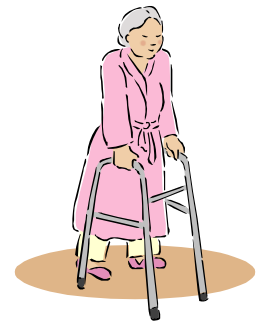


“Making a difference in the lives of others.”



Nursing Corner - Fall and Fall Prevention

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Falls and fall injuries are more common than strokes and the consequences of these falls are just as serious. 3 in 10 people over the age of 65 will fall each year. 1 in 10 suffers a serious fall injury such as a broken bone or head injury. Falls cause over 90% of broken hips and over 1/2 of them will not be able to get around like they did prior to their fall. (www.fallprevention.org)

Falls and fall injuries are the most preventable cause of needing a nursing home placement. Our goal as home care providers is to keep our clients safe and happy in their own home. In order to do this we must be able to identify those clients who are at risk for falling and set up strategies to help prevent falls.

As a health care provider it is important to watch how our clients walk; is their gait steady? Do they walk straight? Are they steady when they make turns. Watch how they get in and out of a chair; do they plop down when sitting? Are they steady when getting up from a chair? If you observe difficulties in their gait or sitting, let someone know. Call your agency, let the family

know. Maybe they need to see their physician or they may need to be evaluated for adaptive equipment, such as walkers or canes.

When assisting a client from a lying or sitting position, make sure they do it slowly. Unsafe changes in blood pressure (known as postural hypotension) can occur and can result in dizziness or loss of balance. Be aware that many medications can alter blood pressures, heart rates and can cause dizziness. Clients who take more than four medications are considered to be at risk.

Make sure clients are wearing appropriate foot wear, such as shoes or slippers with non skid surfaces. Be aware of any foot problems that may make walking more difficult. Can they see clearly? Are their glasses clean? Do they need to be re-evaluated for new glasses? Do they have a medical condition that impairs their vision?

As health care providers, one of the most important things we can do to help prevent falls is make sure their home environment is safe. Evaluate the home to make sure that electrical cords are placed along

walls, not under rugs or across traffic areas. Hallways and stairs should be well lit and free of clutter. Get rid of loose throw rugs; make sure bathroom rugs have non skid backing. Keep all rooms of the house free of clutter. Notify family or your home care agency of environmental concerns that need to be addressed.

Sometimes, despite our best efforts, our clients fall. Do not panic. Assess them immediately and evaluate if they are able to get up or if they are complaining of pain to any part of their body. Evaluate if you are able to safely get them up or do emergency services need to be called. Once the client is safely positioned, please notify WellsBrooke immediately - no matter what the time of day. Please document what happened as you witnessed it or you can quote the client directly based on their version of events. Keep the account factual; do not assume anything and report any corrective actions taken. It is important to document all incidences of falls accurately and truthfully so that we can help prevent future falls.

Employee of the Month: Falyn McCree

CONGRATULATIONS

Falyn McCree has been chosen for employee of the month for November. The staffing coordinators say Falyn is always willing to go the extra mile and help out whenever she is needed. She is always very eager to volunteer and take on more work when we contact her

Falyn is currently in college for Nursing and is a high tech aide and a medical assistant.

Congratulations Falyn and keep up the good work!



Staffing Corner - Winter Work Tips

The winter months are approaching fast. We all know that with winter in Michigan comes snow and ice.



We would like to remind all staff to please leave early for their shift. Give yourself plenty of time to drive carefully on the roads. Please listen to the weather reports and plan your commute accordingly. We would like all of our staff to be safe and arrive on time to their scheduled shifts.

If you are the staff member that is awaiting relief from your shift, please be patient. Please give 15 minutes after your shift ends to report late staff.

Please also be aware of your shoes. Bring extra shoes with you to wear into the client's home. The winter means snow and mud and we don't want to drag that mess into the client's homes.

We would like to also remind all staff that you are NOT permitted to remove snow or ice from walkways. You may put salt on the walkways if the client has it available. If the client does not have a snow removal company please call the office and let us know.

If you have any questions or concerns please contact the WellsBrooke office at 734-468-1770

November Birthdays

- | | |
|-----------------|-------------------|
| Tabisha Ali | Linda Handy |
| Louise Batzer | Jaclyn Lanham |
| Clarice Bunting | Tasha Nelson |
| Beth Graunstadt | Priscilla Rockett |

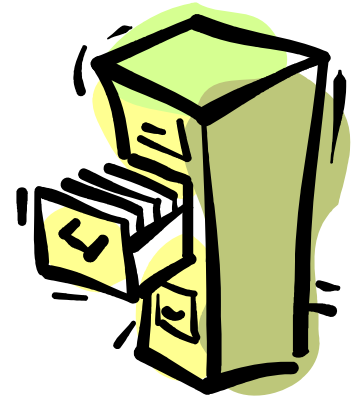




Documentation Tip of the Month

If you can't read it, how is anyone else going to!

Notes should be legible. Only use approved abbreviations and terminology. Errors in charting should be indicated by drawing a single straight line through the words, and initialing and dating the correction above. Don't scribble and don't ever use white out or corrective tape.



"Making a difference in the lives of others."

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We're on the web!

www.WellsBrooke.com



Conduct Training Schedule

- November 13 — Bronze Training
- November 20 — Silver Training

Upcoming CPR Training

There are currently no CPR or BCLS classes scheduled. If you would like to be put on the waitlist for the next training, please contact Justin at (734)525-5751

Cost is \$25 for CPR and \$35 for BCLS training.