



# State-Approved Curriculum NURSE AIDE I TRAINING PROGRAM

## July 2013 Module C



North Carolina Department of Health and Human Services  
Division of Health Service Regulation  
Health Care Personnel Registry Section  
Center for Aide Regulation and Education  
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## **Module C – The Resident’s Environment – Safety & Emergency Teaching Guide**

### **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.

### **Instructional Resources/Guest Speakers**

- **Guest Speaker:** Member of the local fire department; topic: to demonstrate basic use of a fire extinguisher and to provide a general overview of fire safety (Teaching Tip #2C)

### **Advance Preparation – In General**

- Review curriculum and presentation materials
- Add examples or comments to Notes Section
- Set up computer/projector

**Module C – The Resident’s Environment – Safety & Emergency  
Definition List**

**Hazard** – anything in the resident’s environment that may cause illness or injury

**Medical Emergency** – a dire situation when a person’s health or life is at risk

**PASS** – acronym to remember during the use of a fire extinguisher – **P**ull the pin, **A**im at the base of the fire when spraying, **S**queeze the handle, and **S**weep back and forth at the base of the fire

**RACE** – acronym to remember in case of a fire – **R**emove residents from danger, **A**ctivate alarm, **C**ontain the fire by closing all doors and windows, and if possible, **E**xtinguish the fire (or fire department will extinguish fire)

**Resident’s Environment** – the area of a long-term care center that a resident calls home, designed to provide comfort, safety, and privacy for the resident

**Resident Unit** – the personal space, furniture, and equipment provided for the resident by the long-term care center

**Safety in the Resident’s Environment** – when a resident has little risk of illness or injury in the environment to which he/she lives

<b>Module C – The Resident’s Environment: Safety &amp; Emergency</b>	
<b>(S-1) Title Slide</b> <b>(S-2) Objectives</b> <ol style="list-style-type: none"> <li>1. Explain why residents in long-term care facilities are at risk for injury.</li> <li>2. Identify the role of the nurse aide in maintaining a safe environment for the resident.</li> <li>3. Describe the role of the nurse aide in dealing with emergencies in a health care facility.</li> </ol>	
<b>Content</b>	<b>Notes</b>
<b>(S-3) Safety in the Resident’s Environment</b> <ul style="list-style-type: none"> <li>• Definition – when a resident has little risk of illness or injury in the environment to which he/she lives</li> </ul>	
<b>(S-4) Resident’s Environment</b> <ul style="list-style-type: none"> <li>• The area of a long-term care center that a resident calls home, designed to provide comfort, safety, and privacy for the resident</li> <li>• May be a private room or a shared-room with another resident</li> </ul>	
<b>(S-5) Resident Unit</b> <ul style="list-style-type: none"> <li>• The personal space, furniture, and equipment provided for the resident by the long-term care center</li> <li>• May contain a personal chair or item from resident’s home</li> <li>• Furnished and equipped to meet basic needs of the resident</li> <li>• Includes, a bed (electric or manual), over-bed table, bedside stand, chair, and privacy curtain</li> <li>• Must contain a call system to permit resident to signal for help</li> <li>• Rooms should be furnished and equipped to meet basic needs</li> <li>• May also contain resident’s choice of items from home (such as pictures, bedspread, throw pillows)</li> <li>• Personal care items (bedpan, urinal, wash basin, emesis basin, water pitcher, cups, soap, hair care supplies, deodorant) also located within the resident unit, typically in the bedside stand</li> <li>• Closet and/or drawer space</li> </ul>	
<b>(S-6) Hazard</b> <ul style="list-style-type: none"> <li>• Anything in the resident’s environment that may cause illness or injury</li> <li>• Examples – burns, poisoning, suffocation, equipment, fire, falls</li> </ul>	
<b>(S-7) Safety in the Resident’s Environment – Importance</b> <ul style="list-style-type: none"> <li>• OBRA (1997) and regulatory agencies require that long-term care facilities follow safety policies and procedures</li> <li>• The facility is home to the resident and resident should be encouraged and assisted to make room as home-like and safe as possible</li> <li>• Safety is a basic resident need and residents are at great risk for accidents and falls</li> <li>• Goal is to keep resident safe, without limiting independence and mobility</li> </ul>	
<b>(S-8) Elderly are at Risk for Injury</b>	

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<ul style="list-style-type: none"> <li>Elderly are at greater risk for injury and rely on health care team to keep them safe               <ul style="list-style-type: none"> <li>Knee joint instability</li> <li>Decreased strength</li> <li>Slower movement</li> <li>Medication side effects, such as dizziness, drowsiness, etc</li> <li>Low blood pressure</li> </ul> </li> <li><b>Remember, your residents are relying on you to keep them safe</b></li> </ul>	
<p><b>(S-9) Elderly are at Risk for Injury</b></p> <ul style="list-style-type: none"> <li>Elderly are at greater risk for injury and rely on health care team to keep them safe               <ul style="list-style-type: none"> <li>Impaired coordination</li> <li>Hearing impairment</li> <li>Reduced sense of smell and touch</li> <li>Visual impairment</li> <li>Cognitive impairment causing poor judgment and misperceptions</li> </ul> </li> <li><b>Remember, your residents are relying on you to keep them safe</b></li> </ul>	
<p><b>TEACHING TIP #1C: Family Member Accidents</b></p> <p>Ask students:</p> <ul style="list-style-type: none"> <li>Please share some examples of accidents that older adult family members have had</li> <li>Identify which aging processes probably contributed to the accidents</li> </ul>	
<p><b>(S-10) Prevalence of Falls in Nursing Home</b></p> <ul style="list-style-type: none"> <li>Each year, a typical nursing home with 100 beds reports 100 to 200 falls – the numbers are possibly higher because many falls not reported</li> <li>Between half and three-quarters of nursing home residents fall each year</li> <li>Residents who fall often fall more than once, with an average of 2.6 falls per person per year</li> <li>About 35% of fall injuries occur among residents who cannot walk</li> <li>About 1,800 people living in U.S. nursing homes die each year from falls</li> <li>About 10% to 20% of nursing home falls cause serious injuries; 2% to 6% cause fractures</li> <li>Most falls occur in resident rooms and bathrooms</li> <li>Most falls occur between 4 PM and 8 PM, and also during shift changes</li> <li>Resident falls cause 1. variety of fractures, such as the spine, hip, leg, and arm; 2. disability; 3. decline in function; and 4. decreased quality of life</li> <li>Fear of falling can cause further loss of function, depression, feelings of helplessness, and social isolation</li> <li>Most common causes of falls among nursing home residents are due to</li> </ul>	

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muscle weakness and walking or gait problems – account for about 24%	
<b>(S-11) Preventing Falls</b> <ul style="list-style-type: none"> <li>• Assist with ambulation when necessary</li> <li>• Provide appropriate assistance/supervision</li> <li>• Keep environment free of clutter</li> <li>• Keep all walkways free from rugs, cords, boxes, and equipment</li> <li>• Observe frequently</li> </ul>	
<b>(S-12) Preventing Falls</b> <ul style="list-style-type: none"> <li>• Report unsafe conditions immediately</li> <li>• Make sure call signal is within resident’s reach at all times</li> <li>• Answer call signals promptly</li> <li>• Properly position residents in chairs and/or beds</li> <li>• Wipe up spilled liquids immediately</li> <li>• Pick up litter and place it in the proper container</li> </ul>	
<b>(S-13) Safety in the Resident’s Environment – Nurse Aide’s Role</b> <ul style="list-style-type: none"> <li>• Maintain comfortable room temperature and lighting</li> <li>• Be aware that residents may prefer warmer room temperature than employees</li> <li>• Be aware that most residents have poor vision and need bright light, if reading</li> <li>• Keep unit clean and dirty items disposed of properly</li> </ul>	
<b>(S-14) Safety in the Resident’s Environment – Nurse Aide’s Role</b> <ul style="list-style-type: none"> <li>• Identify and report any unsafe conditions or faulty equipment</li> <li>• Allow resident a choice, if possible, in arrangement of personal items</li> <li>• Check linen for personal items contained in folds prior to sending to the laundry</li> </ul>	
<b>(S-15) Nurse Aide’s Role when Oxygen is in Use</b> <ul style="list-style-type: none"> <li>• Post Oxygen in Use signs</li> <li>• Never have open flames or smoking in area</li> <li>• Do not use electrical equipment in room without facility approval</li> </ul>	
<b>(S-16) Nurse Aide’s Role in Preventing Choking</b> <ul style="list-style-type: none"> <li>• Sit resident upright to eat</li> <li>• Provide assistance at mealtime to prevent spilling hot liquids</li> <li>• Encourage resident to use dentures when eating</li> <li>• Assist resident by cutting food in small pieces</li> <li>• Report any difficulty in chewing or swallowing</li> </ul>	
<b>(S-17) Safety in the Resident’s Environment – Points to Remember</b> <ul style="list-style-type: none"> <li>• Provide care to right resident</li> <li>• Be careful of feet when transporting residents in wheelchairs</li> </ul>	

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<ul style="list-style-type: none"> <li>• Monitor wandering residents</li> <li>• Keep bed in lowest position except when giving bedside care</li> <li>• Keep call signal within easy reach</li> <li>• Arrangement of the room should be convenient to the resident. This assists the resident to be as independent as possible.</li> <li>• Be aware of relationship of environment to level of function</li> </ul>	
<b>(S-18) Safety in the Resident’s Environment – Points to Remember</b> <ul style="list-style-type: none"> <li>• Lock wheelchair before moving resident into or out of them</li> <li>• Over-bed table is considered a clean area and must be kept clean and free of clutter</li> <li>• Residents have the right to full visual privacy</li> <li>• Residents are allowed to have and use personal items</li> <li>• OBRA requires 71 degrees F to 81 degrees F for room temperature</li> </ul>	
<b>(S-19) Safety in the Resident’s Environment – Points to Remember</b> <ul style="list-style-type: none"> <li>• Always check water temperature prior to bath or shower</li> <li>• Report if water seems too hot</li> </ul>	
<b>(S-20) Medical Emergency</b> <ul style="list-style-type: none"> <li>• A dire situation when a person’s health or life is at risk</li> <li>• Most serious medical emergencies – unconscious resident, resident not breathing, resident has no pulse, and resident is bleeding severely</li> </ul>	
<b>(S-21) In the Event of a Conscious Choking Resident</b> <ul style="list-style-type: none"> <li>• A common sign that residents are choking is when they put their hands around their throats</li> </ul>	
<b>(S-22) In the Event of a Conscious Choking Resident</b> <ul style="list-style-type: none"> <li>• Encourage resident to cough as forcefully as possible</li> <li>• Ask someone to get nurse</li> <li>• Stay with person</li> <li>• Follow facility’s procedure for clearing an obstructed airway</li> </ul>	
<b>(S-23) In the Event of a Fire</b> <ul style="list-style-type: none"> <li>• Keep calm</li> <li>• Follow facility’s policy</li> <li>• Never use elevator</li> <li>• Remember two important acronyms – RACE and PASS</li> </ul>	
<b>(S-24) RACE</b> <ul style="list-style-type: none"> <li>• Remove residents from danger</li> <li>• Activate alarm</li> <li>• Contain the fire by closing all doors and windows, if possible</li> </ul>	

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<ul style="list-style-type: none"> <li>Extinguish the fire, or fire department will extinguish</li> </ul>	
<p><b>(S-25) PASS</b></p> <ul style="list-style-type: none"> <li>Use fire extinguisher, only if trained in PASS               <ul style="list-style-type: none"> <li>Pull the pin</li> <li>Aim at the base of the fire when spraying</li> <li>Squeeze the handle</li> <li>Sweep back and forth at the base of the fire</li> </ul> </li> </ul>	
<p><b>TEACHING TIP #2C: Guest Speaker</b></p> <p>Member of the local fire department</p> <p><b>TEACHING TIP #3C: Environmental Safety</b></p> <p>Just before break or lunch, have students:</p> <ul style="list-style-type: none"> <li>Jot down the type and location of safety practices or devices in their own environment which they notice. These could be in their classroom building or out and about at their college or facility. Some examples include fire extinguishers, emergency exit plans, and emergency exit doors.</li> </ul> <p>When students return to class, ask students:</p> <ul style="list-style-type: none"> <li>What type of safety devices or items did you see out and about and where were they located?</li> <li>Why is important to know where these devices are located?</li> </ul> <p><b>TEACHING TIP #4C: Exit Routes</b></p> <p>Ask students:</p> <ul style="list-style-type: none"> <li>How many of you notice the exit route to the nearest stairwell when you are spending the night at a hotel, motel, or inn?</li> <li>Why it is important to take a few seconds to take note of this when you are staying in a strange place?</li> </ul>	
<b>(S-26) THE END</b>	