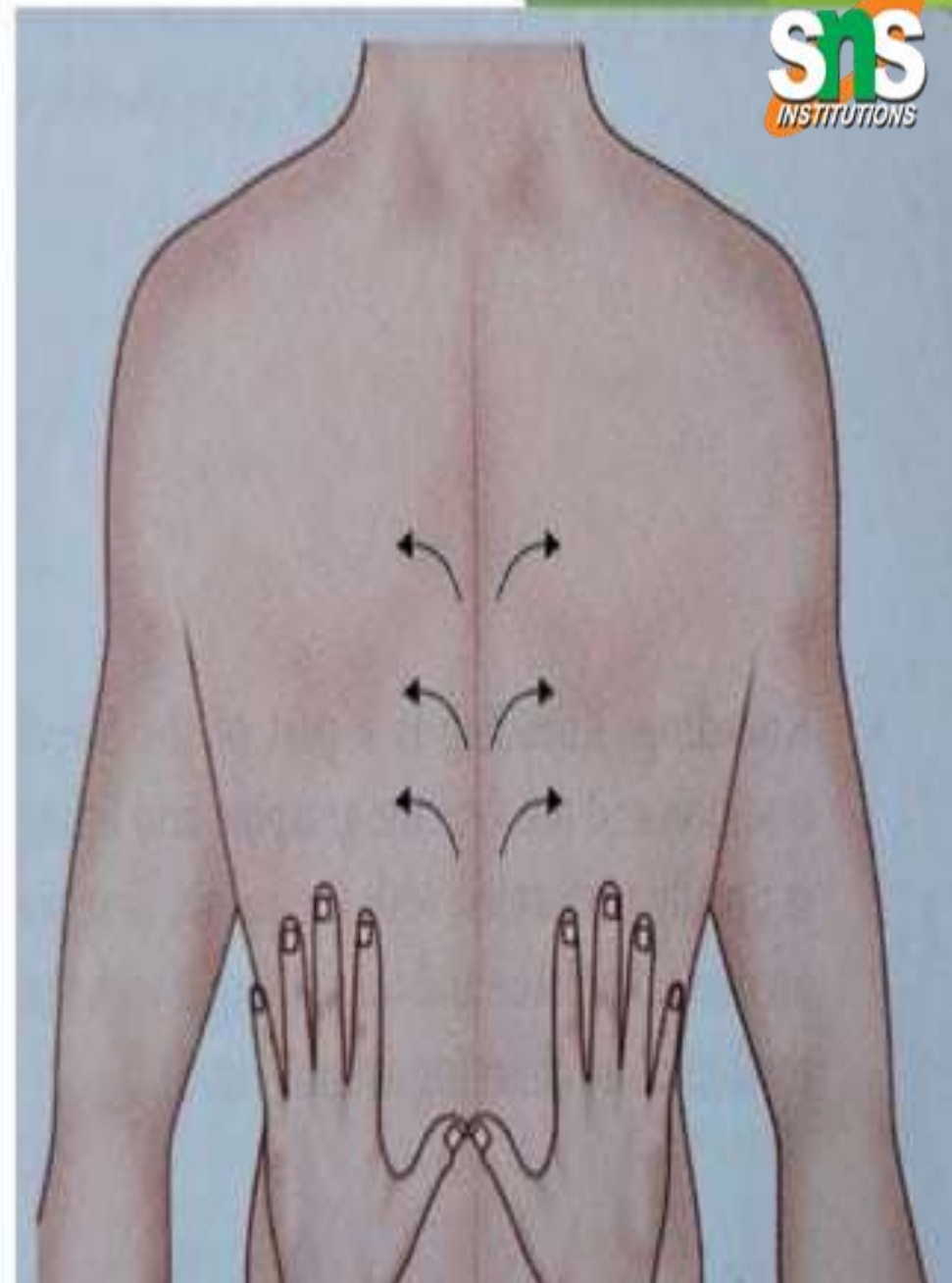
1. Effliurage

- ▶ This is stroking the back With finger by long .
- ▶ Smooth stroke Upword to downward .
- ▶ Effliurage is a type of massage consisting Of long, slow, gleeding stroke.
- ▶ This rub has relieving and sedative effect .



2. Friction

- ▶ These movement are in circular nature.
- ▶ It is performed with the help of the thumb and finger pads.
- ▶ It also helps in reducing swelling after nerve inflammation .



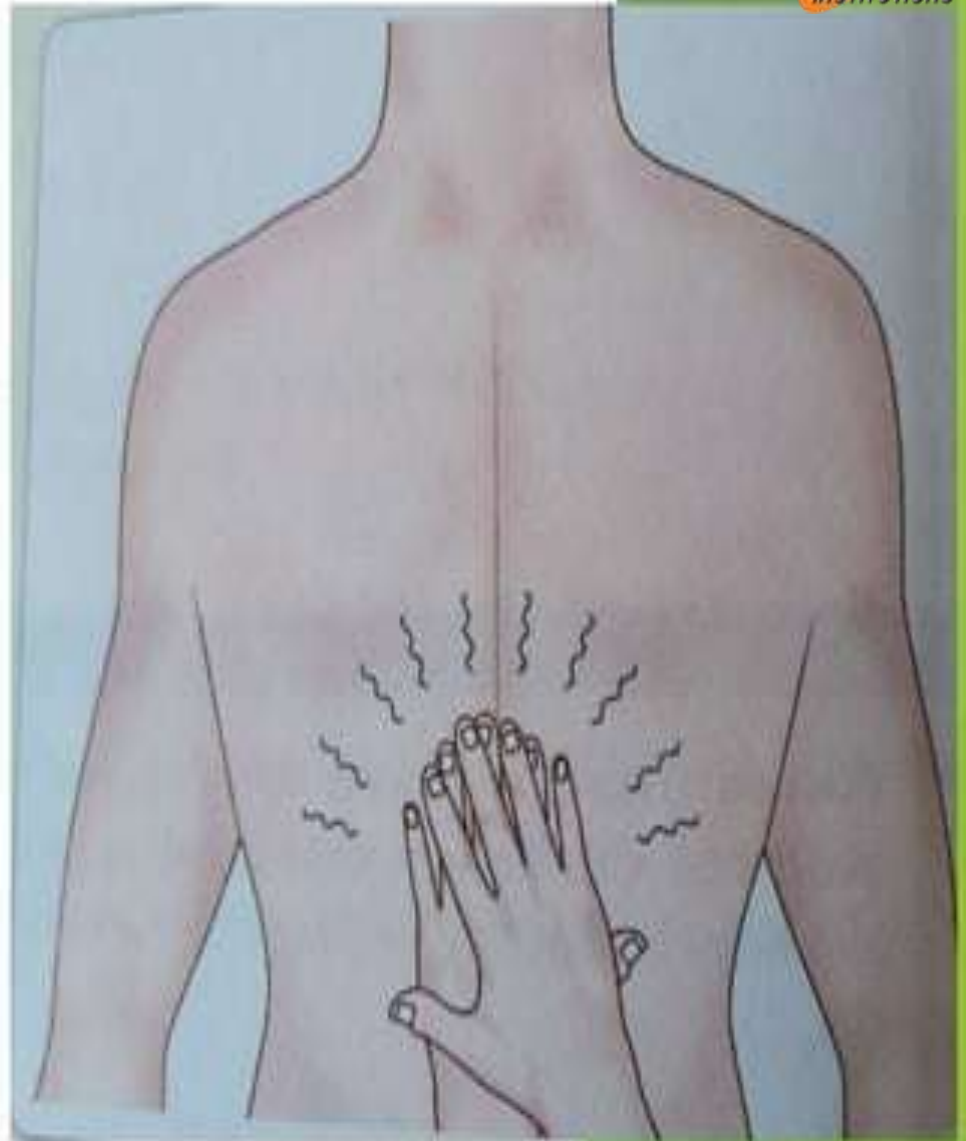
3. Tapotment

- ▶ This involve hacking, tapping, beating , Clapping.
- ▶ Tapotment help in atrophied condition of the muscle.
- ▶ It increase the blood supply and strengthens muscle.
- ▶ It is a rhythmic movement done with the edge of the hand, a cuped hand or the tip of the fingers.
- ▶ The movement used can be beating, slapping, hacking.



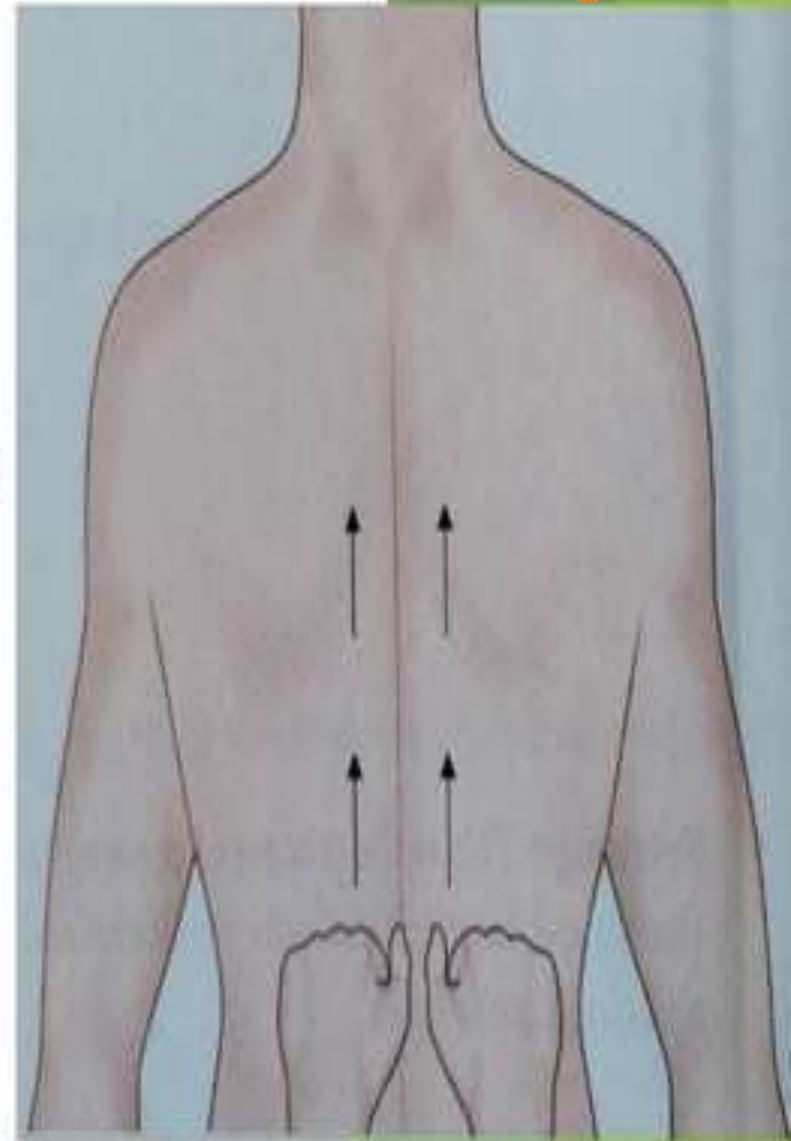
4. Vibration

- ▶ The vibration is given by rhythmically moving the heel of the hand, the side of the hand or finger tips.
- ▶ Vibrating hand should move constantly.
- ▶ It increase the circulation.



5. Kneading

- ▶ Kneading is a part of the Swedish massage tradition and involves the grasping and lifting of tissue.
- ▶ It is usually performed with the palms, first pressing down on muscular tissue and then lifting it with the fingers in a rhythmic and churning action.



Cupping

- ▶ Repeat again covering entire back.
- ▶ Remove any extra spillage of oil / cream / lotion with help of gauge piece.



- Thank you