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

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

July 1, 2024

1

Objectives

1. Explain why residents in long-term care facilities are at risk for injury
2. Identify the role of the nurse aide in maintaining a safe environment for the resident
3. Describe the role of the nurse aide in dealing with emergencies in a health care facility

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024

2

Safety: Resident's Environment

When a resident is at risk of illness or injury in the environment to which he or she lives

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024

3

Resident's Environment

- Area of a long-term care center that a resident calls home
- It should be designed to provide comfort, safety, and privacy for the resident

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   4

4

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   5

5

Hazard

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   6
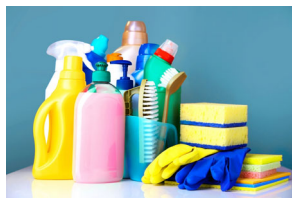
6

Safety in the Resident's Environment

Importance

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   7

7

Elderly Are at Risk for Injury

The elderly are at greater risk for injury and rely on the health care team to keep them safe

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

Remember, your residents are relying on you to keep them safe!

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   8

8

Elderly Are at Risk for Injury

The elderly are at greater risk for injury and rely on the health care team to keep them safe

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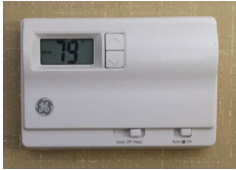- Visual impairment
- Cognitive impairment

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   9

9

Safety in the Resident's Environment

Nurse Aide's Role

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   10

10

Safety in the Resident's Environment

Nurse Aide's Role

- Identify and report any unsafe conditions or faulty equipment
- Allow the resident, if possible, a choice in the arrangement of personal items
- Check all linen for personal items prior to sending to the laundry

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   11

11

Nurse Aide's Role When Oxygen in Use

- "Oxygen in Use" signs should be posted
- Never have open flames or smoking in the area
- Do not use electrical equipment in the room without approval
- Inform visitors of oxygen safety

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   12

12

Safety in Resident's Environment

Points to Remember

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   13

13

Safety in Resident's Environment

Points to Remember

- Lock wheelchair before moving resident into or out of it
- Watch feet when transporting resident in wheelchair
- Keep the over-bed table clean and free of clutter
- Respect the resident's right to full privacy

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   14

14

Safety in Resident's Environment

Points to Remember

- Respect that residents can have and use personal items
- Check water temperature before bath or shower
- Report if water seems too hot
- Monitor wandering residents

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   15

15

Prevalence of Falls for the Older Adult

- In the U.S. over 14 million (1 in 4) aged 65+ report falling each year
- 37% of those required medical treatment or restricted activity for at least one day
- Every 11 seconds an older adult is treated in the emergency room
- Falls are a leading cause of death among older adults
- Every 19 minutes an older adult dies from a fall

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   16

16

Fall Prevention Program

- Assessing residents for risk
- Interventions to minimize risks

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   17

17

Fall Risk Factors

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   18

18

Intrinsic Risk Factors

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   19

19

Extrinsic Risk Factors

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   20

20

Preventing Falls – Nurse Aide's Role

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   21

21

Preventing Falls – Devices

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   22

22

Preventing Falls – Nurse Aide's Role

• Report unsafe conditions
• Ensure call signal is within reach
• Answer call signals promptly
• Properly position residents
• Wipe up spilled liquids

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   23

23

Elopement

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   24

24

Preventing Elopement

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

25

Medical Emergency

A dire situation when a person's health or life is at risk
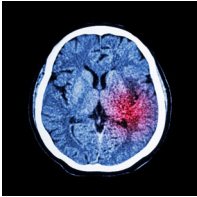
26

Cerebrovascular Accident (CVA)

- Also known as stroke
- Occurs when blood supply to part of the brain is blocked or a blood vessel leaks/breaks in part of the brain
- Quick response is critical to reduce severity of the stroke

27

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 |

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   28

28

Seizure

- Involuntary contractions of muscles
- Small area or entire body
- Caused by abnormal electrical activity in the brain
- The main goal is to keep the resident safe

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   29

29

Nurse Aide's Role – During a Seizure

- Note time of seizure at start and finish
- Send for supervisor; do not leave resident
- Put on gloves
- Cradle head
- Loosen clothing

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   30

30

Nurse Aide's Role During a Seizure

- Do not attempt to 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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   31

31

Conscious Choking Resident

A common sign that a resident is choking

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   32

32

Conscious Choking Resident

- Encourage resident to cough
- Ask someone to get a nurse
- Stay with person
- Follow facility's procedure for clearing an obstructed airway

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   33

33

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 in small pieces
- Report difficulty in chewing or swallowing

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   34

34

In the Event of a Fire

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

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   35

35

RACE

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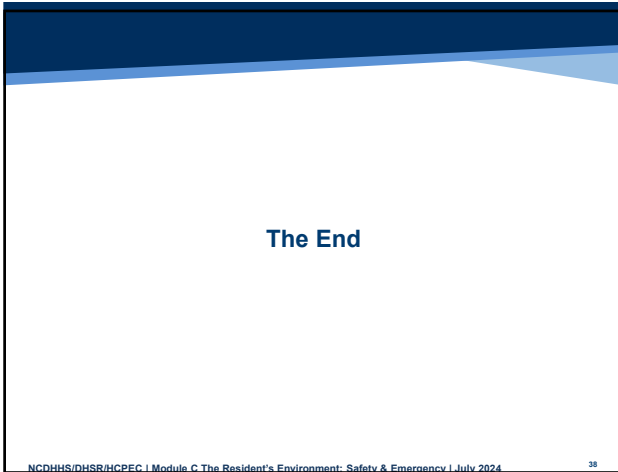- **EXTINGUISH** the fire

PULL DOWN
FIRE ALARM

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024   36

36

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024 37

37

The End

NCDHHS/DHSR/HCPEC | Module C The Resident's Environment: Safety & Emergency | July 2024 38

38