



NC Department of Health and Human Services
NC Nurse Aide I Curriculum

Module C
**The Resident's Environment:
 Safety & Emergency**

July 2019

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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

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Safety: Resident's Environment

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



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Resident's Environment

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



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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

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Hazard

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



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Safety in the Resident's Environment



Importance

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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



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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



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***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



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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



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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



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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



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*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

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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



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Definition of a Fall



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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



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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, 1/2 will fall per year
- About 1 in 3 of those who fall, will fall 2 or more times within that year



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Fall Prevention Program

Every facility should have in place



- Assessing residents for risk
- Interventions to minimize risks

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Fall Risk Factors



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

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Intrinsic Risk Factors

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



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Extrinsic Risk Factors

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



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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



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Preventing Falls – Devices



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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



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Elopement



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

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Preventing Elopement

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



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Medical Emergency



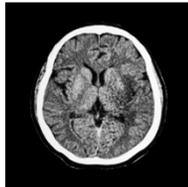
A dire situation when a person's health or life is at risk

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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



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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

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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

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Conscious Choking Resident (2)

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



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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



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Fire
A fire needs 3 things?



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Facility Fire Safety Plan
All employees must know the plan BEFORE needed



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In the Event of a Fire



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

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RACE

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



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PASS



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