

# 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

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

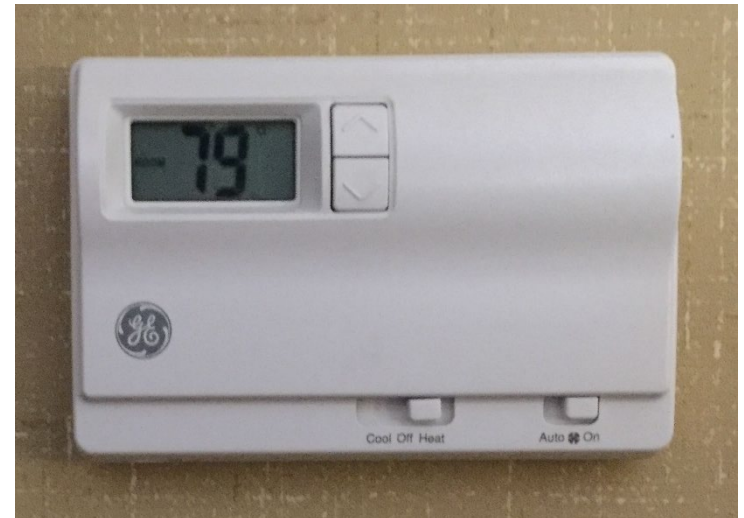
- Impaired coordination
- Hearing impairment
- Reduced smell and touch
- Visual impairment
- Cognitive impairment



# 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



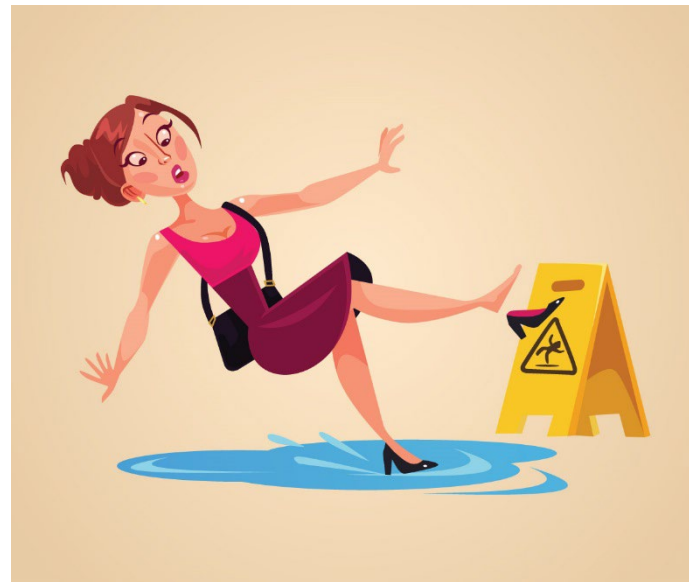


# Preventing Falls – Devices



# 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



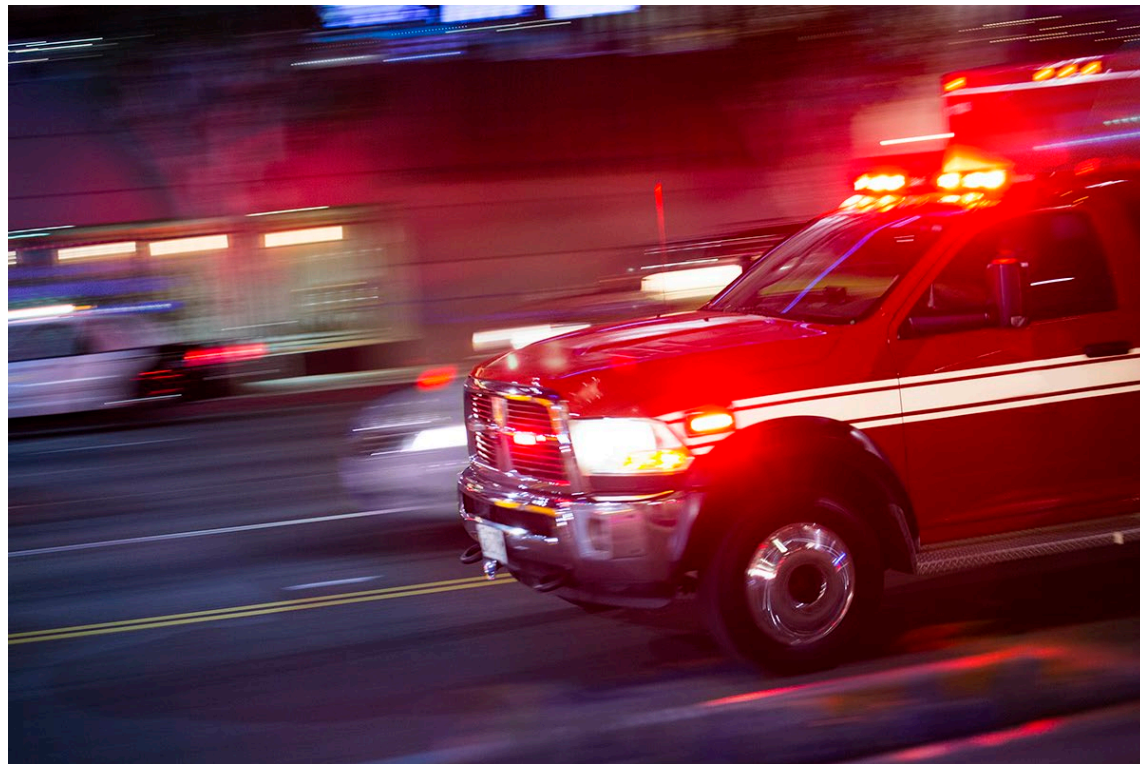
# Preventing Elopement

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



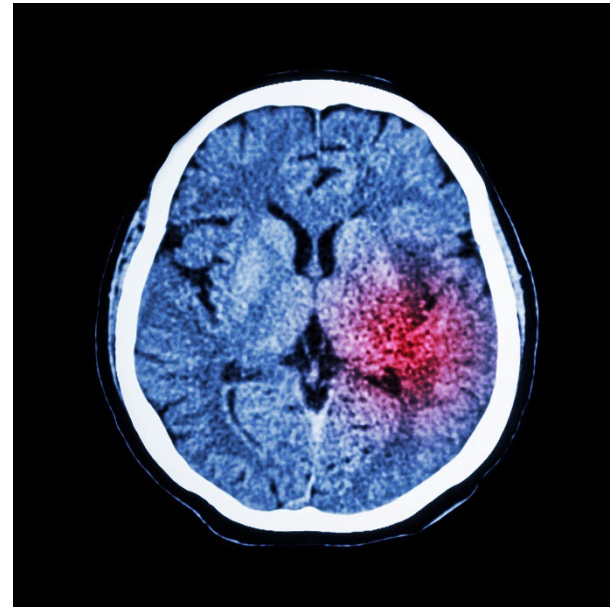
# Medical Emergency

**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**



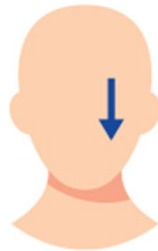
**LOSS OF  
BALANCE**

**EYES**



**LOST  
VISION**

**FACE**



**FACE  
DROOPING**

**ARM**



**ARM  
WEAKNESS**

**SPEECH**



**SPEECH  
DIFFICULTY**

**TIME**



**TIME TO CALL  
AN AMBULANCE**

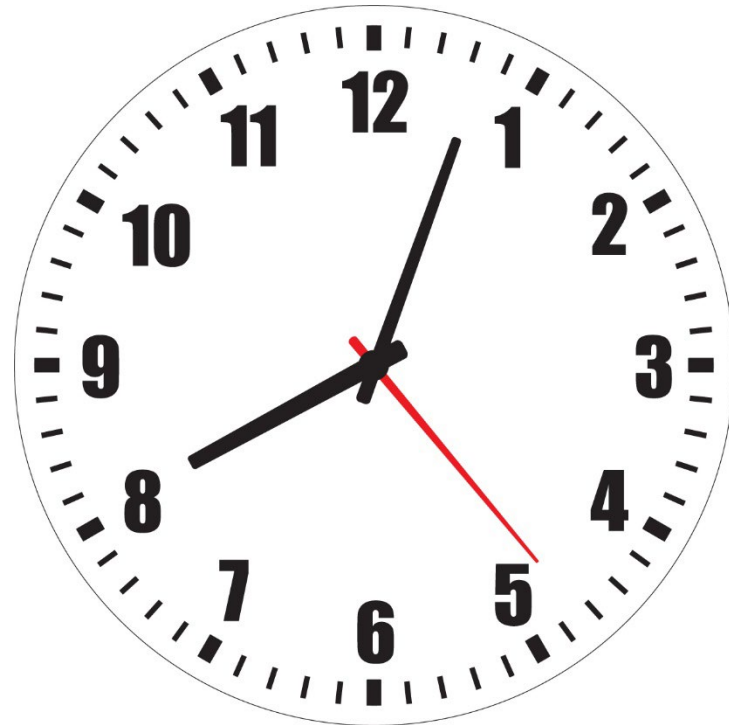
# Seizure

- 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



PULL THE PIN

2



AIM AT THE BASE OF FIRE

3



SQUEEZE THE OPERATING HANDLE

4



SWEEP FROM SIDE TO SIDE

**The End**