

N321 Remediation

1. Management of care

Basic principles of ethics

- Advocacy: support and defend clients' health, wellness, safety, wishes, and personal rights, including privacy.
- Responsibility: willingness to respect obligations and follow through on promises.
- Accountability: ability to answer for one's own actions.

2. Safety and infection control

Personal hygiene measures

- Wash hair frequently and keep it short or pulled back to prevent contamination of the care area or the client.
- Keep natural nails short and clean and free of nail gels and acrylic nails. The area around and under the nails can harbor micro-organisms.
- Remove jewelry from hands and wrists to facilitate hand disinfection.

3 Health promotion and maintenance

Expected growth and development.

- Decrease skin turgor, subcutaneous, fat, and connective tissue (dermis), which leads to wrinkles and dry, transparent skin.
- Loss of subcutaneous fat, which makes it more difficult for older adults to adjust to cold temperatures.
- Thinning and graying of hair, as well as a sparse distribution and thickening of nails.

4. Basic care and comfort.

Common sleep disorders

- Insomnia: the most common sleep disorder, this is the inability to get an adequate amount of sleep and to feel rested. It might mean difficulty falling asleep, difficulty staying asleep, awakening too early, or not getting refreshing sleep.
- Sleep apnea: more than five breathing cessations lasting longer than 10 seconds per hour during sleep, resulting in decreased arterial oxygen saturation.
- Narcolepsy: sudden attacks of sleep that are often uncontrollable. Often happens at inappropriate times and increases the risk for injury.

5. Reduction of risk potential

Manifestations of hypoxia

- Tachypnea
- Tachycardia

- Restlessness, anxiety, confusion, pale skin, mucous membranes, elevated blood pressure, use accessory muscle, nasal flaring, adventitious lung sounds.

6. Physiological adaptation

Consideration when collecting specimens.

- Obtain specimens early in the morning.
- Use container for routine cultures and AFB testing.
- Use a sterile specimen container, a label, laboratory requisition slip, a biohazard bag for delivery of the specimen to the laboratory, clean gloves, and a mask and goggles if necessary.