

Master Male Perineal Care for CNA Testing

Navigate professional boundaries and prevent medical emergencies. This checklist addresses the unique considerations 89% of CNA students worry about during male intimate care procedures.

Step 1: Preparation & Privacy

- Gather supplies: pH-balanced cleanser, washcloths, towels, barrier protection, fresh linens
- Ensure complete privacy by closing doors and curtains
- Offer chaperone presence: "Would you like a chaperone present during care?"
- Explain procedure clearly: "I'm going to clean your genital area to prevent infection"
- Follow facility-specific chaperone policies (NNAAP requirement)

Step 2: Professional Setup & Communication

- Don clean gloves before any patient contact
- Position patient supine with knees slightly flexed
- Maintain strategic draping - expose only immediate work area
- Demonstrate professional boundary awareness (Prometric 6-checkpoint system)

Step 3: Male-Specific Safety Protocol (CRITICAL)

- Assess if patient is circumcised or uncircumcised
- For uncircumcised males: gently retract foreskin using clean technique
- Clean from urethral opening outward using circular motions
- Use fresh washcloth areas for each stroke - prevent cross-contamination
- ■ IMMEDIATELY replace foreskin to prevent paraphimosis emergency

Step 4: Extended Cleaning Areas

- Clean scrotal area with separate washcloth portions
- Clean groin folds thoroughly for moisture management
- Rinse all areas completely - no soap residue
- Clean anal area using strict front-to-back technique with fresh washcloth

Step 5: Completion & Safety

- Pat all areas dry with clean towel
- Apply barrier protection if indicated for moisture management
- Reposition patient comfortably and restore draping
- Remove gloves properly and perform hand hygiene
- Restore call light within patient reach
- Lower bed to safe position

Step 6: Professional Communication Scripts

- "I'm going to clean your genital area now to prevent infection and maintain skin health"
- "This is routine medical care. Would you like a chaperone present?"
- "I'll explain each step as we go to keep you informed"
- Always explain what you're doing before touching intimate areas
- Integrate care within broader patient context (Headmaster scenario-based approach)

Step 7: Documentation & Assessment

- Document procedure completion and patient response
- Note any skin integrity concerns requiring nursing assessment
- Report any unusual discharge or findings to nursing staff
- Provide detailed technique documentation (Prometric requirement)