

## Terminology for personal care

This group activity will help workers to understand the different terminology used when they support people with personal care.

### Match different terms with their definitions.

**Time:** 20 minutes

**Resources:** Fourteen cards.

#### What core skills does this address?

- English skills

#### What Care Certificate standards does this address?

- 6.5 Use appropriate verbal communication

### Introduce the activity

- Give each group a set of cards.
- Ask workers to match the terminology (blue cards) to the definition (red cards). You could demonstrate an example, such as a commode is 'a portable toilet.'
- As they complete the task, ask them to discuss any other terms that they use in their roles.

### Feedback and discussion

Ask each group to discuss their answers – you might want to focus on some of the less familiar terms and clarify their meaning.

You could explore other terms such as different types of medication for example diuretics, laxatives, antibiotics and antacids, and adjectives that relate to parts of the body for example oral, genital, dental and nasal.

You could also ask workers to explain how they found out about particular terms, and how they'd find out about a term that they didn't know the meaning of.

You could use these questions to structure the discussion:

- what other technical terms do you use as a care worker?
- how did you learn them for example by asking a colleague or manager, through reading, on training courses, hearing others use them?
- what helped you learn to use them and what made it difficult?
- are there some areas of your job where technical vocabulary is confusing?
- what could we do to ensure that we all communicate more effectively?

<b>Commode</b>	<b>A portable toilet</b>
<b>Bidet</b>	<b>A low basin for washing the genital area</b>
<b>Sluice</b>	<b>A sink where you can dispose of bodily waste</b>
<b>Incontinence</b>	<b>When a person is unable to control their bladder or bowel</b>
<b>Podiatrist</b>	<b>Someone who provides foot care</b>
<b>Catheter</b>	<b>A tube inserted in the bladder to allow urine to drain out</b>
<b>Oral hygiene</b>	<b>Care for mouth and teeth</b>
<b>Halitosis</b>	<b>Also known as bad breath</b>
<b>Prosthesis</b>	<b>An artificial body part such as an artificial limb, a wig or dentures</b>
<b>UTI</b>	<b>Urinary tract infection – an infection in any part of your urinary system</b>

<b>Orthosis</b>	<b>A device to support a part of the body such as a surgical collar or brace</b>
<b>Diuretic</b>	<b>A medicine to increase the flow of urine</b>
<b>Stoma</b>	<b>An artificial opening in the body wall such as for a colostomy bag</b>