Nursing Fundamentals

5.03 Clean and Safe Environment

Student Notes

|  |
| --- |
| **5.03 Understand NAI’S role in creating a safe and clean environment that fosters resident independence, contentment, and self‐esteem.** |
| The nurse aide’s job is to keep the resident’s unit safe and clean and to create an environment that fosters independence, contentment and self‐esteem.This includes:* environmental control,
* the resident’s room,
* cleaning the unit, and
* bedmaking
 |
| **Environmental Control** |
| **‐ Temperature*** Older people often chilly
* Sweaters, lap robes and shawls provide warmth
* Drapes, shades and screens used to block drafts
* Extra blankets used when sleeping
* Good ventilation helps to control odors
* Wastes should be removed and discarded as soon as possible
* Good personal hygiene practices
 |
| ‐ **Pollution*** Residents easily disturbed by unfamiliar noises
* Staff should avoid loud laughter and loud talking
 |
| ‐ **Lighting**Adjust to meet needs* Use shades and drapes to control bright, natural light
* Provide adequate light for reading
* Control glare and shadowed areas if possible
 |
| ‐ **Floors*** Clean, but not slippery from wax
* Clear of clutter and spills
* No throw rugs
* In good repair
 |
| ‐ **Cleanliness*** Remove meal trays and dishes after use
* Remove crumbs and clean eating areas after use
* Removing dirt and dust controlled by housekeeping
* Waste containers emptied promptly
 |
| ‐ **Pest*** Remove open food left in units that will attract ants and roaches, as well as microorganisms
* Family and visitors should consult with charge nurse before bringing in food for residents
* Ensure proper disposal of food and waste materials
 |
| ‐ **Equipment/Unsafe conditions*** Spilled fluids ‐ wiped up immediately
* Frayed electrical cords – unplug and remove
* Defective outlets – report immediately and do not use
* Malfunctioning equipment – remove and do not use
* Broken glass ‐ clean up immediately
* Beds or wheelchairs that won’t lock ‐ remove and do not use
* Faulty toilets ‐ report
* Leaks in bathrooms – wipe up and report
* Burned out light bulbs ‐ report
* Faulty call signals – replace immediately
* Defective furniture – remove if possible and report
 |
| ‐ **Facility Structure**Structure problems ‐ alert resident to danger and report to supervisor immediately:* loose floor tiles frayed or loose carpet
* loose fixtures and hand rails
* doors that stick or don’t latch properly
* damaged paint or wallpaper
 |
| **The Resident’s Room** |
| Note: The student needs to be aware that each facility has different equipment and room set‐ups.Safety features in the resident’s room, furniture, and equipment is of paramount importance. |
| **BED*** electric or manual controls (gatch)
* side rails (if used)
* positions bed can be in other than flat:
* Fowlers
* Semi‐Fowlers
* Trendelenburg
* Wheels that lock
 |
| **OVER‐BED TABLE*** Adjusts to various heights
* used for eating, writing, and other activities
* may contain storage area for personal grooming articles
* may by used by nursing team as work area
 |
| **BEDSIDE STAND*** storage area for personal belongings and personal care items
* drawer on top
* cabinet with shelf below drawer

**BEDSIDE STAND CONTAINS****Top used for various items:*** telephone
* tissues
* flowers
* cards

**Drawers and Cabinet used for various items:*** urinal/bedpan and covers
* wash basin
* emesis basin
* soap dish and soap
* bath blanket
* toilet paper
* personal hygiene items
 |
| **Chairs:*** upholstered with arms
* straight‐backed with no arms
 |
| **Privacy Curtains:*** provide privacy
* cubicle curtain between beds in semi‐private rooms
* privacy always provided when care given
 |
| **Personal Care Items: Call signal*** to request assistance
* bell, light, or intercom system placed within reach at all times
 |
| **Bathrooms:*** contain call signals
* contain handrails
* Contain towel racks
 |
| **Towel rack:*** washcloth
* towel

DO NOT LET RESIDENT PULL ON TOWEL RACK! Must use handrails! |
| **Residents’ Room:*** Television
* Telephone
* Wastebasket
* Reading lamp
* Storage space for clothing
 |
| **Guidelines for Arrangement of Resident Unit:*** Don’t rearrange items without permission
* Respect private space
* Knock on door prior to entering room
* Speak prior to opening a drawn curtain
* Close curtains to provide privacy when doing a procedure
* Assure personal items are convenient to promote independence and safety
 |
| **Cleaning The Unit** |
| **Concurrent Cleaning:*** Occurs daily
* Also called scheduled or routine cleaning
 |
| **Care of Bed Linens:*** Changed completely on bath days, usually once or twice weekly, according to facility policy
* Pillowcases may be changed more frequently
* Soiled linens should be replaced immediately
* Top sheet may be used to replace bottom sheet
* Soiled linen folded inward
* Do not shake linen.
* Soiled linen held away from uniform
* Soiled linen placed in covered linen hamper after removal from bed
* Types vary according to facility
* Plastic/rubber and cotton draw‐sheets may not be required if mattress moisture‐proof
* Most facilities use fitted‐bottom sheets
* Drawsheets may be used as lifters when moving residents
 |
| **Bed Making** |
| **Bedmaking General Rules:*** Always use good body mechanics
* Follow medical asepsis rules
* Wash hands prior to handling clean linen and after handling soiled/dirty linen
* Take enough linen to resident’s room
* Never shake linen to prevent spread of micro‐organisms
* Excess linen in room considered contaminated and cannot be used for other residents
* Plastic draw sheets should never touch resident’s skin
* Tighten loose linens as necessary
* Save time and energy by making one side of bed prior to going to other side
* Leave unused clean linen in the resident’s room
* Loosen the top bedding at the foot of the bed for a dependent resident to reduce pressure on the toes.
 |
| **Closed Bed:*** made after terminal cleaning of unit
* remains closed until new admission, then converted to open bed
 |
| **Occupied Bed:*** Made with resident in bed
* Keep in good body alignment
* Be aware of any restrictions in movement due to linen or way bed made
* Explain procedure
* Ensure safety
 |