

Unit 4

Safety and Emergency Procedures

Terminology Defined

1. **Abdominal thrusts (also known as Heimlich Maneuver)** – a forceful upward thrust on the abdomen, between the sternum and the navel.
2. **Convulsion** – violent and sudden contractions or tremors of muscles.
3. **Cardiopulmonary Resuscitation (CPR)** – combines the techniques of artificial respiration and cardiac compression to restore circulation.
4. **Dementia** – progressive mental deterioration due to organic brain disease.
5. **Disoriented** – confused about time, place and person or objects.
5. **Seizure** – involuntary muscle contraction and relaxation.

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Unit 4 – Safety and Emergency Procedures		
Objectives	Content	Learning Activities
	Basic Emergency Procedures	
4.0 Assist with basic emergency procedures	1. General safety rules (a) Walk in halls and on stairs, never run (b) Keep to the right-hand side of the hall (c) Approach swinging doors with caution (d) Use handrails going up and down stairs (e) Keep handrails in halls and on stairs free of obstacles (f) Check labels on all containers prior to using contents (g) Wipe up spilled liquids (h) Pick up litter and place it in the proper container (i) Follow instructions of your supervisory nurse for feeding a resident (j) Report shocks and injuries promptly (k) Never use damaged or frayed electrical cords (l) Ask for an explanation of things you don't understand (m) Provide for resident safety (n) Check linen for personal items contained in folds prior to sending to the laundry (o) Report unsafe conditions when noticed	Review the general safety rules and have the class relate these to home as well as the health care facility.
4.1 Adhere to general safety rules		Discuss students' personal experiences with accidents and consider the general safety rules that may have prevented the accident.
4.1.1 List 15 rules of general safety		
	Safety Measures that Prevent Accidents	
4.2 Identify safety measures that prevent accidents to residents	1. Keep frequently used articles within reach of resident 2. Lock brakes on movable equipment (a) Wheelchairs (b) Beds 3. Properly position residents - ask nurse aide to properly position resident in: (a) Bed (b) Wheelchair (c) Chair 4. Provide assistance at mealtime to prevent spilling hot liquids 5. Identifying residents 6. Use identification bracelets 7. Call resident by name	

Unit 4 – Safety and Emergency Procedures		
Objectives	Content	Learning Activities
	8. Use I.D. systems that involve photographs 9. Realize that feeding wrong resident can threaten life 10. Preventing other injuries (a) Keep resident's bed in lowest position except when giving bedside feeding assistance (b) Place call bell/signal within reach (c) Place call bell/signal within reach	
	Assisting with the Choking Resident	
4.3 Discuss the emergency treatment of a choking resident	1. Causes of choking (a) Occurs when the throat is blocked or closed up and air cannot get to the airway (b) Victim cannot breathe or speak	
4.3.1 Assist with clearing an obstructed airway	2. Airway blocked by (a) Food (b) Blood (c) Foreign objects (d) Vomitus 3. Tilting the head back slightly may clear the airway since this pulls the tongue forward. (a) If victim is coughing, do not intervene (b) Stay near (c) Encourage coughing – most effective way to dislodge obstruction(s) 4. Signals of a complete airway blockage (a) Unable to speak (b) High pitched sounds with inhalation (c) Grasping the throat – distress signal (universal choking sign) 5. Obstructed Airway and Abdominal Thrusts (also known as Heimlich Maneuver) (a) Equipment – gloves (b) Procedure – Abdominal thrusts 6. Seek assistance from the nurse	Demonstration: Performance Checklist #1 Abdominal thrusts Return demonstration. Discuss the reason for chest thrusts instead of abdominal thrusts for obese residents.

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Objectives	Content	Learning Activities
	(a) Use emergency alarm (b) Use resident call system (c) Yell for help	
	Cardiopulmonary Resuscitation	
4.4 Discuss and explain your responsibilities in assisting with the resident who may have an emergency involving the heart	1. Agencies providing CPR instruction (a) American Heart Association (b) American Red Cross (c) EMS Squads 2. Common observations or resident complaints that signal a heart problem (a) Chest discomfort (b) Pressure, fullness, squeezing, or pain in center of chest behind breastbone (c) May spread to either shoulder, neck, jaw, or arm (d) Usually lasts longer than a few minutes, may come and go (e) Fainting (f) Sweating (g) Nausea (h) Shortness of breath 3. Seek assistance (a) Use emergency alarm (b) Use resident call system (c) Yell for help	

	Recognizing Convulsive Disorders (Seizures)	
4.5 Discuss and explain your responsibilities in assisting the resident until professional help arrives for convulsive disorders	A. Causes 1. Infectious disease 2. Omitted medication 3. Head injury 4. Stroke 5. Seizure syndrome B. Types 1. Partial 2. General (a) Tonic-clonic (grand mal) (b) Absence (petit mal) (c) Unclassified 3. Seek Assistance from the nurse (a). Summon help and use resident call system (b). Stay with the resident 4. Protect from injury (a) Lower to floor if appropriate (b) Move objects away that might cause injury (c) Do not restrain the resident (d) Loosen constricting clothing (around neck) (e) Place pillow under head and turn face to one side (f) Note time seizure began and report to supervisory nurse 5. Allow resident to rest after seizure (a) Very tired (b) May be confused (c) Often disoriented	Discuss the differences in types of seizures Discuss how to physically protect the resident Suggest reasons why the face would be turned to the side
	Reporting Emergencies	
4.6 Report emergencies accurately and immediately	1. Never panic, remain calm (a) Take a few slow deep breaths (b) Observe your surrounding (c) Assess resources available 2. Evaluate the situation (a) Check resident's condition (b) Determine safety of environment	Provide the class with a description of an accident or health emergency that has occurred. The student is the only person on the scene. Ask them to explain how

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	(c) Call or send for help immediately (activate resident call system) (d) Know your limitations (e) Reassure the resident	he/she would handle the situation.
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