Understand nurse aide’s role in creating a safe and clean environment that fosters resident independence, contentment and self-esteem.
Surroundings that are pleasant and contain personal possessions add to the residents’ comfort and sense of well-being.
5.03 Introduction

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 indicator reviews:
- 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**
Environmental Control – Preventing Odors

- Good ventilation helps to control odors
- Wastes should be removed and discarded as soon as possible
- Good personal hygiene practices
Environmental Control – Prevent Noise Pollution

- Residents easily disturbed by unfamiliar noises
- Staff should avoid loud laughter and loud talking.
Environmental Control – Safe/Comfortable 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
Environmental Control – Keeping Floors Maintained

- Clean, but not slippery from wax
- Clear of clutter and spills
- No throw rugs
- In good repair
Environmental Control – Maintaining 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
Environmental Control – Controlling 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
Environmental Control – Faulty Equipment and 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
Environmental Control – Faulty Equipment and Unsafe Conditions

- Broken glass - clean up immediately
- Beds or wheelchairs that won’t lock - remove and do not use
- Faulty toilets - report
Environmental Control – Faulty Equipment and Unsafe Conditions

- Leaks in bathrooms – wipe up and report
- Burned out light bulbs - report
- Faulty call signals – replace immediately
- Defective furniture – remove if possible and report
Environmental Control – Faulty Equipment and Unsafe Conditions

• Structure problems - alert resident to danger and report to supervisor immediately:
  • loose floor tiles frayed or loose carpet
  • loose fixtures and hand rails
Environmental Control – Faulty Equipment and Unsafe Conditions

Structure problems - alert resident to danger and report to supervisor immediately:

• **doors that stick or don’t latch properly**
• **damaged paint or wallpaper**
ENVIRONMENTAL CONTROL

HAVE WE GOT IT?
LET’S CHECK AND SEE

STICK DIAGNOSTICS

Student Name A
Student Name B
The Resident’s Room - Furniture

**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.
The Resident’s Room - Furniture

**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
The Resident’s Room - Furniture

**BEDSIDE STAND**

- storage area for personal belongings and personal care items
  - **drawer on top**
  - cabinet with shelf below drawer
The Resident’s Room - Furniture

BEDSIDE STAND CONTAINS

- urinal/bedpan and covers
- wash basin
- emesis basin
- soap dish and soap
- bath blanket
- toilet paper
- personal hygiene items
The Resident’s Room - Furniture

BEDSIDE STAND TOP

Top used for various items:
• telephone
• tissues
• flowers
• cards
• other items as resident desires
The Resident’s Room - Furniture

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
The Resident’s Room - Furniture

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
The Resident’s Room - Equipment

- Television
- Telephone
- Wastebasket
- Reading lamp
- Storage space for clothing
Caring for Resident’s RDDM
Have we got it?
Let’s check and see

Stick Diagnostics

Student Name A

Student Name B
Guidelines For Arrangement Of Unit

- Don’t rearrange items without permission
- Respect private space
- Knock on door prior to entering room
- Speak prior to opening a drawn curtain
Guidelines For Arrangement Of Unit

• Close curtains to provide privacy when doing a procedure
• Assure personal items are convenient to promote independence and safety
Guidelines For Arrangement Of Unit

- Accommodate physical problems by **locating equipment on unaffected side**
- Store clothing and personal belongings in closet and chest of drawers, as directed by resident
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
Care of Bed Linens

- 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
Care of Bed Linens

- 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
CARING FOR THE UNIT AND LINENS

HAVE WE GOTTEN IT?
LET’S CHECK AND SEE

STICK DIAGNOSTICS
Bedmaking
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
Bedmaking – General Rules

• 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
Bedmaking – General Rules

- 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
Bedmaking – General Rules

- 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
Bedmaking – Closed Bed

- **Closed Bed**
- made after terminal cleaning of unit
- remains closed until new admission, then converted to open bed
Bedmaking – Open Bed

- unoccupied bed
- linens folded back so that resident can get into bed with ease
- made when resident will be out of bed for short time
Bedmaking – 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**
Bedmaking – Occupied Bed

Loosen the top bedding at the foot of the bed for a dependent resident to reduce pressure on the toes.
Related
SKILLS
Training Lab Assignment
Engage in the Skill Acquisition Process for:

SKILL 5.03A
Making a Closed Bed
Training Lab Assignment
Engage in the Skill Acquisition Process for:

**SKILL 5.03B**
Opening a Closed Bed
Training Lab Assignment
Engage in the Skill Acquisition Process for:

SKILL 5.03C
Making an Occupied Bed
Understand nurse aide’s role in creating a safe and clean environment that fosters resident independence, contentment and self-esteem.