

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

Module C The Resident's Environment: Safety and Emergency

July 1, 2024

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

Safety: Resident's Environment

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



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



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

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!

Elderly Are at Risk for Injury

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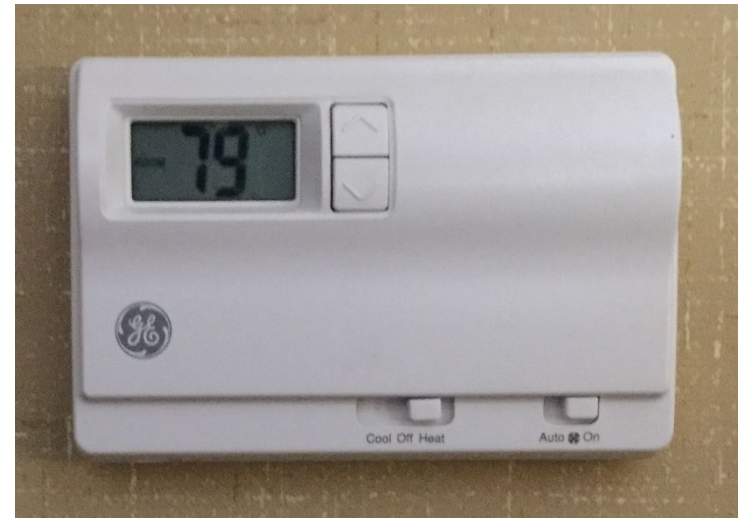
- Impaired coordination
- Hearing impairment
- Reduced smell and touch
- Visual impairment
- Cognitive impairment



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



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



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



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



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



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



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



Fall Prevention Program

- 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

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

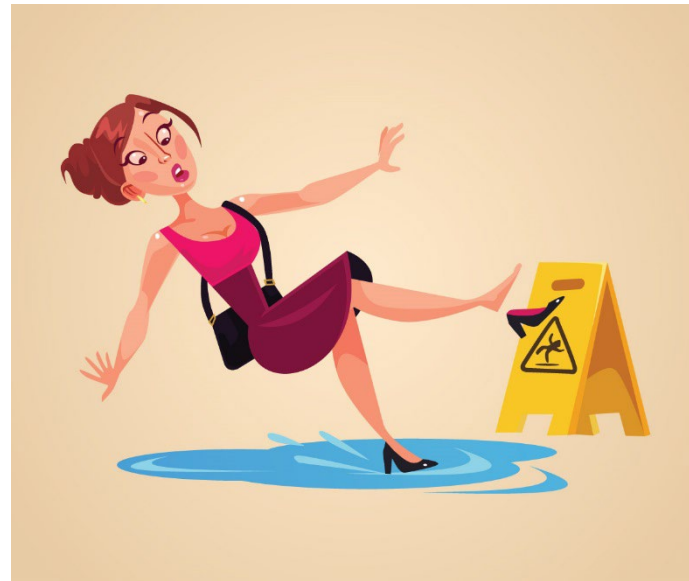


Preventing Falls – Devices



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



Elopement



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

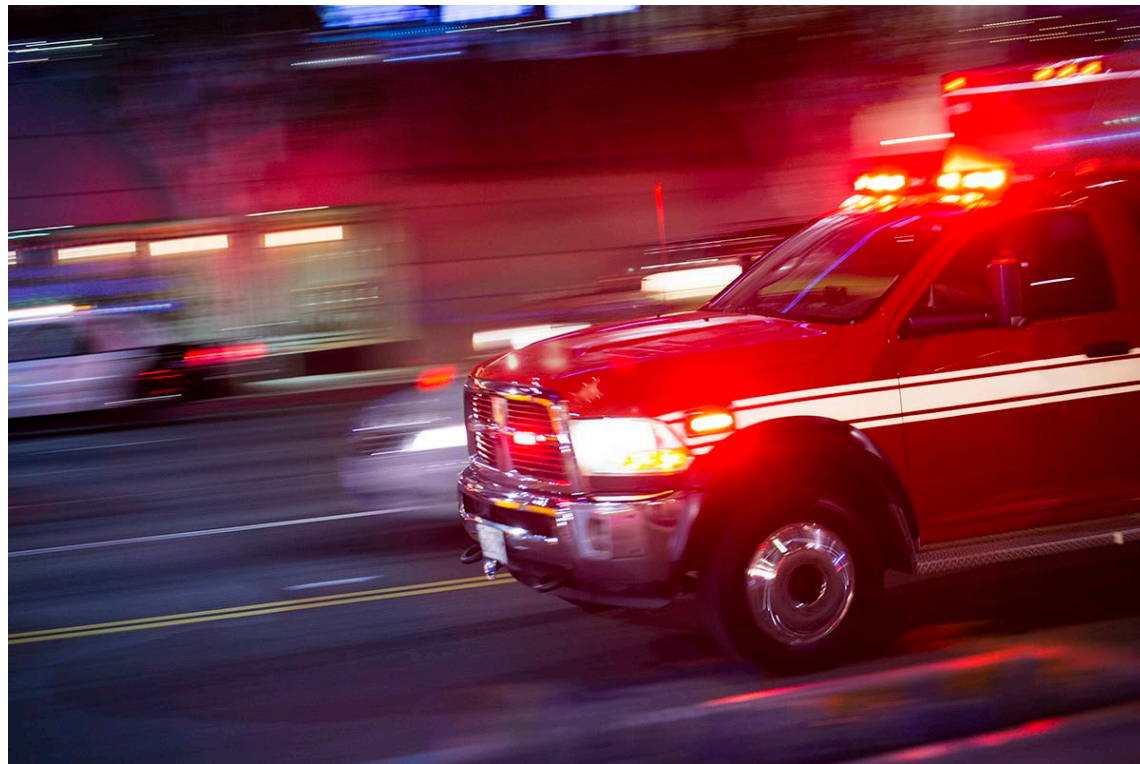
Preventing Elopement

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



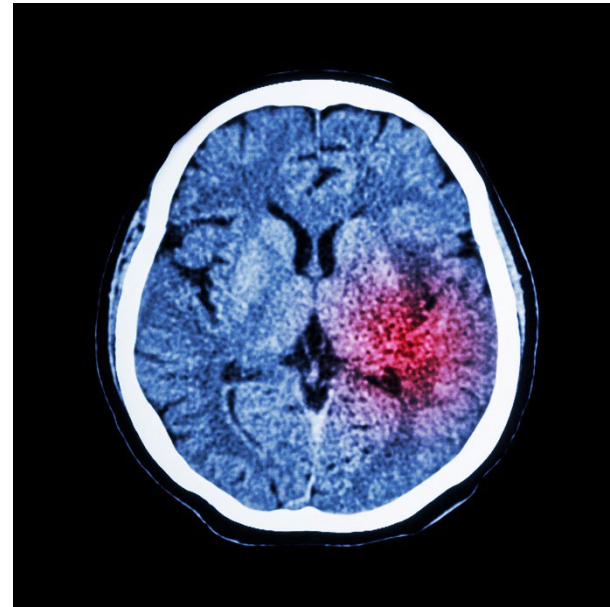
Medical Emergency

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 a blood vessel leaks/breaks in part of the brain
- Quick response is critical to reduce severity of the stroke



THE SIGNS OF A STROKE

B E F A S T

BALANCE



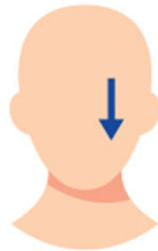
**LOSS OF
BALANCE**

EYES



**LOST
VISION**

FACE



**FACE
DROOPING**

ARM



**ARM
WEAKNESS**

SPEECH



**SPEECH
DIFFICULTY**

TIME



**TIME TO CALL
AN AMBULANCE**

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



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



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



Conscious Choking Resident

A common sign that a resident is choking



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



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



In the Event of a Fire



- A fire needs three things: heat, fuel, oxygen
- 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



P A S S

1



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3



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The End