Understand basic human needs and nurse aide guidelines in meeting those needs.
Physical Needs For Survival And Care To Be Given

• Oxygen
  – elevate head of bed
  – assist to sit up in chair
  – report to supervisor if resident is cyanotic or short of breath
  – assist with breathing exercises
Physical Needs For Survival And Care To Be Given (continued)

• Food
  – Feed residents unable to feed themselves
Physical Needs For Survival And Care To Be Given (continued)

• Food
  – Serve food
    • with proper temperature
    • in friendly manner
    • in pleasant environment
    • in appropriate amounts
  – Make sure dentures are in place
Physical Needs For Survival And Care To Be Given (continued)

- Water
  - make available within resident’s reach
  - provide fresh water at periodic intervals
Physical Needs For Survival And Care To Be Given (continued)

• Shelter
  – provide for warmth with extra blankets
  – be sure residents are dressed properly
  – avoid drafts or drafty areas
Physical Needs For Survival And Care To Be Given (continued)

• Sleep
  – Minimize noise and lights during hours of sleep
  – Give back rub to relax resident
Physical Needs For Survival And Care To Be Given (continued)

• Sleep (continued)
  – Report complaints of pain to supervisor
  – Listen to concerns or worries the resident may wish to express
  – Leave night light on in the resident’s room, if requested
Physical Needs For Survival And Care To Be Given
(continued)

• Elimination
  – Assist to bathroom as needed
  – Provide bedpan and/or urinal
  – Provide for privacy
Physical Needs For Survival And Care To Be Given
(continued)

• Elimination (continued)
  – Change soiled linen immediately
  – Following routine for bowel and bladder retraining as directed
Physical Needs For Survival And Care To Be Given
(continued)

• Activity
  – ROM exercises as directed
  – Turn and reposition at least every two hours
Physical Needs For Survival And Care To Be Given (continued)

- Activity
  - Assist with activity as directed
  - Encourage movement
  - Encourage interesting recreational activities
Safety And Security Needs

- Provide for warmth
- Establish familiar surroundings
  - explain procedures
  - talk about “their” room
  - keep your promises
  - provide a safe environment
  - promote use of personal belongings
Safety and Security Needs (continued)

- Maintain order and follow routines, assisting resident to participate in establishing routine as often as possible
Safety and Security Needs (continued)

• Assist to reduce fear and anxiety
  – listen to resident’s worries and report to supervisor
  – ease concerns when possible
  – check on residents frequently

• Avoid rushing and assist resident in gentle manner
Love and Affection Needs

• Friendship
• Social Acceptance
• Closeness
• Meaningful relationships with others
• Love
• Sexuality
Love and Affection Needs (continued)

- Belonging
  - Need met by family/support system
  - Friends may meet this need
Love and Affection Needs
(continued)

The nursing staff as family:
• take time to greet residents when you see them
• sit and visit for a few minutes when time allows
• show interest in residents
Love and Affection Needs (continued)

The nursing staff as family (continued):

• display human warmth with a gentle touch
• show acceptance of an individual for his or her unique qualities
• provide care in a kind, friendly, considerate manner
Self-Esteem Needs

- Value, worth or opinion of oneself
- Seeing oneself as useful
- Being well thought of by others
Self-Esteem Needs (continued)

• Nurse aide’s responsibilities
  – call resident by proper name
  – praise accomplishments
  – discuss current issues
  – request resident’s opinion
  – show respect and approval
Need for Self-Actualization
(experiencing one’s potential)

- Cannot occur until all other needs are met
- A feeling that a person is what one wants to be
- Rarely is this need totally met
Need for Self-Actualization
(experiencing one’s potential)
(continued)

• Ways to help residents to meet this need:
  – assist to participate in meaningful activities
  – assist to dress and help with grooming
  – encourage independence
  – encourage socialization
Need for Self-Actualization
(experiencing one’s potential)
(continued)

• Ways to help residents to meet this need (continued):
  – share goals with residents and praise their success or accomplishments
  – know what resident has accomplished in his/her lifetime and talk about these things
Spiritual Needs

• Residents have the right to worship and express their faith freely.
• Guidelines for the nurse aide:
  – respect resident’s beliefs
  – respect resident’s religious objects
  – inform residents of the time and place for religious services
Spiritual Needs
(continued)

• Guidelines for the nurse aide (continued):
  – assist resident to attend religious services
  – provide privacy for members of the clergy and residents
  – welcome members of the clergy
Sexuality

• Expressed by individuals of all ages
• A way to show feminine or masculine qualities
  – Clothing styles and colors
  – Hairstyles
  – Hobbies and interests
  – Sexual habits (continue into old age)
  – Gestures
Sexuality (continued)

• May be expressed by:
  – Sexual intercourse
  – Caressing, touching, holding hands
  – Masturbation
• Is a right of all residents to experience
Guidelines For The Nurse Aide In Dealing With Resident Sexuality

- Assist to maintain sexual identity by dressing residents in clothing appropriate for men or women
- Assist with personal hygiene
Guidelines For The Nurse Aide In Dealing With Resident Sexuality
(continued)

• Assist to prepare for special activities by “dressing up”
  – selecting attractive clothing
  – fixing hair in a special way
  – applying cosmetics
  – wearing a special perfume or aftershave
Guidelines For The Nurse Aide In Dealing With Resident Sexuality (continued)

• Help to develop a positive self-image
• Show acceptance and understanding for resident’s expression of love or sexuality
  – provide privacy
  – always knock prior to entering a room at any time
  – assure privacy when requested
Guidelines For The Nurse Aide In Dealing With Resident Sexuality (continued)

• Never expose the resident
• Accept the resident’s sexual relationships
Guidelines For The Nurse Aide In Dealing With Resident Sexuality (continued)

• Provide protection for the non-consenting resident

• Be firm but gentle in your rejection of a resident’s sexual advances
Possible Effects Of Injury Or Illness On Sexuality

• Disfiguring surgery may cause a person to feel:
  – unattractive and ugly to others
  – mutilated and deformed
  – unworthy of love or affection
Possible Effects Of Injury Or Illness On Sexuality
(continued)

- Chronic illness and certain medications can affect sexual functioning
Possible Effects Of Injury Or Illness On Sexuality
(continued)

• Disorders that cause impotence
  – diabetes mellitus
  – spinal cord injuries
  – multiple sclerosis
  – alcoholism
Possible Effects Of Injury Or Illness On Sexuality
(continued)

• Surgery can have both physical and/or psychological effects
  – removal of prostate or testes
  – amputation of a limb
  – removal of uterus
  – removal of ovaries
  – removal of a breast
  – colostomy
  – ileostomy
Possible Effects Of Injury Or Illness On Sexuality (continued)

- Disorders affecting the ability to have sex:
  - stroke
  - nervous system disorders
  - heart disease
Possible Effects Of Injury Or Illness On Sexuality (continued)

• Disorders affecting the ability to have sex:
  – chronic obstructive pulmonary disease
  – circulatory disorders
  – arthritis or conditions affecting mobility/flexibility
Reproductive System

• Organs have dual functions
  – Produce reproductive cells
  – Produce hormones responsible for sex characteristics

• females - estrogen and progesterone
• males - testosterone
Common Disorders of the Reproductive System

- Rectocele and cystocele – hernias
  - Rectocele - weakening of wall between vagina and rectum
    - Constipation results
    - Hemorrhoids form
  - Cystocele - weakening of wall between urethra and vagina
    - Causes urinary incontinence
Common Disorders of the Reproductive System (continued)

- Tumors - benign and malignant tumors of uterus, ovaries and breasts
  - pap smear
  - self breast exams
  - biopsy
Common Disorders of the Reproductive System (continued)

- Sexually transmitted diseases
  - gonorrhea
  - syphilis
  - herpes
  - AIDS
- Prostatic hypertrophy - enlargement of prostate gland
- Vaginitis
Changes In Reproductive System Due To Aging

- Decreased size of testes
- Decreased production of sperm
- Delayed or less forceful ejaculation
- Slower sexual response
- Enlargement of prostate
- Decreased sexual desire
Changes In Reproductive System Due To Aging (continued)

- Sagging breasts
- Stopping of ovulation
- Decreased vaginal secretions
- Thinning of tissue of vaginal lining
- Decreased sex hormone production
- Loss of hair in vulva area
Observations of Reproductive System

- Bleeding
- Complaint of pain
- Vaginal discharge
- Complaint of itching
- Lumps
Understand basic human needs and nurse aide guidelines in meeting those needs.