

BACKGROUND

Hair care products should be available to all patients regardless of hair type and texture. Recent movements and legislation, such as the CROWN (Creating a respectful and Open World for Natural Hair) Act sparked pediatric hospitals across the country to focus efforts on ensuring hair care equity for their patients. Children's Health joined the movement by sanctioning a transdisciplinary, multidepartment task force to address Black Indigenous, and People of Color (BIPOC) hair concerns. A smaller group was tasked with aligning practices and policies to address the gaps in education and resources available to assist nurses in caring for ethnic hair.

OBJECTIVE

To develop a guideline for clinical team members at Children's Health that promotes equity and inclusivity through clinical care that supports optimal patient outcomes for the hair and scalp.

Hair Types	Description	Recommended Cleansing & Conditioning Frequency	Styling & Tools
	Straight Hair that continues in the same direction and is not naturally curved or bent.	Wash hair 1-2 times a week using a hydrating and/or oil-free shampoo. Condition hair after cleansing.	Allow hair to dry naturally about 80% before brushing. Use a hair comb or brush for styling.
	Wavy Hair with small wave pattern and is fine to coarse. Hair may contain moderate to high amount of frizzing.	Wash hair 1-4 times a month using a hydrating or moisturizing shampoo. Condition hair after cleansing.	Hair can be placed in twists or metal-free ponytail holder(s) to dry. Use a wide tooth comb or soft boar bristle brush for styling.
	Curly Hair with large to medium curls, including spirals or ringlets.	Wash hair 1-4 times a month using a hydrating or moisturizing shampoo. Condition hair after cleansing.	Hair can be placed in twists or metal-free ponytail holder(s) to dry. Use a wide tooth comb or soft boar bristle brush for styling.
	Tight Coils Hair with medium to small ringlets or corkscrew curls. Naturally, hair texture is fine to medium and may have shrinkage with a dry feel to touch.	Wash hair 1-4 times a month using a hydrating or moisturizing shampoo. Hair may be easily tangled when washing. Condition hair after cleansing.	Hair can be placed in twists to dry. Do not place in ponytail holder(s). This will cause breakage. Use a wide tooth comb or soft boar bristle brush for styling.
	Twists, Braids, Locs, Extensions Hair that has been manipulated either for style and/or protection. Twists, braids, locs, and extensions can be present in multiple hair textures and be secured with a variety of methods.	Wash hair 1-2 times a month using a hydrating or moisturizing shampoo. Do not condition.	Allow hair to dry naturally or place in metal-free ponytail holder(s). Pat dry with towel.
	Chemically Treated Hair that has been processed with a chemical, including the addition of a color additive and may require gentle and/or special care due to fragility.	Wash hair 1-2 times a week using a hydrating or moisturizing shampoo. Condition hair after cleansing with a conditioner. A leave-in conditioner can be used after conditioner.	Allow hair to dry naturally or place in metal free ponytail holder(s). Use a hair comb or wide tooth comb for styling.

METHODS

- ❖ A review of literature was conducted and limited published work was found.
- ❖ benchmarked and consulted with other subject matter experts and pediatric hospital leaders that completed the journey.
- ❖ Reviewed other relevant policies and guidelines, & bundles
- ❖ Partnered with House-wide HAPI(hospital acquired pressure injury) committee
- ❖ Collaborated with Supply chain to secure safe hair care products,,
- ❖ Assisted in the design of a comprehensive training plan for clinical team members.
- ❖ Surveyed clinical staff – to assess knowledge and comfort in caring for BIPOC hair.

FINDINGS

- ❖ Little available literature providing evidence- based hair care practices
- ❖ Common goals and implementation strategies at similar pediatric health systems
- ❖ Staff voiced lack of confidence in caring for textured hair
- ❖ There was no policy/guideline that addressed BIPOC hair care.
- ❖ Lack of available resources to assist team members
- ❖ Lack of products available for care for BIPOC hair
- ❖ Several HAPI related to hair styles (braids) in past 3 years.



5 STEP-CARE

- ❖ Patient/Family Conversation
- ❖ Hair /Scalp Assessment
- ❖ Hair/Scalp Care
- ❖ Hair Styling
- ❖ Hair & Scalp Reassessment

OUTCOMES

- ❖ Established a 5-step hair care process for hair care.
- ❖ A diverse hair care guideline was developed including instruction on assessment, hair care management and use of appropriate products.
- ❖ Ethnic Hair Care Products including wide tooth comb, bristle brushes, hair bonnets,/wraps and detangling spray were procured.
- ❖ Culturally Effective Care- Risk Mitigation Education
- ❖ Improved Family experience One family expressed “Finally felt seen”. After products launched.
- ❖ Open discussions about diverse care needs –leadership level
- ❖ Epic Charting revised –Head Hair/scalp assessment.

Culturally Effective Care: Supporting the Hair Care Needs of BIPOC Patients

hair hygiene products are available to patients and families ensuring every patient, regardless of hair type and texture, has access to the education, products and accessories needed to support hair health. For BIPOC, Black, Indigenous, and People of Color patients, choosing the right products and accessories is critical to protecting the hair and scalp from injury.

Assess


Start with a discussion with the patient's care team.

- "I need to conduct a head-to-toe assessment, including the patient's hair and scalp. Would you like to do this together, or are you comfortable with my teaching your child's hair?"
- Perform a thorough scalp and hair assessment, as part of a comprehensive and systematic head-to-toe assessment, either independently or with the help and support of the parent or caregiver.
- "As a next step, let's talk about the care and maintenance of the patient's hair."
- "I am assessing the unique hair care needs of our patients at Children's Health and want to partner with you in providing the right resources and products to care for your child's hair and scalp."

Ask:

- How would you describe the patient's hair type or texture?
 - This question helps clarify the patient's hair into categories such as straight, wavy, curly, spring, or coil pattern (such as 4C) etc., which can guide product selection and determine appropriate care techniques.
- How do you care for your child's hair at home?
 - Learn about current hair care habits, including washing frequency, styling techniques, and product usage.
- Are there any cultural or religious considerations that impact your hair care?
 - Some individuals may have specific cultural or religious practices related to their hair, such as protective styles or head coverings. Understanding these considerations is essential for providing culturally sensitive care.
- What products have you used on the patient's hair in the past?
 - Gathering information about the products patients have used helps clinicians understand their hair's previous exposure to various ingredients and determine potential sensitivities or reactions.
- Do you have any concerns about any current hair or scalp discomfort or conditions?
 - Inquiring about scalp health is crucial as it may reveal issues like dandruff, psoriasis, or other conditions that can impact hair health and require targeted treatment.
- Do you have everything you need to feel comfortable while your child is here?
 - Asking about overall comfort will engage patients and their caregivers and provide a more open-ended question to capture any further hair care or toiletry needs.

Remember: The healthcare provider should be patient, ensuring a safe space for patients and families to share their experiences and concerns openly. Individualizing the care plan based on the patient's response will help create a comprehensive and tailored approach to hair care.

GUIDELINE 

Title:	Guideline for Supporting Hair Care Needs	Origination Date:	09/11/2024
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NOTE: This guideline is not intended to duplicate, conflict, or supersede organizational or departmental policies but provide a reasonable standard of appropriateness.

PURPOSE STATEMENT:

To improve patient and family satisfaction through education, resources, and clinical best practices for effective maintenance of patient hair.

Hair care products are available to patients and families ensuring every patient, regardless of hair type and texture, has access to the education, products and accessories needed to support hair health. For diverse patients, choosing the right products and accessories is critical to protecting the hair and scalp from injury.

DEFINITIONS:

BIPOC: Black, Indigenous, and People of Color

Ethnic Hair: hair in which the strands commonly create shapes like curves, spirals, zig zags, or waves

Hair Care: routine washing, styling, protecting of scalp and hair

Natural Hair: hair that has not been modified or changed by chemicals and may include additions or extensions.

Protective Hairstyles: styles that minimize manipulation and shield natural hair from damage caused by heat, chemicals, or environmental factors. Examples: Braids, cornrows, twists.

PRACTICE IMPLICATIONS & NEXT STEPS

- ❖ The ability to accurately assess the patient's scalp while maintaining necessary treatments should be prioritized over the use and placement of protective hairstyles and hair accessories,
- ❖ A multimodal training plan, including computer-based training modules, hair care champions, demonstrative videos, and hands-on practice using low fidelity simulation- Launches Oct 2024
- ❖ Continue to monitor patient outcomes and practice adoption of hair care guidelines.
- ❖ Comprehensive review, selection and integration of new safe BIPOC hair products.
- ❖ Re-survey staff post implementation