

MENTAL HEALTH & SOCIAL NEEDS

CNA Supplement

Objective: Recognize how age, illness, and disability affect sexuality

<ul style="list-style-type: none"> • Expressed by individuals of all ages • Ways to show feminine or masculine qualities <ul style="list-style-type: none"> ◦ Clothing styles and colors ◦ Hairstyles ◦ Hobbies and interests ◦ Sexual habits (continue into old age) ◦ Gestures • Forms of sexual activity <ul style="list-style-type: none"> ◦ Sexual intercourse ◦ Caressing, touching, holding hands ◦ Masturbation • Patients have the right to be involved in sexual activity • Guidelines for the nurse aide <ul style="list-style-type: none"> ◦ Assist in maintaining sexual identity by dressing patients in clothing appropriate for men or women ◦ Assist with personal hygiene as needed ◦ Assist patients to prepare for special activities by “dressing up” <ul style="list-style-type: none"> ▪ Select attractive clothing ▪ Style hair in a special way ▪ Apply cosmetics ▪ Assist in application of special perfume or aftershave ◦ Help patients to develop a positive self-image ◦ Show acceptance and understanding for patient’s expression of love or sexuality <ul style="list-style-type: none"> ▪ Provide privacy ▪ Knock prior to entering a room ▪ Assure privacy when requested ◦ Avoid exposing the patient ◦ Accept the patient’s sexual relationships ◦ Provide protection for the non-consenting adult ◦ Be firm but gentle in your rejection of a patient’s sexual advances • Injury and illness effects on sexuality <ul style="list-style-type: none"> ◦ Disfiguring surgery may cause a person to feel: <ul style="list-style-type: none"> ▪ Unattractive and ugly to others ▪ Mutilated and deformed ▪ Unworthy of love or affection ◦ Chronic illness and certain medications can affect sexual functioning ◦ Disorders that cause impotence <ul style="list-style-type: none"> ▪ Patients with diabetes ▪ Spinal cord injuries ▪ Multiple sclerosis ▪ Alcoholism ◦ Surgery can have both physical and / or psychological 	<p>Discuss appropriate reactions of health care personnel to various sexual activities performed by patients.</p> <p>Instructor will discuss ways to deal with the sexually aggressive patient.</p> <p>Have the class consider the various illnesses and injuries that affect sexuality.</p>
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<p>effects on sexuality</p> <ul style="list-style-type: none"> ▪ Removal of prostate, testes, uterus, ovaries, breast. ▪ Colostomy or ieostomy <p>○ Disorders affecting the ability to have sex</p> <ul style="list-style-type: none"> ▪ Stroke ▪ Nervous system disorder ▪ Heart disease ▪ Chronic obstructive pulmonary disease ▪ Circulatory disorders ▪ Arthritis or conditions affecting mobility and or flexibility 	
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Teacher Signature: 

Date of Completion:

LEGAL / ETHICAL – CNA Supplement

Objective: Explain the purpose and value of a patient council

<p>Patient Council – Advisory Group</p> <ul style="list-style-type: none"> • Provides opportunity for discussion • May make recommendations for: <ul style="list-style-type: none"> ○ Facility policy ○ Decisions regarding activities ○ Exploration of patient’s concerns ○ Resolving grievances • Gives patients a voice in facility operations • Members include patients, facility staff members, and representatives from the community 	<p>Invite a member of a patient advisory group to speak.</p>
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Objective: Assure patient’s freedom from abuse, mistreatment, neglect, diversion of drugs, fraud, or misappropriation of property.

<p>Mistreatment of the Elderly</p> <ul style="list-style-type: none"> • Federal and state definitions: <ul style="list-style-type: none"> ○ Abuse means the willful infliction of injury, unreasonable confinement, intimidation or punishment with resulting physical harm pain or mental anguish. ○ Neglect means a failure to provide goods and services necessary to avoid physical harm, mental anguish or mental illness. ○ Misappropriations of property mean the deliberate misplacement, exploitation, or wrongful, temporary or permanent use of a patient’s belongings or money without the patient’s consent. ○ Diversion of drugs means the unauthorized taking or use of any drug. ○ Drug means any chemical compound that may be used on or administered to humans or animals as an aid in the diagnosis, treatment or prevention of disease or other condition or for the relief of pain or suffering or to control or improve any physiological pathological condition. ○ Fraud means an intentional deception or misrepresentation made by a person with the knowledge that the deception could result in some unauthorized benefit to him or some other person. It includes any act 	
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that constitutes fraud under applicable federal or state law.


- **Patients Right to be Free From Abuse**
 - Physical
 - Verbal
 - Sexual
 - Mental
 - Corporal Punishment
 - Involuntary Seclusion
- **Signs of Abuse**
 - Fractures
 - Bruises of face, upper arms, upper thighs, abdomen
 - Fearfulness
 - Withdrawn, paranoid
- **Examples of Abuse**
 - Threatening a patient
 - Frightening a patient
 - Pinching, slapping, pushing or kicking a patient
 - Withholding food or fluids
 - Restraining a patient against her/his will without an apparent reason
 - Leaving a patient in soiled linen or clothing
 - Yelling angrily at or making fun of a patient
 - Refusing to reposition a patient or give treatment
 - Not answering a call light/bell/signal
 - Humiliating a patient
 - Making disparaging derogatory remarks
 - Sexual coercion
 - Sexual harassment
 - Verbal harassment
- **Advocates**
 - Plead the cause of another
 - Resolve grievances
 - Protect patient's rights
 - Advocates can be:
 - Health care workers / staff
 - Member of a patient's family/support system
 - Patient's guardian
 - Ombudsman
 - Patient's Right to Voice Grievances concerning
 - Services furnished
 - Services not furnished
 - Behavior of others
 - Nurse aide must report grievances to nurse manager
 - Facility Policy Components
 - Acknowledgement of grievance
 - Attempt to resolve grievance
 - Apprise patient regarding grievance resolution

Role play appropriate responses to behavior

Review NC law and federal regulations regarding abuse

Review facility grievance policy

Suggest a patient grievance that might occur and role play you would help resolve the situation.


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<ul style="list-style-type: none"> ○ Use tissues to wipe wax off ear piece. • Applying a hearing aid <ul style="list-style-type: none"> ○ Turn volume toward maximum, until hearing aid whistles. Then, lower volume until whistling stops. ○ Replace batteries if whistle cannot be heard. ○ Gently insert ear piece into ear canal and adjust for comfort. ○ Tubing and body of hearing aid are looped over the ear for over-the-ear models. ○ Adjust volume to patient's satisfaction. 	<p>Ask patient to show students how to test batteries for his/her hearing aid.</p> <p>Discuss ways to avoid loss of hearing aids.</p>
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<p>Braces</p> <ul style="list-style-type: none"> • Support a weak part of the body • Prevents movement of a joint • Correct deformities • Prevents deformities • Made of metal, leather, and or plastic • Bony parts under brace require protection in order to prevent skin irritation. • Report any worn, loose, or missing parts. • Check custom fitted shoes for: <ul style="list-style-type: none"> ○ Broken shoe laces ○ Worn heels or soles ○ Worn or torn leather ○ Odor or stain damage from perspiration 	<p>Suggest areas of body where a brace might be applied.</p> <p>Show braces used most often such as a leg brace for patients suffering from a stroke.</p>
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<p>Amputation</p> <ul style="list-style-type: none"> • Definition – the partial or complete removal of a body part. <ul style="list-style-type: none"> ○ Usually an arm or leg ○ For the leg, below the knee amputation is the most common • Some prosthetic devices include artificial arm, foot, arm, and hand. • Prosthetic devices are custom made to fit the individual patient. • Handle device with care and store in appropriate place when not in use. • When assisting residents with artificial limbs: <ul style="list-style-type: none"> ○ Have the correct device for the correct patient ○ Check all parts for damage ○ Evaluate the resident's limb for irritation and swelling ○ Assist in padding the area of prosthesis touching the patient's skin ○ Clean the prosthesis according to individual instructions ○ Report any needed repairs to the licensed nurse ○ Observe and report any skin changes to a licensed nurse 	<p>Assign the class short reports to be researched and given orally on a fictitious patient with a below the knee amputation.</p> <p>Discuss the different types of artificial limbs.</p>
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FOOT CARE – CNA Supplement

Objectives:
Discuss the care of the resident's nails and feet
List three purposes of nail/foot care

<p>Identify factors to be considered when giving a resident nail care</p> <ul style="list-style-type: none"> • Foot care is required daily and includes cleaning the feet and assuring that the toenails are trimmed and smooth • Patients with diabetes have a particular need for foot care to be performed consistently • Toe nails should be kept short, clean, free of rough edges • Purpose of nail and foot care <ul style="list-style-type: none"> ○ Prevent infection ○ Prevent injury (long toe nails can get caught up in bed linens) ○ Prevent odors • General guidelines <ul style="list-style-type: none"> ○ Trimming nails after soaking feet makes trimming easier ○ Nail clippers should be used to cut/trim nails ○ Trim/clip nails straight across ○ Push back cuticle with orange stick after softening nails by soaking ○ Use file or emery board to smooth rough edges ○ Use care not to injury skin when clipping ○ Residents with diabetes and circular problems will have their nails trimmed only by a licensed nurse or podiatrist (foot doctor) ○ Review resident care plan and check with supervisor prior to trimming nails • Foot care procedure <ul style="list-style-type: none"> ○ Wash feet using warm water and mild soap ○ Dry feet carefully, especially between the toes ○ Apply lotion to the tops and bottoms of feet only; not between the toes ○ Check the feet daily for redness, warmth or constant pain, numbness or tingling, dry, cracked skin, swelling, blister, cuts, scratches, other sores, ingrown toenails, corns, calluses ○ DO NOT use a heating pad on resident's feet ○ Keep footwear on, never let resident go barefoot ○ Change socks and shoes daily ○ Foot injuries and infections can lead to gangrene and amputation, especially in patients with diabetes ○ Notify supervisor immediately of any unusual observations of the feet 	<p>Demonstrate nail care</p> <p>Show pictures of patients with gangrene secondary to foot injury and diabetes</p> <p>Facilitate students to perform foot/nail care on each other in class</p>
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Date of Completion:

DFS curriculum incorporates information from the 2005 Food Pyramid and Dietary Guidelines for Americans. See website: <http://www.mypyramid.gov>

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