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## How to maintain the safety of home environment?



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How to provide the patient have a safety environment at home, and to avoid being hurt because of negligence. The following information could reduce the burden for your home care.

### **A. Factors affecting home security:**

- (a) Old, frail, and visual decline that lead to poor orientation, unsteady gait or fainting.
- (b) Unconsciousness or agitation.
- (c) Environmental changes or unaccompanied.
- (d) Disease factors such as hypothyroidism, Parkinson's disease, stroke hemiplegia, diabetes, neuropathy, dementia, and degenerative arthritis.
- (e) Take diuretics and antihypertensive drugs at the same time caused postural hypotension.
- (f) Take sedative and hypnotic drugs lead to dizziness, walking instability or limb weakness, and postural hypotension.
- (g) Abnormal skin sensations (as tingling or tickling or itching or burning) usually associated with peripheral nerve damage.

### **B. The methods to have a safe home environment:**

- (a) To keep home light adequately. You can install fluorescent lamp indoor, moreover enhance at bedside, aisle, staircase, medicine cabinet, etc.
- (b) When you use electric blanket or hot water in winter don't contact with the skin

directly to avoid being burned. If necessary, you can use electric heater or wear socks to keep warm instead.

(c)The walkway adopts barrier-free space, and the road surface should be flat to facilitate wheelchair entry and exit.

(d) Don't place the wires under carpet to avoid causing a fire.

(e)Handles can be installed on the side of the toilet, sink, bath and wall.Should be installed on the health side for ease of use.

(f)If the patient is lying in bed, the bed rails must be pulled up or a soft cushion can be placed beside the bed, In case of falling injury.

(g)Pull up the bed bar when the patient is sober but have a risk of falling out of bed.

(h)To avoid sliding on the slope, pay attention to the handbrake usage when using a wheelchair. When helping the patient to sit or to leave the wheelchair, put away the pedal first so as not to hurt the legs.

(i)Use the mitts, a type of the hand restraint that helps prevent patient purposely or inadvertently pulling out nasogastric tube, catheter or trachea tube.

(j)If the patient falls down, please feel free to contact your home care provider and call for help if necessary.

## **C. Conclusion**

It is expected that the elderly can live in a familiar environment, and provide a

comfortable and safe space, avoid accidental injury, and delay the degradation of behavior.

## D. Reference

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## Let us take the quiz to make sure you understand

1.To maintain the safety of the environment for patients at home, handles can be installed beside the toilet bowl, sink, bathtub and wall. They should be installed on the healthy side for easy use.

Yes    No    Don't know

2. If the patient is in bed, pull up the bed rails or add cushions next to the bed to prevent injuries from falls.

Yes    No    Don't know

3.It is normal for home patients to experience dizziness, unsteady walking, and weakness in limbs after taking sleeping pills, sedatives, etc., and there is no need to pay too much attention.

Yes    No    Don't know

4.Home patients should avoid direct contact with the skin when using electric blankets or hot water bottles in winter to avoid burns. If necessary, use heaters or wear socks to keep warm.

Yes    No    Don't know

5.Old age and frailty, poor sense of direction causing visual changes, and unsteady gait are all factors that affect home safety.

Yes    No    Don't know