NC Department of Health and Human Services

NC Nurse Aide I Curriculum

Module C

The Resident's Environment: Safety & Emergency

July 2019

Objectives

- **Explain why residents in long-term care facilities are at risk for injury**

- **Identify the role of the nurse aide in maintaining a safe environment for the resident**

- **Describe the role of the nurse aide in dealing with emergencies in a health care facility**

Safety: Resident's Environment

Definition: when a resident has little risk of illness or injury in the environment to which he/she lives

Resident's Environment

Area of a long-term care center that a resident calls home

Resident Unit

- **Furnished/equipped to meet basic needs**
- **Personal space, furniture, and equipment provided for the resident**
- **Closet and/or drawer space**
- **Bed, call system, over-bed table, bedside stand, chair, and privacy curtain**
- **Personal care items**
- **Resident's choice of items from home**

Hazard

Anything in the resident's environment that may cause illness or injury

Safety in the Resident's Environment

Importance

Elderly are at Risk for Injury (1)

Are at greater risk for injury and rely on health care team to keep them safe

- **Knee joint instability**
- **Decreased strength**
- **Slower movement**
- **Medication side effects**
- **Low blood pressure**

Elderly are at Risk for Injury (2)

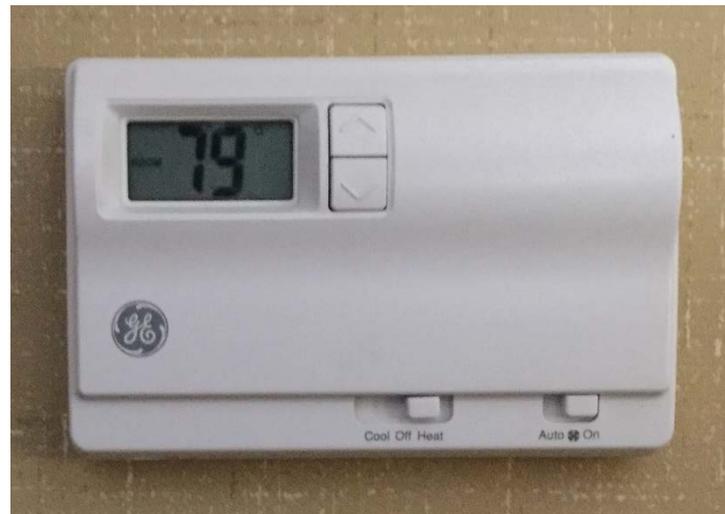**Are at greater risk for injury and rely on health care team to keep them safe**

- **Impaired coordination**
- **Hearing impairment**
- **Reduced smell and touch**
- **Visual impairment**
- **Cognitive impairment**

*Safety in the Resident's Environment (1)
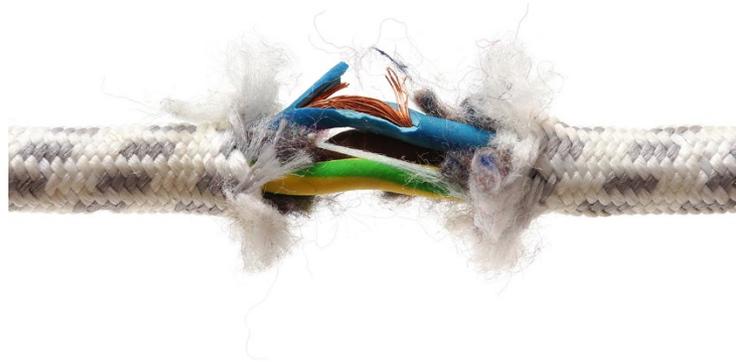
Nurse aide's role

- **Maintain comfortable temperature and lighting**
- **Residents may prefer warmer room temperature**
- **Most residents have poor vision; need bright light**
- **Keep unit clean and dirty items disposed**

Safety in the Resident's Environment (2)

Nurse aide's role

- **Identify/report unsafe conditions or faulty equipment**

- **Allow resident a choice in arrangement of personal items**

- **Check linen before sending to laundry**

Nurse Aide's Role When Oxygen in Use

- **Post Oxygen in Use sign**
- **Never have open flames or smoking in area**
- **Do not use electrical equipment in room without approval**

Safety in Resident's Environment (1)

Points to Remember

- Care for right resident
- Keep bed in lowest position unless providing care
- Keep signal within reach
- Arrange room for resident's independence
- OBRA: 71 degrees – 81 degrees room temperature

*Safety in Resident's Environment (2)

Points to Remember

- Lock wheelchair before moving resident into/out of
- Watch feet when transporting resident in wheelchair
- Consider over-bed table a clean area
- Respect the resident's right to full privacy

Safety in Resident's Environment (3)

Points to Remember

- **Respect that residents can have/use personal items**

- **Check water temperature before bath or shower**

- **Report if water seems to hot**

- **Monitor wandering residents**

Definition of a Fall

Prevalence of Falls for the Older Adult

- **One in four aged 65+ fall each year**
- **Every 11 seconds an older adult is treated for a fall in the ER**
- **Every 19 minutes an older adult dies from a fall**

Prevalence of Falls for Older Adult

- **Falls are leading cause of fatal injury**
- **Typical nursing home reports 100 – 200 falls/year**
- **Of 1.6 million residents in LTC facilities, ½ will fall per year**
- **About 1 in 3 of those who fall, will fall 2 or more times within that year**

Fall Prevention Program

Every facility should have in place

- **Assessing residents for risk**
- **Interventions to minimize risks**

Fall Risk Factors

- **Intrinsic – result from resident's inner being**
- **Extrinsic – result from those things outside of resident**

Intrinsic Risk Factors

- **65+ years old**
- **Medical conditions and diseases**
- **Decline in function**
- **Effects and side effects of medicine**

Extrinsic Risk Factors

- **Hazards of the environment**
- **Equipment that is unsafe**
- **Unsafe or inaccessible personal items**

Preventing Falls – Nurse Aide's Role (1)

- **Assist with ambulation when necessary**
- **Provide assistance/supervision**
- **Keep environment free of clutter**
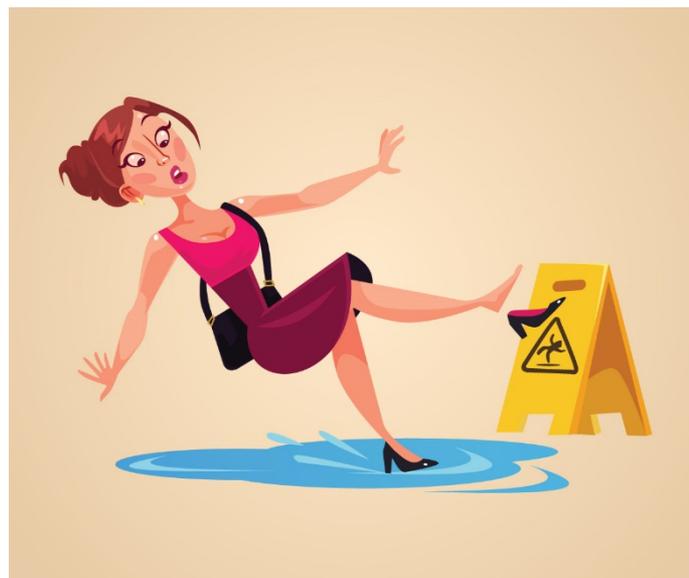- **Keep walkways clear**
- **Observe frequently**

Preventing Falls – Devices

Preventing Falls – Nurse Aide's Role (2)

- **Report unsafe conditions**
- **Ensure call signal is within reach**
- **Answer call signals promptly**
- **Properly position residents**
- **Wipe up spilled liquids**
- **Pick up litter**

Elopement

When a resident leaves a health care facility without the staff's knowledge

Preventing Elopement

- **Identify residents at risk**
- **Assign a newly admitted resident to a room away from exits and increase staff awareness**
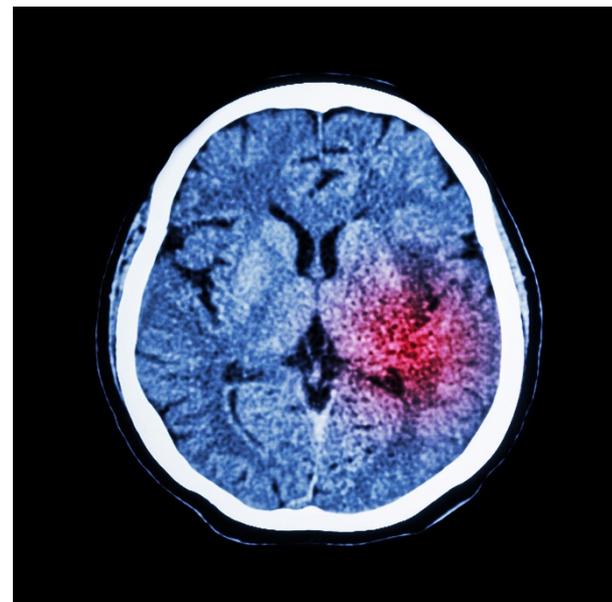- **Use technology**

Medical Emergency

A dire situation when a person's health or life is at risk

Cerebrovascular Accident (CVA)

- **Also known as stroke**
- **Occurs when blood supply to part of the brain is blocked or blood vessel leaks/breaks in part of the brain**
- **A true emergency because a quick response reduces severity**

Acronym BEFAST

THE SIGNS OF A STROKE

| B | E | F | A | S | T |

BALANCE | EYES | FACE | ARM | SPEECH | TIME

LOSS OF BALANCE | LOST VISION | FACE DROOPING | ARM WEAKNESS | SPEECH DIFFICULTY | TIME TO CALL AN AMBULANCE

Seizure

Involuntary contractions of muscles; small area or entire body; caused by abnormal electrical activity in the brain

Main goal – keep resident safe

Nurse Aide's Role – During a Seizure (1)

- **Time seizure at start and finish**
- **Send for supervisor; do not leave resident**
- **Put on gloves**
- **Cradle head**
- **Loosen clothing**
- **Attempt to roll on side**

Nurse Aide's Role During a Seizure (2)

- **Do not restrain resident**
- **Do not force anything between teeth**
- **Do not give food or liquids**
- **If no injuries are suspected, turn resident on side after seizure**

*Conscious Choking Resident (1)

Common sign that residents are choking

Conscious Choking Resident (2)

- **Encourage resident to cough**
- **Ask someone to get supervisor**
- **Stay with person**
- **Follow facility's policy**

Nurse Aide's Role in Preventing Choking

- **Sit resident up to eat**
- **Provide assistance at mealtime**
- **Encourage resident to use dentures when eating**
- **Assist resident by cutting food**
- **Report difficulty in chewing or swallowing**

Fire

A fire needs 3 things?

Facility Fire Safety Plan

All employees must know the plan <u>BEFORE</u> needed

In the Event of a Fire

- **Keep calm**
- **Follow facility's Fire Safety Plan**
- **Never use elevator**
- **Remember two important acronyms – RACE and PASS**

RACE

- **REMOVE** residents from danger
- **ACTIVATE** alarm
- **CONTAIN** the fire
- **EXTINGUISH** the fire

PULL DOWN
FIRE ALARM

PASS