

# HOME NURSING

---

Presented by Karma Sinclair

# Personal Information

- Karma Sinclair from Guyana , South America.
- NEC Trainer and Club Director for Aston-Newtown Pathfinder club.
- Married to Mark Sinclair with one child Marquez Sinclair.
- Registered General Nurse and Midwife for more than 25 years.

# Home Nursing Requirements

- 1. Have the First Aid Honour.
- 2. What foods are included in the following diets:
  - a. Liquid
  - b. Soft
  - c. Light
  - d. Full
- 3. Know the symptoms of a fever. Know how to take person's temperature. Know how to bring a high temperature down.
- 4. Know what is a normal pulse rate, respiration rate, and temperature. Practice taking the pulse rate, respiration rate, and temperature of a friend or classmate.
- 5. What is a communicable disease? How is it transmitted? What precautions should be followed to guard against communicable diseases? List safety measures to be observed when caring for a person with a communicable disease in the home.

# Home Nursing Requirements

- 6. What symptoms tell you that a person is physically ill?
- 7. Know how to help take care of a newborn and an aged person in your home.
- 8. Know when and how to wash your hands when caring for a sick person.
- 9. Know how to make a bedridden patient comfortable in bed. 10. Show how to feed a helpless patient in bed.
- 11. Show how to give liquid medicine and tablets, pills, or capsules to children and adults. Know how to properly apply eye drops.
- 12. Demonstrate the method of giving fomentations and foot baths. Explain the value of their use and tell the conditions under which such treatments should be given.
- 13. Demonstrate the application of a heating compress and the use of heat and cold for the treatment of inflammation and bruises.

# Home Nursing Requirements

- 14. Explain how the following natural remedies help in preventing disease:
- Note how the first letter of each item spells NEW START.
- a. Nutrition
- b. Exercise
- c. Water
  
- d. Sunshine
- e. Temperance
- f. Air
- g. Rest
- h. Trust in God

# Reminders

Please remember to:

- Download your worksheet from <http://youth.adventistchurch.org.uk/e-club-pathfinders> (if you cannot print, write on a sheet)
- Complete it.
- Add it to your folder.
- Ensure your Club Director checks and sign off.
- Wear your honour proudly.

# Ice Breaker

- What is Home Nursing honour all about
- Story
- Looked after sick person at home. Talk

# Biblical Application

- Exodus 2:7



# What foods are included in the following diets?

- Liquid
- Soft
- Light
- Full

# Discussion

- Define and List food in a Liquid diet.

# Food included in a **Liquid Diet**

For a food to be classified as liquid, it would have to be able to be strained when heated. For example, tapioca pudding would not qualify, but a milkshake without pieces of fruit or other foods would qualify.

- Creamed or clear soup
- Any drink that can be strained
- Pudding
- Jello



# Discussion

- Define and List foods in a Soft diet

# Foods included in a **Soft Diet**

**A soft diet can include many foods if they are mashed or pureed, covered or placed with in sauces or gravy, or placed in soups, stews, chili, curries.**

- Breakfast cereals: Cheerios, Cornflakes, Rice Krispies, softened/soggy in milk.
- Macaroni & Cheese (cooked soft, pureed in blender if needed.)
- Mashed potatoes and gravy
- Mashed sweet potatoes
- Pasta cooked soft
- Rice and gravy (cooked soft)



# Foods included in a **Soft Diet**

- Risotto
- Baked potatoes (skinless) with sour cream or cream cheese
- Lasagna, chopped up with extra sauce over top.
- Asian fried rice or noodles with tiny bits of meat and soft veggies.
- Potato Salad, smooshed.
- muffin, pancake, or waffle. (if needed soften with syrup/butter and reheat.)



# Discussion

Define and List foods in a Light diet.

# Food included in a **Light Diet**

This is a diet consists of foods which are not too difficult for our bodies to digest. Patients whose digestion is impaired as a result of surgery or illness are encouraged to have a light diet.

- Plant-based milk alternatives such as almond milk
- Easily digested raw fruits and vegetables
- Smooth nut butter
- Tender meats such as fish
- Not spicy foods





# Discussion

- Define and List foods in a Full diet.

# Food included in a **Full Diet**

A *full diet* is also sometimes referred to as a *general diet*. It includes all food items, including drinks.



# Discussion

- List the symptoms of a fever?

# What are the symptoms of a fever

- **Symptoms of a fever:**
- A fever is not itself an illness – it is a symptom of an underlying condition, usually an infection. People with a fever may:
  - Feel hot
  - As their temperature gets higher – feel cold and shivery
  - Sweat profusely
  - Have muscle aches or headache

# How to take a temperature

- Babies 0-4 weeks old: a digital axillary (armpit) thermometer should be used according to the instructions.
- Children 1 month-5 years old: a digital armpit thermometer or infrared tympanic (ear) thermometer should be used.
- 5 years-adult: Oral thermometers may be used, but ear ones remain more accurate. Forehead thermometers are not accurate.
- Ensure that the thermometer is left in the right place for the right amount of time – much longer for armpit or oral thermometers than for ear ones.
- Be aware that a low temperature can be a sign of illness too.

# How to take a temperature

- **Need for medical assessment:**

- Any baby age 0-3 months with a temperature  $\geq 38.0^{\circ}\text{C}$  should be taken directly to Accident & Emergency.
- Any baby age 3-6 months with a temperature  $\geq 39.0^{\circ}\text{C}$  should be assessed by a GP or the 111 service if otherwise well, but taken to A&E if there are any symptoms of sepsis as listed on the left side of the accompanying leaflet.
- If a fever lasts more than 5 days, contact a GP.
- There are other symptoms that may make medical assessment necessary – please see the attached sepsis leaflet.

# Sepsis Leaflet

- <https://mail.google.com/mail/u/o?ui=2&ik=dogf2f86f6&attid=0.3&permmsgid=msg-f:1673045732445633020&th=1737da3abf67b9fc&view=att&disp=safe>

# Treating a fever

- **'Treating' a fever:**
- In older children and adults, it is not necessary to try to bring down a fever unless the person is distressed by it. Fever may help to get rid of the infection quicker.
- Encourage them to drink plenty of fluids.
- Do not wrap them up in warm clothes or blankets. Loosening or removing extra layers of clothing may help cool them.
- Physical methods of cooling a child such as cold bathing and tepid sponging are not advised.



# Treating a fever

- **Medication:**
- If the person is distressed they can be given paracetamol (children over 2 months) or paracetamol or ibuprofen (adults).
- Some children over 3 months and 5kg may be given ibuprofen, but check with the pharmacist first if never used before, and use either paracetamol *or* ibuprofen (unless advised to combine them by a health professional).
- Always check that the dose is correct for the age, and do not give more than the recommended dose or more frequently.
- Do not give aspirin to children.

# Tools used for taking temperature.



# How do you take a person`s temperature?

## How to take an Oral Temperature

Make sure the person has not eaten or drank anything and if they have, wait about 15 minutes to take the temperature.

### Digital:

- Perform hand hygiene and don gloves (due to the chance of encountering oral secretions)
- Place probe cover over the thermometer.
- Turn on thermometer.
- Place the tip of the thermometer UNDER the tongue and have the person close their mouth.
- Remove thermometer once it beeps.
- Read the temperature measurement.



# Taking Temperature

## How to take an Axilla (armpit) Temperature

- Perform hand hygiene
- Place a probe cover on the thermometer.
- Turn on the thermometer.
- Place the thermometer directly on the skin (not on clothing) of the armpit and close the armpit by bending down the patient's arm.

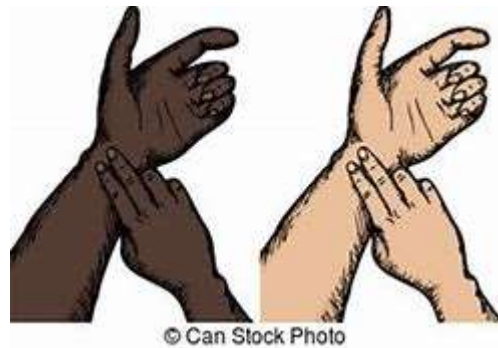


# What is a normal pulse rate, respiration rate and temperature?

- Your **pulse rate** is the number of times your heart beats per minute. A normal resting heart rate should be **60–100 beats per minute**, but it can vary from minute to minute. It can go up to 130–150 beats or higher per minute when you're exercising – that's normal because the body needs to pump more oxygen-rich blood around the body.
- The normal **respiratory rate** for healthy adults is between **12 and 20 breaths per minute**.
- Most people probably grew up being told **normal temperature** was 98.6 degrees Fahrenheit (or 37 degrees Celsius). That widely accepted number originated from a study done in the mid-1800s. But newer studies suggest the average person today actually runs a little cooler than that – somewhere between [97.5 F](#) and [97.9 F](#).

# Practical

Practise taking the pulse rate, respiration rate and temperature of a friend or classmate.



# What is a communicable disease? How is it transmitted?

- **Definition of *communicable disease***

An [infectious disease](#) (such as cholera, hepatitis, influenza, malaria, measles, or tuberculosis) that is transmissible by contact with infected individuals or their bodily discharges or fluids (such as respiratory droplets, blood, or semen), by contact with contaminated surfaces or objects, by ingestion of contaminated food or water, or by direct or indirect contact with disease vectors (such as mosquitoes, fleas, or mice)

A communicable disease is any disease that can be transmitted from one organism to another. Agents that cause communicable diseases, called pathogens, are easily spread by direct or indirect contact. These pathogens include viruses, bacteria, fungi and parasites.

# What precautions should be followed to guard against communicable diseases?

- Communicable diseases are spread through the air, urine and faeces, blood, saliva and skin
- Wash your hands before and after toilet use
- Avoid sharing personal items such as brushes, toothbrushes, combs, masks, gloves, own set of crockery and cutlery, own set of sheets, towels, wiping down after toilet use.
- Stay healthy by following a nutritious diet, exercising regularly and getting plenty of rest.



# What precautions should be followed to guard against communicable diseases?

- **How do we prevent the coronavirus?**
- [WHO](#) is recommending that people take simple precautions to reduce exposure to and transmission of the virus.
- Frequently wash their hands with an alcohol-based hand rub or warm water and soap.
- Cover their mouth and nose with a flexed elbow or tissue when sneezing or coughing, and dispose of used tissues into a lidded rubbish bin, then wash hands thoroughly.
- Avoid close contact with anyone who has a fever or cough.
- Seek early medical help if they have a fever, cough and difficulty breathing, and share their travel history with healthcare providers.
- Avoid direct, unprotected contact with live animals and surfaces in contact with animals when visiting live markets in affected areas.
- Avoid eating raw or undercooked animal products and exercise care when handling raw meat, milk or animal organs to avoid cross-contamination with uncooked food.

# List the safety measures to be observed when caring for a person with a communicable disease.

- **1. Regular Hand washing.**
- **2. Handle & Prepare Food Safely**
  - Food can carry germs. Wash hands, utensils, and surfaces often when preparing any food, especially raw meat. Always wash fruits and vegetables. Cook and keep foods at proper temperatures. Don't leave food out - refrigerate promptly.
- **3. Clean & Disinfect Commonly Used Surfaces**
  - Germs can live on surfaces. Cleaning with soap and water is usually enough. However, you should disinfect your bathroom and kitchen regularly. Disinfect other areas if someone in the house is ill. You can use an EPA certified disinfectant (look for the EPA registration number on the label), bleach solution, or rubbing alcohol.
- **4. Cough & Sneeze Into Your Sleeve**

# List the safety measures to be observed when caring for a person with a communicable disease.

- **5. Don't Share Personal Items**

- Avoid sharing personal items that can't be disinfected, like toothbrushes and razors, or sharing towels between washes. Needles should never be shared, should only be used once, and then thrown away properly.

- **6. Get Vaccinated**

- [Vaccines](#) can prevent many infectious diseases. There are vaccines for children and adults designed to provide protection against many communicable diseases. There are also [vaccines that are recommended or required for travel](#) to certain parts of the world. Our Immunization Program can advise you on immunizations and [clinics where you to get needed shots](#).

- **8. Stay Home When Sick**

# What symptoms tells you a person is physically ill?

A symptom is a deviation from normal function or feeling which is noticed by a patient, indicating the presence of disease or abnormality. A symptom is subjective, observed by the patient, and not measured.

Symptoms include:

- Pain
- Fever
- Light-headedness
- Dry mouth
- Chills
- Sleepy
- Thirsty
- Tired
- Weak
- Runny nose, mucus production
- Cough
- Irritable
- Blurred vision



# COVID-19 Symptoms

- Fever or chills.
- Cough.
- Shortness of breath or difficulty breathing.
- Fatigue.
- Muscle or body aches.
- Headache.
- New loss of taste or smell.
- Sore throat.
- Congestion or runny nose.
- Nausea or vomiting.

# How do you take care of a newborn in your home?

Newborns must have all of their needs met by others.



## Feeding

A healthy newborn must be fed. Breast milk is best, but formula is a common alternative.

If you do not know what the baby is drinking, ask the mother.

## Sleep

Babies need a lot of sleep. Lay an infant on its back, and make sure the temperature is comfortable.

If it's chilly, cover the baby's body (not the head!) with a blanket.

## Diaper

When the baby soils a diaper, it should be changed.

## Holding a baby

A newborn does not have strong enough muscles in the neck to support the head, so when the baby is held, the head must be supported at all times.

# How do you take care of a newborn in your home?



## Outdoors

Dress the baby appropriately for the weather.

If it's warm, bundle up. If it's hot, you will still need to make sure the baby does not get chilled.

Protect the baby from rain, snow, and other forms of precipitation.

## Transporting

If travelling in a vehicle, securely buckle the baby into a car seat approved for newborns.

If carrying the baby, always maintain a firm hold (don't drop the baby!).

In a stroller, buckle the baby in and cover with a blanket.

Do not leave the stroller unattended, and always keep your hands on it (do not let it roll away).

# How do I help take care of an aged person at home?

- Caring for the aged can be a complicated endeavour. Here are a few tips, but they only scratch the surface. The capabilities of the aged vary greatly, so not all of these tips will apply to all aged persons.
- Help them feel safe and secure.
- Keep a light pitcher of water within easy reach. Keep it full and remind them to drink from it. Staying well hydrated will ward off many problems including headaches, loss of appetite, and insomnia.
- Provide a TV remote with large, easy-to-see (and easy to press) buttons. This applies to the telephone as well.
- Regular exercise will improve mobility and help prevent pain caused by arthritis and other ailments. The aged person does not need to run a marathon, but they can often walk or even lift weights. It is advisable that the elderly consult their physician before starting any exercise routine.
- Keep them mentally engaged. Board games and hobbies are a must.
- Prepare appetizing meals within the limits of the aged person's diet. Mealtime is often the highlight of the day. Make the most of it.
- Keep the temperature comfortable. Seniors are at great risk when the temperature becomes either too hot or too cold.
- Understand the patient's medications. Know whether the medicine should be taken with food or without. Many medicines require that the patient avoid sunlight. Make sure the patient actually takes the medicine you administer, and make sure the dosage is correct. Read all the labels. If the prescription says to continue taking the medicine until it is gone, make sure the patient takes it until it is gone. Watch for allergic reactions and be ready to act.



# When and how to wash your hands when caring for a sick person?



- Hands should be washed after contact with any patient, and especially before contact is made with another patient.
- The purpose of hand washing in the health care setting is to remove or destroy (disinfect) pathogenic microorganisms ("germs") to avoid transmitting them to a patient. The application of water alone is ineffective for cleaning skin because water is unable to remove fats, oils, and proteins, which are components of organic soil. Therefore, removal of microorganisms from skin requires the addition of soaps or detergents to water. Plain soap does not kill pathogens. However, the addition of antiseptic chemicals to soap ("medicated" or "antimicrobial" soaps) does confer killing action to a hand washing agent. Such killing action may be desired prior to performing surgery or in settings in which antibiotic-resistant organisms are highly prevalent.
- The proper washing of hands in a medical setting generally consists of the use of generous amounts of soap and water to lather and rub each part of one's hands systematically for 20 seconds. Hands should be rubbed together with digits interlocking. If there is debris under fingernails, a bristle brush is often used to remove it. Finally, it is necessary to rinse well and wipe dry with a paper towel. After drying, a dry paper towel should be used to turn off the water (and open any exit door if necessary).
- All jewellery should be removed. When rinsing, ensure at all times that you do not allow water to drip from an unwashed area back to the hands. This is why medical professionals hold their hands above their elbows between washing them and drying them. When done, the hands are dried with a sterile cloth.

# How to make a bedridden patient comfortable in bed

- Use a draw sheet or a piece of cloth under the patient if available, so they can be turned and pulled up in bed with more ease, preventing friction on their skin.
- Make sure the person is aligned properly, especially when on their back.
- Turn the patient every 2 hours during the day and at least 1 to 2 times during the night if possible.
- Prop the patient up prior to eating and a half hour afterwards if possible. Otherwise turn the patient on their left side to eat if able.
- Using a pillow between the knees while the patient is on his side can help prevent skin break down or creating a twist in the spine.
- Have the patient by a window if possible.
- Have the things a patient can use within reach if applicable.
- Provide an atmosphere conducive to the patient's and his/her family needs if possible. Example, some people do better being in the middle of the daily activities or they may need a quiet place.
- Provide adequate nutrition and fluids if applicable.
- Keep the patient clean.
- Be respectful of the patient's dignity.



# How to feed a helpless patient in bed.

- Eating is a basic function of life, and people who are unable to perform this task may feel they have lost their dignity. Therefore, a patient should only be fed if they are unable to feed themselves. It is never appropriate to feed a patient because it is faster than allowing them to do it themselves.
- If possible, a patient should be moved to a dining room for mealtimes. The chair should be comfortable, and positioned so the patient can reach all of his food. If the patient must be fed in bed, the bed should be inclined by about 30° to facilitate swallowing.
- Before the meal, wash the patient's face and hands.
- Allow time for feeding. Do not rush things. The patient must be given time to taste and enjoy his food. Check that the food is at the proper temperature. Cold foods should be cold, and hot foods should be warm (not so hot as to burn the mouth).
- Ask the patient what food they would like first, and if they would like to alternate dishes, or eat each to completion before moving to another. If the patient is not communicative, alternate the foods as you would if you were eating the meal. Feed the patient his next bite when he is ready for it. Do not force the patient to eat anything he does not wish to eat. You may encourage the patient to *try* the food, but under no circumstances should he be forced to eat anything.
- At the end of the meal, clean the patient's face and hands, and if necessary, his clothing as well. Clear away the food and remove any crumbs from the bed. Write down the amount of food that was eaten. Leave the bed inclined for at least 30 minutes after the meal to aid in proper digestion.

# How to give liquid medicine, tablets, pills or capsules to children and adults.

- Children do not usually take pills or capsules until they are older. Instead, they should be given liquid medicines. Be careful not to give your child medicine unnecessarily. Just because a child is miserable does not mean that she should be given a drug. Consider this carefully before medicating a child.
- Read the warning labels, and understand the proper dosage.
- Children who can drink without spilling can use a dosage cup. This is a small cup with markings on the side showing different volumes. Fill the cup to the appropriate line and give it to the child. Watch the child take the medicine so you can be sure it was not poured down the sink, or spilled.
- If the child cannot drink liquids without spilling them, you can use a dosing spoon. A dosing spoon looks a bit like a test tube, but the open end is shaped like a spoon. Medicine is poured into the tube which has graduated markings on the side for measuring the dose. The spoon is then inserted into the patient's mouth, and the medicine is poured in. Be sure the patient swallows.

# How to give liquid medicine, tablets, pills or capsules to children and adults.

- For very small children or for helpless adults, you may need to use a medicine dropper or an oral syringe. Both are marked for measuring the proper dosage. Most syringes have caps covering the tip, and this cap poses a choking hazard. *Be sure to remove the cap from the tip of a syringe before using it!* Press the plunger so that it is fully engaged in the syringe. Then insert its tip into the liquid medicine and draw the plunger upward until the proper dose has been drawn into the cylinder. Remove the syringe from the medicine and point the tip upwards. Apply slight pressure to the plunger to force the air bubble (if any) out of the tip and recheck the dose level.
- Once the syringe is loaded, place it well within the patient's oral cavity. Then depress the plunger so that the medicine is discharged in the rear of the patient's mouth. This will encourage the patient to swallow rather than spit. If a young child holds the medicine in his mouth, quickly blow air into his face (don't spit!). This will frequently cause him to swallow.
- The aged will sometimes also resist taking medications. If you are giving them the medicines and expecting them to take it themselves, watch that the patient actually does swallow the pills. It is not uncommon for an aged person to hide or flush pills he does not think he needs.

# How to properly apply/instill eye drops.

- Instruct your patient of the procedure as appropriate.
- The head of your patient should be tipped back.
- Gently pull down on the skin below the eye and apply the drop in the pocket formed below the eyeball without touching the dropper on the patient.
- Then gently apply pressure at the tear duct area with your finger when the patient closes their eye.
- Instruct the patient not to squeeze their eye shut tight.



# Definition of fomentation

- Fomentation is the application of warm liquids, ointments to the surface of the body.
- Liquid, ointments is applied.

# The method of giving fomentations.

A thick cotton cloth (such as a diaper or a dish towel) is immersed in 4 litres of hot water (the water may be mixed with a decoction).

The cloth is then wrung out, and the temperature tested by applying it to the inside of the therapist's arm.

If it is too hot, it can be fanned in the air, but it should not be used if it is scalding hot. It should, however, be as hot as the patient can stand.

The hot cloth is applied to the effected area and then wrapped with dry cloths so that the heat is retained.

The hot compress is then removed, and the area is quickly sponged down with a cold, wet cloth. Then the heat is reapplied as before.

This is continued for up to 60 minutes.



# The method of giving a foot bath.

A small tub (about 8 litres) is filled with hot water.

Epsom salt may be dissolved in the water, but this is not strictly necessary.

Test the water temperature before taking it to the patient. It should not scald.

The basin is placed on the floor at the feet of the seated patient.

The patient's bare feet are then placed in the water and allowed to soak for up to an hour.

If the water cools, it should be changed.

The patient's feet are then towel dried.

# Conditions under which fomentation should be given.

Fomentations are given by alternating hot and cold. Compressions can be either hot or cold, but no alternation takes place.

Fomentations can help

Increase circulation

Aid in relieving congestion

Warm achy joints

Draw out abscesses.

# Conditions under which foot baths should be given.

- Foot baths may be given to relieve foot pain.
- This treatment is good for arthritis.
- Epsom salt, when used through soaking, can soothe muscle pains and help improve rough patches in the skin.

# The application of heat compress.

For a strained muscle or ligament, you should use ice or a cold pack immediately and for the next 36 hours.

Do not use heat or a heating pad until swelling and bruising has stopped.

Cold is used first to reduce swelling and inflammation.

Apply cold (ice or an ice pack) for 20 minutes, remove for 20 minutes.

Repeat every 4–6 hours.

Put a thin towel to protect the skin. Do not put a cold pack or ice directly on the skin or you may get frostbite. After the bruising that comes along with the inflammation stops (1–3 days), use heat to relieve injury pain. Cold reduces inflammation. Heat improves circulation.

# The use of heat compress for the treatment of inflammation and bruises.

Many episodes of pain come from muscle exertion or strain, which creates tension in the muscles and soft tissues. This tension can constrict circulation, sending pain signals to the brain. Heat application eases pain by:

- dilating the blood vessels surrounding the painful area. Increased blood flow provides additional oxygen and nutrients to help heal the damaged muscle tissue.
- stimulating sensation in the skin and therefore decreasing the pain signals being transmitted to the brain
- increasing the flexibility (and decreasing painful stiffness) of soft tissues surrounding the injured area, including muscles and connective tissue.

# How the following natural remedies help in preventing diseases.

- The first letter of each item spells.
- NEW START

# Natural Remedies



## Nutrition

That's *eating*. If you feed your body right, you're off to a good start.

Just like you don't put sand into your gas tank, you should put the right fuel into your body.

1 Cor. 10:31



# Natural Remedies

## Exercise

If you don't use it, you lose it.

Exercise improves the health of a body, of the mind, and of the spirit.

This should include outdoor exercise.

1 Cor 6:19-20





# Natural Remedies

## Water

- Our body is 70 percent water.
- We need to drink enough water to keep hydrated.
- It also flushes out bad stuff.



# Natural Remedies

## Sunshine

- The sun is a major source of energy in our world.
- Sunlight is also important for the body's metabolic balance.
- Our bodies creates **Vitamin D** from direct sunlight on our skin when we are outdoors.



Job 8:16

# Natural Remedies

Temperance

Too much of one thing is bad.

We need to practise using good things in moderation.

2 Peter 1:6

Rom 12:1-2



# Natural Remedies

## Air

- We need a regular supply of fresh air.
- Find the best air you can breathe.
- Do not smoke tobacco (or anything else), and avoid second-hand smoke.



Gen 2:7



# Natural Remedies

## Rest

- Rest allows the body to renew itself.
- Rest is important for health.

Matt 11:28-30

Gen 2:-3



# Natural Remedies

Trust in God

Trust in God to lead you to the right choices.

Prov. 3:5-6

Phil 4:19



# Conclusion

- Thank you for Listening & Participating.
- Please remember to ensure your worksheet is completed and your Club Director signs it off so you can receive your honour.