**Assignments, Chapter 14, Patient Safety and Restraint Alternatives**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Complete Chapter 14 of Lippincott Workbook for Nursing Assistants. | 1–9 |
| Assignment #2. The instructor will give students copies of a blank incident report. Students practice completing reports according to the following situations and label them as accident or incident.   1. During lunch, Mrs. Jones spilled her hot coffee onto her lap, resulting in a first-degree burn on her thigh. 2. Mary, a resident with severe dementia, tipped their wheelchair over after breakfast, fell onto the floor in the hallway, and hit their head, resulting in a laceration. 3. Gladys, the wife of an older resident, becomes angered by his roommate who has dementia and tries to pat her buttocks. Gladys angrily pushes them away, resulting in their falling to the floor. 4. Larry, a resident with arthritis, tripped over the edge of the carpet in the dayroom and fell this evening, resulting in bruising of his knees and hands. | 1, 5 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Read the situation below. Think of the worst thing that could happen in this situation and suggest measures that can be taken to prevent that from happening.   * You are taking care of Mr. Wilson in a long-term care facility. He is on a pain medication that has a sedative effect. He normally smokes a cigarette in the smoking room while watching the evening news on television. | 2, 3, 4 |
| Assignment #2. Falls are the leading cause of accidental death among elderly people and are the most common type of accident that occurs in a health care setting. Below are measures that can be taken to prevent falls. Provide the rationale for each measure.   1. Check the person’s clothing and shoes for fit, good foot support, and nonskid soles. 2. Encourage the use of rails along hallways and stairways when walking. 3. Observe the person for signs of unsteadiness and offer physical assistance as needed. 4. Encourage and assist the person to ambulate and exercise according to their care plan and abilities. 5. Observe the person’s ability to use walking aids, such as canes and walkers, and intervene if incorrect use occurs. 6. Check equipment, such as walkers and wheelchairs, to ensure it is in good condition with nonskid tips on walkers and wheel locks functioning properly. 7. Make sure a patient or resident who needs glasses is wearing them when out of bed. 8. Remove clutter or obstacles from walkways and provide adequate lighting. 9. Create clear pathways in the person’s room leading to the door and the bathroom. Keep heavy or large pieces of furniture away from the bedside and walkways. 10. Keep beds in the lowest position and bed wheels locked. 11. Keep side rails up or down, according to individual care plans. 12. Use cushioned floor mats beside the bed for people who are likely to fall out of bed. 13. Always make sure the call light control is within easy reach. Answer call lights promptly and offer to help the person with toileting frequently. 14. Wipe up any spills immediately. 15. Keep people who are at risk for falling and who are disoriented close to the nurses’ station. Offer frequent assistance with walking. 16. Orient a newly admitted patient or resident to the unit and his or her room. 17. Make sure wheelchair wheels are locked and front swivel wheels face forward. | 2, 3, 4 |
| Assignment #3. Nursing assistants must follow certain guidelines when restraints are used. Some of these are listed below. Discuss each point and explain the rationale.   1. Do not use a restraint without a written doctor’s order that states the reason for the restraint. 2. Never use a restraint to “punish” a patient or resident or for your own convenience. 3. Use the least restrictive restraint for the least amount of time. 4. Use a restraint that is the correct size and in good condition. 5. Apply restraints over clothing, pajamas, or a gown. 6. Tie restraints using simple, easy-to-release knots placed out of reach of the patient’s or resident’s hands. 7. Check on the restrained persons every 15 minutes to make sure that sensation and blood flow are normal in any restrained extremity (arm or leg). This means actually physically going into the person’s room and touching the person’s extremities. 8. Completely remove the restraint every 2 hours for a total of 10 minutes. 9. Record any care given to a restrained person promptly and according to the facility’s policy. 10. Use restraints only if you have been properly trained in their use. | 7 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Watch Module 12 of *Lippincott Video Series for Nursing Assistants*, “Patient and Resident Safety,” which reviews complications associated with the use of restraints, restraint alternatives, the proper procedures for applying a vest restraint and a wrist or ankle restraint, and the nursing assistant’s role in caring for a person who is wearing a restraint. | 6–9 |
| Assignment #2. Use various objects to reproduce some of the conditions that can increase a patient’s or resident’s risk for an accident. For example:   * If you wear glasses, take them off. If you don’t wear glasses, try on a pair of glasses with a strong prescription or glasses smeared with petroleum jelly. * Insert earplugs and try to follow verbal directions. * Sit in a wheelchair and try to navigate through doorways or to the restroom. * Try to walk using crutches with one leg, the other flexed at the knee.   Share how you felt, and what difficulties you experience that would place you at greater risk for an accident. | 2, 3, 4 |
| Assignment #3. Observe the demonstration by instructor, and practice procedures in Chapter 13, including the use of an “easy-release” knot. | 6, 7, 9 |
| Assignment #4. A nurse from the clinical site will be invited to discuss how restraints and their alternatives are used in the facility and how their use is documented. | 6, 7, 8, 9 |

| Web Assignments | Learning Objective(s) |
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| Assignment #1. Complete an Internet search for restraint alternatives. | 8 |
| Assignment #2. Search the Internet for deaths due to physical or chemical restraints. | 7 |