How can I help prevent problems with medication?

- Review the medication regularly (ask the GP or pharmacist).
- Make sure residents take their medication. Stopping suddenly could bring on withdrawal symptoms.
- Make sure the residents don’t take someone else’s medication.

How can I help prevent dehydration?

- Make sure water or juice is within easy reach all the time, in a cup they can manage.
- Prompt to drink a little every ½ hour – e.g. 3 swallows of water.
- If a resident is reluctant to drink find out why – e.g. they may be worried about wetting. Stress importance of drinking and arrange to prompt them to use toilet frequently to minimise chance of accidents.
How can I help prevent disorientation?

- Make sure residents use their glasses and hearing aids. Check they are clean and working!
- Make sure that clocks, calendars and orientation boards can be easily seen and that they display correct information!
- Ensure adequate lighting.
- Encourage a good night’s sleep; minimise day time napping if night time sleep is a problem / no caffeine drinks after tea time / provide a relaxing bedtime routine.

How can I help prevent constipation?

- Allow privacy while toileting.
- Encourage the resident to drink more fluids.
- Encourage appropriate regular exercise to help movement of intestine.
- Encourage eating fibre in the diet e.g. 5 portions of fruit & vegetables per day.
- Record when the resident has their bowels open so you can check if it’s been a while..
How can I help prevent infection?

Wash your hands after each interaction with residents; this is especially important for those who have an infection.

Make sure injections are up to date – e.g. flu jab (residents and staff!)

Follow infection control procedures.

Minimise the use of urine catheters.

How can I help prevent falls?

Make sure residents can see properly (Glasses if needed, adequate lighting).

Remove clutter so residents don’t trip.

Check that their shoes fit properly.

Don’t give too much sedating medication.

Make sure you do regular checks on residents known to get up often in the night.