

Hartman's

In-Service Education SourceBook Series



# Home Care Safety

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HARTMAN PUBLISHING SOURCEBOOK

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HARTMAN PUBLISHING INC.

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# Notice to the Reader

Though the guidelines and procedures contained in this text are based on consultations with healthcare professionals, they should not be considered absolute recommendations. The instructor and readers should follow employer, local, state, and federal guidelines concerning healthcare practices. These guidelines change, and it is the reader's responsibility to be aware of these changes and of the policies and procedures of her or his health-care facility.

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# FYI

This SourceBook teaches the student how to anticipate and prevent potentially unsafe situations in and around the home. The Consumer Product Safety Commission believes that many injuries result from hazards that are easy to overlook, but also easy to fix. Spotting these hazards and taking some simple steps to correct them may prevent injuries. Home health aides are one of the healthcare industry's most powerful resources in helping elders maintain independence at home. Educating home health aides and their clients about the importance of home care safety will help to reduce costly medical interventions and keep clients at home.

We live in a rapidly aging society. Older people are now the fastest growing population segment in the United States. In 2020, more than 20% of Americans will be age 65 or older. By 2030, the U.S. will have more older adults than children!

Institutional health care provided in nursing homes and hospitals is expensive. Most insurance companies are willing to pay for a part of home care because it is less expensive. Presently, about 8.1 million individuals who live in the community have problems with one of their activities of daily living (ADLs). It's projected that by 2018, the number of older people who will use home care will increase to 7.4 million. This number is well above the projected use of nursing home facilities by the elderly, which is at 3.6 million. Compare this to 1990, when less than one million individuals over age 85 were at home with help.

More people are injured in their homes than anywhere else. Falls are the most

common cause of injuries and hospital admissions for trauma among the elderly. For people aged 65-84, falls are the second leading cause of injury-related death. Most falls occur while in the bathroom and/or entering and exiting the home. Half of all seniors hospitalized for hip fractures cannot return home or live independently. Falls are a leading cause of injury, immobility, disability, psychosocial dysfunction, nursing home placement, and premature death within the elder population. Of those living at home, approximately 30% of those over the age of 65 and 40% of those over the age of 80, will fall at least one time per year. Falls are associated with more than 300,000 hip fractures annually, resulting in a 20% mortality rate after one year. Accidents and fall-related injuries are the seventh leading cause of death in the elderly. By the year 2020, the cost of fall-related injuries is projected to reach \$32.4 billion dollars.

Home health aides are the eyes and ears of the agency. They spend more time with clients than any other members of the healthcare team. Observing and reporting changes in the client's condition or abilities is a very important role of the home health aide. These reports allow the team to make the best decisions about caring for clients' needs.

## Happy Teaching!

## LESSON PLAN

# Introduction and Assessment

## ESTIMATED TIME:

15-20 minutes

## TOOLS:

Handout: Assessment A

Handout: Assessment A Answer Key

Handout: Note-Taking Worksheet

Handout: Key Terms

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## LEARNING ACTIVITY:

## Home Care Safety Pre-Test

*Distribute Handout:  
Assessment A*

Allow approximately 10 minutes for completion of the assessment. Tell the class that you are not measuring what they, as individuals, know, but are interested in seeing how the lessons affect their knowledge base. They do not need to sign their names.

*Distribute Handout:  
Note-Taking Worksheet*

Tell participants to take notes on the worksheet during all the lectures and discussion. This will help them learn and retain the information and provide them with a review of the information in the future.

*Distribute Handout:  
Key Terms*

Tell participants to keep this handout and read over it. The Key Terms handout covers all terms used in the learning objectives.

## INTRODUCTION AND ASSESSMENT

# Assessment A – Home Care Safety Pre-Test

Name: .....

Date: .....

**Multiple Choice.** Circle the correct answer(s).

1. Risk factors for falls for people over 65 years of age include:
  - a. impaired vision or hearing
  - b. improper footwear
  - c. a history of falls
  - d. an altered mental state
  - e. all of the above
  
2. Ways to promote good body mechanics during transfers include:
  - a. using a gait belt secured around the waist of the client
  - b. explaining each step of the transfer and allowing the client to complete it slowly
  - c. pulling strongly on the arms and underneath the client's shoulders
  - d. making sure the client's feet do not touch the floor when transferring him from the toilet
  - e. a and b only
  
3. Disposable gloves are worn in all of the following situations EXCEPT:
  - a. when there's a risk of an exposure to blood
  - b. when dusting the furniture
  - c. when there's a risk of an exposure to body fluids
  - d. when assisting with perineal (area between the genitals and anus) care
  - e. none of the above
  
4. Which of the following is NOT a proper response to an emergency in the home?
  - a. Stay calm.
  - b. Assess the situation.
  - c. Consider if it is safe for you to enter area.
  - d. Call your family to say that you are scared.
  - e. all of the above

5. Medication safety includes which of the following measures?
  - a. Store all medications in the refrigerator.
  - b. Clearly mark all prescription containers with the contents, doctor's instructions, expiration date, and client's name.
  - c. Close caps properly after each use.
  - d. all of the above
  - e. b and c only
6. In which of the following situations could accidental poisoning occur?
  - a. Cleaning products and food are stored together in the kitchen cabinet.
  - b. Eggs are stored in the original carton.
  - c. All of the client's medications are kept on the kitchen table.
  - d. The refrigerator isn't checked daily for spoiled food.
  - e. a, c, and d only
7. Which of these measures would NOT help to prevent burns?
  - a. Keep several non-tip ashtrays where client most frequently smokes and empty them as needed.
  - b. Do not smoke in bed.
  - c. Do not wear flowing sleeves while cooking near the stove.
  - d. Store oxygen tanks near a fireplace, wood stove, or furnace.
  - e. Do not leave items that are cooking on stove unattended.
8. Which action would NOT help to prevent falls?
  - a. Wipe up spills immediately.
  - b. Keep phone easily accessible.
  - c. Clear pathway between bed and bathroom.
  - d. Place scatter rugs in kitchen and halls.
  - e. Use a shower chair in shower stall and bathmat in shower or tub.
9. You're concerned about a client's ability to call for help in case of an emergency. You should:
  - a. assume that the nurse in charge already knows the situation
  - b. decide that you are overreacting
  - c. contact your supervisor immediately
  - d. plan on telling the client's daughter when she calls next week
  - e. none of the above
10. Signs of elderly abuse and mistreatment/neglect include:
  - a. Person is depressed or anxious.
  - b. There is old food in the refrigerator or insufficient food in the refrigerator.
  - c. Person has bruises, welts, sprains, dislocations, abrasions, and/or lacerations.
  - d. There is an accumulation of trash and/or dirty laundry.
  - e. all of the above



# Assessment A Answer Key

Answers:

1. e

2. e

3. b

4. d

5. e

6. e

7. d

8. d

9. c

10. e

## INTRODUCTION AND ASSESSMENT

# Key Terms

**Abandonment:** Leaving a person alone regardless of responsibilities or obligations.

**Activities of Daily Living (ADLs):** Personal care tasks, usually done daily, such as bathing, dressing and undressing, getting into and out of bed, eating, using the toilet, and grooming.

**Alcohol abuse:** The inappropriate use of alcohol. This use disrupts the person's lifestyle and/or relationships. Both physical and psychological dependence may occur.

**Body mechanics:** The way the parts of the body work together during movement. Using good body mechanics helps save energy and prevent injury.

**Delusions:** Persistent false beliefs; can be the result of a mental disorder.

**Dementia:** A loss of mental abilities, such as thinking, remembering, reasoning, and communicating, resulting in difficulty performing ADLs. It is NOT a normal part of aging.

**Financial abuse:** Any request for money from a client for personal benefit.

**Instrumental or Intermediate Activities of Daily Living (IADLs):** The activities that must be done so one can live at home. These include shopping, preparing meals, housekeeping, using the telephone, doing the laundry, using transportation, managing medications, and managing finances.

**Neglect:** The intentional or unintentional failure of a caregiver to take proper care of a person. This failure to give care causes injury or discomfort.

**Nosocomial:** An infection acquired in a healthcare facility, passed from one person within the facility to another. It can be mild or life-threatening.

**PERS:** The abbreviation for personal emergency response system.

**Physical abuse:** Any treatment, intentional or unintentional, that causes harm and/or pain to the client's body. This includes kicking, hitting, pushing, and roughness during personal care.

**Polypharmacy:** Multiple drug therapy in which there is concurrent use of a number of drugs.

**Psychological abuse:** Any behavior that causes the client to feel threatened and/or fearful. It includes emotional, mental, and verbal abuse.

**Scam:** To cheat or swindle another person for financial gain.

**Self-determination:** The freedom to choose one's own actions and/or statements without outside influence.

**Sexual abuse:** Forcing a person to perform or participate in sexual acts against his or her will.

# Key Terms

**Spousal abuse:** Psychological and/or physical abuse by a spouse.

**Syncope:** A brief loss of consciousness resulting from inadequate blood flow to the brain; also called fainting.

**Verbal abuse:** The use of words to threaten, embarrass, or insult a person. This includes pictures that do not show consideration and respect for the person.

**Vigilant:** Alert, watchful (especially to avoid danger)