

DEVELOPMENTAL DISABILITIES ADMINISTRATION
Olympia, Washington

TITLE: HYGIENIC TRIMMING 17.03.09

AUTHORITY [Chapter 71A.20 RCW](#) *Developmental Disabilities-Residential Habilitation Centers*

REFERENCE [DDA Policy 5.06](#) *Client Rights*

DEFINITIONS

Hygienic trimming means clipping peri/anal hair with blunt-edged or rounded scissors to a length of no less than one inch.

PURPOSE

To establish procedures for determining when hygienic trimming will be authorized for a client residing at a residential habilitation center.

SCOPE

This procedure applies to all employees who perform hygienic trimming or participate in decision-making about hygienic trimming.

POLICY

- A. While shaving in the peri/anal area is not advised because it may cause ingrown hairs and discomfort, hygienic trimming can be considered:
 - 1. To assist in the cleanliness of the peri/anal area;
 - 2. As a personal preference; or
 - 3. As a cultural norm.

- B. A physician order is required for hygienic trimming.


- C. A licensed nurse must perform hygienic trimming.

PROCEDURE

- A. The interdisciplinary team must discuss and document the need for hygienic trimming.
- B. At the discussion the interdisciplinary team must:
1. Consider the reason for the request (e.g., for personal hygiene or personal dignity reasons).
 2. Consider alternatives to trimming, such as using a different personal hygiene product or addressing possible physiological causes or medication side effects.
- C. Following discussion with the interdisciplinary team and when deemed appropriate, the physician will examine the client and, if the physician agrees with the proposed plan, write an order for hygienic trimming. Monitoring of benefits and annual renewal is required.
- D. If an order is written for hygienic trimming, a nursing care plan must be developed.

SUPERSESSION

RHC Standard Operating Procedure 103.5, *Hygienic Trimming*
Issued February 15, 2020

Approved: 
Deputy Assistant Secretary
Developmental Disabilities Administration

Date: February 15, 2020¹

¹ This document was a standard operating procedure that was reissued as a DDA policy without substantive changes.