

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

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

July 1, 2024

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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

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Safety: Resident's Environment

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



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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



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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

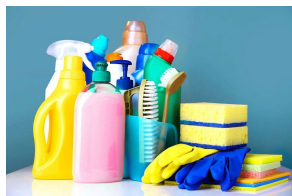
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Hazard

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

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!

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Elderly Are at Risk for Injury (2)

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



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Safety in the Resident's Environment (3)

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



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Safety in the Resident's Environment (4)

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



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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



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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



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Safety in Resident's Environment (5)

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



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Safety in Resident's Environment (6)

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



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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



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Fall Prevention Program

- 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



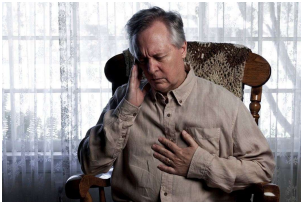
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Intrinsic Risk Factors

- 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

- Assist with ambulation when necessary
- Provide assistance and 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



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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



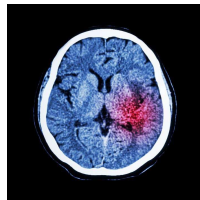
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Cerebrovascular Accident (CVA)

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









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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
- The main goal is to keep the resident safe




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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




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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




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Conscious Choking Resident

A common sign that a resident is choking




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Conscious Choking Resident (2)

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



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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 in small pieces
- Report difficulty in chewing or swallowing



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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

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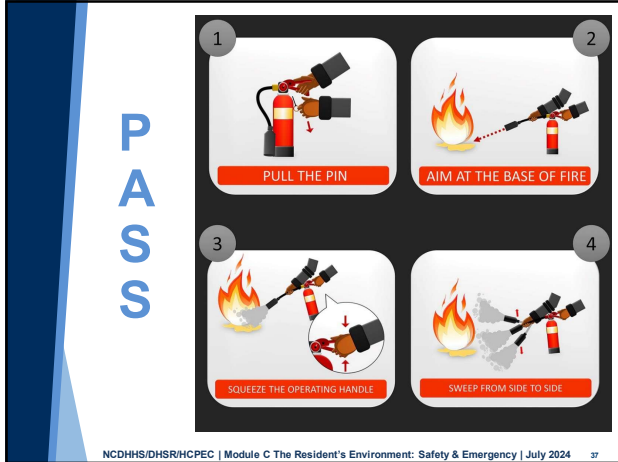
RACE

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

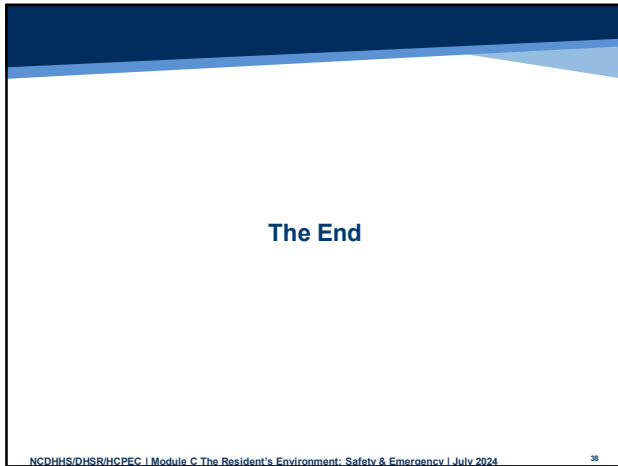


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