Contents

```
Preface vii
Acknowledgements ix

Chapter 1 Assessing your patient 1

Chapter 2 Improving and maintaining oral health 38

Chapter 3 Care of the eyes 84

Chapter 4 Ear care 126

Chapter 5 Foot and nail care 167

Chapter 6 Hair care and grooming 200

Chapter 7 Methods of washing 230

Chapter 8 Skin care 274

Index 321
```