Nursing Fundamentals

5.03 Clean and Safe Environment

Student Notes

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| **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 |