

Chartwell Midwest Wisconsin

Preventing Falls for Patient Safety



Checklist to eliminate household hazards:

Floors:

- ◆ Remove all loose wires, cords, and throw rugs
- ◆ Minimize clutter
- ◆ Make sure rugs are anchored and smooth
- ◆ Keep furniture in accustomed place

Bathroom:

- ◆ Install grab bars and non-skid tape in the tub or shower

Lighting:

- ◆ Make sure all halls, stairways, and entrances are well lit
- ◆ Install a nightlight in your bathroom
- ◆ Turn lights on if you get up in the middle of the night

Kitchen:

- ◆ Install non-skid rubber mats near sink and stove
- ◆ Clean spills immediately

Stairs:

- ◆ Make sure treads, rails and rugs are secure

Other Precautions

- ◆ Wear sturdy, rubber-soled shoes
- ◆ Keep your alcohol intake to a minimum
- ◆ Ask your doctor or pharmacist if any of your medications may increase your risk of falling

Each year, about
one-third of
individuals over
65 years or older
will fall.



The above information is adapted from the National Osteoporosis Foundation

Basic Home Safety Standards

Electrical Safety

- Cords should not be placed beneath furniture and rugs.
- Replace frayed cords.
- Extension cords should be used only after checking rating labels on cord and appliance.
- Electrical outlets should be grounded.
- Multiple outlet adapters should not be used on electrical outlets.
- Do not use outlet if there are sparks or smoke, or if outlet becomes very warm.
- Keep flashlights and extra batteries handy in case a loss of electricity occurs.
- Do not touch electrical wires with wet hands.

Environmental Safety

- Rugs, runners and mats should be secured to floor with double-sided adhesive, rubber matting, or be rubber-backed. You may want to remove them temporarily.
- Carpet edges should be tacked down.
- Torn, worn or frayed carpeting should be repaired, replaced or removed.
- Cupboards should be organized so that frequently used items are on lower shelves.
- Handrails and hand grips should be secure.
- A sturdy step stool should be used to reach items on high shelves.
- Heavy items should be stored flat on lower levels of closet to avoid falling and injuries.
- Store supplies and waste out of reach of children and pets.

Emergency Plan

- Know how to call “911” or emergency medical transportation (ambulance).
- Place at least one phone where it is accessible in the event an accident renders a person unable to reach the phone.
- Emergency numbers should be posted near the phone, including the numbers of your physician, family/significant other and the agency responsible for your care.

Fire Safety

- You should have a smoke detector on every level of the home including the attic and basement. Check batteries on detectors at regular intervals.
- Develop and evacuation plan to exit the residence in the event of fire.
- Prioritize family members who are dependent, non-ambulatory, or will require assistance.
- Establish clear pathways to all exits. Do not block exits with furniture or boxes.
- Keep a key near doors locked with a deadbolt.
- Do not leave cooking unattended for extended periods.
- Chimneys should be inspected annually to avoid dangerous build up.
- Kerosene heaters, wood stoves, and fireplaces should not be left unattended while in use.
- Do not smoke in bed.
- If oxygen is in use, post a ***No Smoking*** sign.

Your Therapy Supplies

Supply Inventory

- In order to ensure you receive your therapy safely and without interruption, you must have enough supplies on hand. You should know how each item is used and the number of supplies you will need. Your homecare or Chartwell nurse will explain the use of each item during the visit.
- Please call Chartwell Midwest Wisconsin **before** you run out of supplies for any reason, or if your doctor changes your therapy. A change in therapy may require new supplies.
- Never reuse supplies intended for one time use. If you are unsure of whether you need supplies, please call and speak with a Chartwell Patient Supply Coordinator (PSC).

Storing Your Medication and Supplies

- Keep all supplies out of reach of children and away from pets.
- Check the label on all medications and solutions for storage instructions.
- If your medication needs to be refrigerated, keep it separate from food and food spills and place in the refrigerator as soon as possible after the delivery.
- Place the new medication behind any “older dated” medication that you may still have in your refrigerator.
- Non-refrigerated items should be kept in a cool, dry place away from direct sunlight and above freezing temperatures.
- Do not store supplies or room temperature medications on the floor.
- Visually inspect all medications, supplies and equipment prior to use to ensure all items are acceptable for use. Confirm they are free from leakage, cracks, particulates, precipitate, haziness, discoloration or other deviations from normal appearance. Please contact Chartwell if you have any questions.

Pick Up of Used Containers & Supplies

- If your therapy requires the use of a “sharp” (needle, syringe with needle, dispensing pin, glass vial) then you will be given a Sharps® container for disposal of these items. It is your responsibility to place **all** used “sharp” items in this container. At the end of the therapy, the container should be placed in its original box. Please follow directions on the box for proper disposal.
- When your therapy is complete, a delivery representative will come and pick up reusable equipment such as IV poles and infusion pumps.
- Whenever you have supply questions, call your Patient Supply Coordinator at Chartwell Midwest Wisconsin.

Environment and Caretaker Safety

We are very concerned about what is happening to our environment. To ensure all of your medications and supplies are disposed of properly, please follow the instructions below:

Dispose of Your Supplies in the Following Manner

ITEM(S)	DISPOSAL
Non-disposable IV Pole	Pick up by a delivery person
Disposable IV Pole	Recycle Bin
Syringes WITH needles Port needles for non-chemotherapy medications Glass vials Dispensing pins	Sharps® Container
Syringes <u>without</u> needles or Empty medication bags/cassettes/syringes	Double bag (plastic) and place in trash
Chemotherapy/Gancyclovir medication bags/cassettes/syringes [Full or empty] Port needles used with the above medications	Chemotainer
Dressings, soiled bandages, gloves, masks, gowns, other soiled medical supplies	Double bag (plastic) and place in trash
Bags/cassettes/syringes containing medication	Refer to the informational brochure entitled <i>What Do I Do With My Leftover Medication?</i> located in your patient folder.
Unused supplies	Place in trash, keep for home use or refer to the informational brochure entitled <i>What Do I Do With My Leftover Supplies?</i> located in your patient folder.

Disposal of Special Waste Containers

- When your Sharps® container or Chemotainer is 3/4 full, please notify Chartwell to arrange delivery of a new container.

Caretaker Safety

- Wash hands before and after all patient contact, immediately after touching blood or body fluids and immediately after removing gloves.
- Wear disposable gloves when:
 - ✓ Contact with blood, body fluids, mucous membranes or open sores is expected.
 - ✓ Handling items or surfaces soiled with blood or body fluids.
 - ✓ Performing housecleaning chores which expose you to blood or body fluids.
- If a glove tears, remove it, wash hands, and put on a new glove.
- Wear a mask or protective eyeglasses and a gown or apron during procedures when exposure to blood or body fluids is possible.
- Avoid patient care if you have a draining wound on your skin, a cold or coughing.

Environmental Safety

- Clean spills of blood or body fluids using a solution of household bleach & water [diluted 1:10] and paper towels. Do not use sponges or dishcloths.
- Dispose of the used paper towels by double bagging and placing in household **trash**.