



Intimate Care Policy

Audience:	Parents /Carers Pupils School staff and volunteers Local Governing Bodies
Ratified:	REACH2 Academy Trust Directors 13 th July 2023
Other related policies and procedures	<u>Safeguarding & Child Protection Policy and Procedures</u> Code of Conduct Policy Guidance on Safer Working Practice Whistleblowing Policy First Aid Policy Pupils with Medical Conditions and Administration of Medicine Policy <u>Health and Safety Policy</u> Special Educational Needs and Disability
Policy owner:	Helen Beattie, Head of Safeguarding, REACH2
Review frequency:	Every 3 years



At REAch2, our actions and our intentions as school leaders are guided by our Touchstones.

Integrity	We recognise that we lead by example and if we want children to grow up to behave appropriately and with integrity then we must model this behaviour
Responsibility	We act judiciously with sensitivity and care. We don't make excuses, but mindfully answer for actions and continually seek to make improvements
Inclusion	We acknowledge and celebrate that all people are different and can play a role in the REAch2 family whatever their background or learning style
Enjoyment	Providing learning that is relevant, motivating and engaging releases a child's curiosity and fun, so that a task can be tackled and their goals achieved
Inspiration	Inspiration breathes life into our schools. Introducing children to influential experiences of people and place, motivates them to live their lives to the full
Learning	Children and adults will flourish in their learning and through learning discover a future that is worth pursuing
Leadership	REAch2 aspires for high quality leadership by seeking out talent, developing potential and spotting the possible in people as well as the actual

Contents

Policy Overview	4
Overarching Principles.....	4
Aim	4
Roles and Responsibilities	4
Definitions.....	4
Policy in Detail	5
Pupils' Needs	5
Health Care Plans/Care Plans.....	5
Intimate Care Procedures	Error! Bookmark not defined.
Medical Care Plans.....	7
Safeguarding.....	8
Health and Safety Procedures.....	8
Other Policies and Documents	9
Policy Review	6
Appendix A – Care Plan.....	7
Appendix B – Intimate Care Record Sheet.....	11

Policy Overview

Overarching Principles

At White Meadows Primary Academy, we recognise that all children have different rates of development and differing needs during their time at school and some children may remain dependant on long-term support for personal care, while others progress slowly towards independence.

The stigma associated with the requirement of intimate care can cause stress and embarrassment to the children and families concerned, therefore the following principles must underpin all intimate care provided by staff at the school:

Every child has the right:

- to be safe
- to personal privacy
- to be valued as an individual
- to be treated with dignity and respect
- to be involved in, and consulted on, their own intimate care to the best of their abilities
- to express their views on their own intimate care and to have such views taken into account
- to have levels of intimate care that are appropriate and consistent

We are committed to ensuring that all pupils are able to access the whole curriculum and are able to be included in all aspects of school life. This policy has been produced to ensure that staff and pupils are appropriately safeguarded.

Aim

- To ensure that pupils with continence difficulties are not discriminated against in line with the Equalities Act 2010
- To provide help and support to pupils in becoming fully independent in personal hygiene
- To treat continence issues sensitively so as to maintain the self-esteem of the child
- With parents in delivering a suitable care plan where necessary
- To ensure that staff dealing with continence issues work within guidelines that protect themselves and the pupils involved, in line with the Health and Safety (H&S) policy and guidelines, and the safeguarding policy

Roles and Responsibilities

Parents have a responsibility to advise the school of any known intimate care needs relating to their child upon admission to school or as they are diagnosed.

Definitions

Intimate care may be defined as any activity that is required to meet the personal needs of an individual child on a regular basis or during a one-off incident. Such activities include:

- Feeding
- Oral care
- Washing
- Carrying out a procedure to private parts of the body (such as catheter management)
- Contenance care or menstrual management
- Changing clothes
- Toileting
- First aid and medical assistance
- The supervision of a child involved in intimate self-care.

Policy in Detail

Pupils' Needs

Staff work hard to build effective relationships with the parents and carers of the children at White Meadows Primary Academy. Any particular needs that a child may have will be dealt with sensitively and appropriately, working with parents/carers to ensure that each child can access the curriculum. Any child who has personal care or continence needs will be attended to in a designated area within school which allows the child privacy but ensures staff assisting them are not isolated and within view and/or earshot of other staff (see risk assessment for details) Parents will be contacted in extreme cases where soiling is severe and/or linked to illness e.g. sickness and diarrhoea, or when a child refuses to let a member of staff help change their clothing and cannot manage this themselves.

Risk assessments are in place for staff to support all children with toileting and changing as required; this can be common requirement in the early years. Irregular accidents will be dealt with using the standard toileting and intimate care risk assessment and parents will be informed on collection by a staff member. Children with complex, long term or regular intimate care needs will have a health care plan/care plan in place. Staff must adapt their practice in relation to the needs of individual children taking into account developmental changes such as the onset of puberty and menstruation.

Health Care Plans/Care Plans

This is a written document (**Appendix A**) that explains what will be done, when and by whom in order to meet a child's health and/or care needs. It will be written with input from the pupil (where possible), parents/carers, school staff and other professionals, such as a school nurse or physiotherapist. Ideally, this will take the form of a meeting. Any historical concerns that may impact upon the care required (such as past abuse) will be taken into account.

The plan will include:

- Where changing will take place
- What resources and equipment will be used (i.e., cleansing agents used, or cream to be applied) and clarification of who is responsible (parent or school) for the provision of the resources and equipment. Apparatus will be provided to assist with

children who need special arrangements following assessment from a physiotherapist or occupational therapist as required.

- How the product, if used, will be disposed of, or how wet or soiled clothes will be kept until they can be returned to the parent/carer
- What infection control measures are in place?
- Training requirements for staff
- Arrangements for school trips and outings

If needed, we will agree appropriate terminology for intimate parts of the body and functions and note this in the plan. The religious views, beliefs and cultural values of pupils and their families will be taken into account. The child's right to privacy and modesty will be respected. The meeting will consider carefully who will support the pupil with intimate care and if this needs to be more than one person. As far as possible, each pupil will have a choice about who supports them. We will take into account safer working practice and make sure our processes are transparent. The plan will be reviewed as necessary, but at least annually.

Intimate Care Procedures

All staff at the school will follow the agreed procedures below when attending to the care or continence needs of any pupil within the setting:

- Always explain or seek the permission of the pupil before starting an intimate care procedure, according to the pupil's age and level of understanding
- Where required, change the child's clothing as appropriate and as soon as possible
- Use appropriate cleaning products and adhere to health and safety procedures and risk assessment / care plan.
- If a member of staff has any concerns about physical changes in a child's presentation, e.g., marks, bruises, soreness, etc, they must report these immediately to the Designated Safeguarding Lead
- Children with special educational needs have the same rights to safety and privacy when receiving intimate care; additional vulnerabilities that may arise from a physical disability or learning difficulty must be considered when planning for meeting a child's needs.
- Inform parent / carer where necessary.
- Contact a parent / carer where soiling is severe and / or linked to illness e.g., sickness and diarrhoea, or when a child refuses to let a member of staff help change their clothing and cannot do it alone.
- Where the child is able to act independently, one adult should stand outside the designated area whilst the child is cleaning or changing and then make sure the toilet area is clean afterwards.
- The child should always have the highest possible levels of autonomy, appropriate to their age and ability.
- Staff will not isolate themselves when assisting with intimate care and should always alert another member of staff to what they are doing and where they are going, ensuring someone has them in sight and/or earshot during the procedure.

Reception and Nursery will follow all of the above, however due to the age or the children more assistance is often needed.

- Nappies will be changed at set times in the day and whenever they are soiled.
- Nappies will be changed either standing or laying on a change mat – whichever is most comfortable for the child.
- After each use the mat will be cleaned.
- A record of intimate care will be kept for every child.
- Whilst supporting toilet training, children can use a potty, seat or toilet depending on their need.
- The facilities are regularly cleaned and monitored.
- Sanitary bins are used for disposal of nappies.
- Children will all have spare clothes in their bag and parents provide nappies/wipes. Parents will be asked to restock these when they are low.
- Soiled pants will be bagged up and sent home and if too soiled to do so safely, will be disposed of.

All staff must ensure that they protect themselves by following these guidelines.

- Always tell another member of staff when you are doing a change or accompanying a child to the toilet
- Always ensure that a child's privacy is protected
- Ensure that you are visible to other members of staff this may be standing with the door open so you can be clearly seen.
- In some instances, it may be appropriate for 2 members of staff to change a child for example if a child gets very distressed when being changed.
- Always wear protective gloves
- Always wash hands thoroughly after supporting a child with intimate care.

Lifting and handling children who require comfort.

Care

'Being an early years practitioner means being part of a caring profession, at the core of which is caring for and about babies and young children from birth to 5 and beyond. This involves having feelings of concern, responsibility and love for children, and also engaging in nurturing behaviours - being watchful, protective and acting with care, affection and regard for children and their rights to ethical treatment. This concept of care requires that all early years professionals give careful attention to what they do, and do what is in the best interests of each child.

Birth to Five Matters 2021

As practitioners who look after young children we have a duty of care to support their emotional needs, therefore there will be times when we need to hold and comfort children if they are distressed, tired or hurt.

The following guidance is used:

Permission from parents in sort.

Children are picked up by cupping under their arms – never by one arm. If the child is old enough, ask them to move to a position that is easy to pick up and ask them to hold onto you as this will support you and the child when lifting, for example ask them to stand.

Wherever possible, avoid carrying the child a long distance.

Medical Care Plans

Pupils who have complex or long-term conditions might need help with medical procedures such as the administration of rectal medication, managing catheters or colostomy bags. These procedures will be discussed with parents / carers, the school nursing team and documented in the pupil's individual healthcare plan. They will only be carried out by staff who have been trained to do so. Staff will follow infection control guidelines and ensure that any medical items are disposed of correctly.

Safeguarding

The normal process for providing intimate care should not give rise to any safeguarding concerns; however, staff behaviour should be open to scrutiny and, therefore, intimate care should be carried out in an open and transparent way. A staff member should never take a child off alone without informing another member of staff and they should always have someone close by (at least in earshot) whilst carrying out any intimate care procedure. This is to protect both the pupil and staff member supporting the child. The pupil's dignity should not be compromised at any point.

Only employees of the school will support pupils with intimate care, not students or volunteers.

All members of school staff employed at the school will have undergone the necessary safer recruitment checks, in line with Keeping Children Safe in Education. All intimate care provided must be recorded on the record of intimate care log **(Appendix B)**

If a pupil becomes unusually distressed or unhappy about being cared for by a member of staff, this must be reported to the Headteacher. The matter will be explored with both the pupil and the staff member. Parents / carers will be contacted as soon as possible. If required, staffing schedules will be altered until the issue is resolved. The child's needs will remain the priority. If required, further advice will be taken from outside agencies and an investigation will take place, in line with our safeguarding and child protection policy.

If a pupil, or any other person, including a staff member, makes an allegation against an adult working at the school this will be reported to the Headteacher (or to the Deputy Director of Education and/or Chair of Governors if the concern is about the Headteacher) The Headteacher / Deputy Director of Education / Chair of Governors will consult the Local Authority Designated Officer in accordance with the school's safeguarding policy.

If a member of staff has any concerns about a pupil's presentation, e.g., unexplained marks or bruises, they will report these to the Designated Safeguarding Lead using the school's safeguarding policy and procedure.

Health and Safety Procedures

When dealing with personal care and continence issues, staff will follow agreed health and safety procedures:

- Staff to wear disposable Personal Protective Equipment (nitrile gloves and disposable plastic aprons) while dealing with any bodily fluids.

- Items used to clean a pupil (gloves, wet wipes) must be placed in a hygienic disposal unit which must be clearly marked.
- Changing area to be cleaned after use.
- Wash and dry hands thoroughly as soon as the task is complete.

Other Policies and Documents

This intimate care policy should be read alongside the following school policies:

- Safeguarding & Child Protection, including managing allegations.
- Code of Conduct Policy
- Guidance on Safer Working Practice
- Whistleblowing Policy
- First Aid Policy
- Pupils with Medical Conditions and Administration of Medication Policy
- Health and Safety Policy
- Special Educational Needs and Disability Policy

Policy Review

This policy will be reviewed by REAch2 Academy Trust Directors every 3 years as per the REAch2 policy cycle or sooner if required.

Appendix A – Care Plan

Child's Name:		Photo
Group/class/form:		
Date of birth:		
Child's address:		
Medical diagnosis/condition:		
Date:		
Review date (Year 1):		
Review date (Year 2):		

Parent / Carer Contact details	
Parent/Carer 1:	
Phone No. (Work):	

Phone No. (Home):	
Mobile No :	
Relationship to child:	
Parent/Carer 2:	
Phone No. (Work):	
Phone No. (Home):	
Mobile No :	
Relationship to child:	

Clinic/Hospital Contact	
Name:	
Phone No:	

G.P.	
Name:	
Phone No:	

Who is responsible for providing support in school	
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Describe medical needs and give details of child's symptoms, triggers, signs, treatments, facilities, equipment or devices, environmental issues etc.

Name of medication, dose, method of administration, when to be taken, side effects, contra-indications, administered by/self-administered with/without supervision

Daily care requirements

Specific support for the pupil's educational, social and emotional needs

Arrangements for school visits/trips etc.

Other information

Describe what constitutes an emergency, and the action to take if this occurs

Who is responsible in an emergency (*state if different for off-site activities*)

Plan developed with

Staff training needed/undertaken – who, what, when

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Health plan agreed by:

Name	Date	Relationship	Signature

Form copied to

	Class	Year	Date

Appendix B – Intimate Care Record Sheet

INTIMATE CARE RECORD SHEET

Child's name:		Date of birth:	Class:
Date:	Procedure:		Staff involved:
Time:			
Date:	Procedure:		Staff involved:
Time:			

Date: Time:	Procedure:	Staff involved:
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