Safety Attendant for Patients At-Risk for Self Injury

2.0 Contact Hours

California Board of Registered Nursing CEP# 16140

American Medical Education Center

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Title: Safety Attendant for Patients At-Risk for Self Injury

Self Study Module 2.0 C0NTACT HOURS
Suggestion: Read through these questions before the module as they will be the SAME questions on the required online exam.

Choose the Single Best Answer for the Following Questions and Place Answers on Form:

1. You come on your shift and receive report from the nurse about your patient, Mr. Smith. The nurse explains that Mr. Smith may be agitated. What behaviors will you look for that would indicate that Mr. Smith is agitated?
   a. Wants to read, watch TV and talk on the phone
   b. Very quiet, confused and a change in blood pressure
   c. Wants to tell you about his recent vacation

2. Mr. Smith starts to get restless, talks fast and picks at his IV line. What would be the best thing for you to do?
   a. Speak to Mr. Smith in a loud, firm voice and tell him that he has to calm down
   b. Go to the Gift Shop and get him a magazine
   c. Use a soothing voice and gently talk with Mr. Smith

3. It is toward the end of your shift and Mr. Smith is trying to get out of bed. He tells you he is leaving the hospital and to get out of his way. What should you do?
   a. Block his way and wrestle him back into the bed
   b. Notify the nurse; Stay calm
   c. Stay in the room and block the door with your chair

4. You have been assigned to be the safety attendant for a patient in the Emergency Department. The patient is Lauren Adams, a 17 year old, who has been brought in by her father. Her father has stated that Lauren has expressed that she feels like killing herself. He found a half empty pill bottle in her purse.
   The nurse has asked that you check the room for safety. What things should be removed from the room?
   a. Phone, cigarettes & lighters, glass vials
   b. Clothing including underwear, jewelry
   c. Scissors, knives, weapons
   d. All of the above
5. You know that it is important to keep an eye on Lauren at all times. It is almost time for your break and someone from the lab has just come to take blood. What should you do?
   a. Take your break. The lab staff member is with Lauren
   b. Stay with Lauren and ask the lab staff member to remind the nurse that it is almost time for your break
   c. A family member has just arrived. Ask this person to stay with Lauren while you take your break

6. As the Safety Attendant, you know that it is not only important to keep the patient safe but that you must also be attentive to your own safety. What can you do to keep yourself safe?
   a. Keep yourself positioned between the patient bed and the door; do not bring your purse into the room
   b. Stay to the left side of the patient’s bed; keep the door open in the room
   c. Keep restraints in a hidden section of the room; ask a Security Officer to stay with you at all times

Title: Safety Attendant for Patients At-Risk for Self Injury

Self Study Module 2.0 CONTACT HOURS

Goal
To familiarize the Safety Attendant with responsibilities for care of the patient who is agitated or at high-risk for violent or suicidal behavior

Objectives

At the completion of this program, the learners will:
1. State 3 responsibilities when caring for a general/medical condition patient at risk of injury
2. States 3 responsibilities when caring for a patient at risk for suicide
3. List 6 things that the safety attendant will do to insure a safe environment for the high-risk, suicidal patient
4. Define 2 personal safety attendant behaviors
5. Explain why it is important to visually observe the patient at all times
6. State 3 patient behaviors that may indicate agitation
7. Describe 4 responses by the safety attendant to patient agitation
Introduction
As a safety attendant you have an important role in caring for patients. There can be many reasons why a patient is agitated or might consider suicide. As a healthcare staff member, it is not for us to judge but to offer quality care with dignity and compassion. A caring and positive relationship can be very reassuring to these patients.

Our focus is on safety. This means safety for the patient and for you as the healthcare staff member. It also includes making sure that the environment is safe such as the bed, the surroundings in the room and what comes into the room.

Safety Attendant Responsibilities

The Safety Attendant is expected to remain with the patient at all times to provide continuous observation.

- The Safety Attendant needs to arrange with the nurse for someone to take his/her place for break, for meals or to leave the room.
- When the patient is in a double room, provide care only to the assigned patient unless both patients are assigned to the same safety attendant
- Do not make personal phone calls, read, or conduct other activities that are not directly related to the patient
- Receive patient report from the nurse.
- You will receive from the nurse:
  - “Safety Attendant Info Sheet/Suicide”
  - Manual documentation forms for basic care
  - Other paperwork per facility policy
- Exterior sign (purple) will be placed on door of room. The sign says “All visitors and staff must check with the charge nurse prior to entering the room.” Direct all visitors and staff to the charge nurse prior to entering the room.
- Insure that the patient is in a patient gown. All of the patient's clothing (including underwear) should be placed in a belongings bag and secured in a place outside of the patient room. Items such as watches, rings, jewelry, money, wallet, and credit cards should be placed in a valuables bag and given to Admitting per policy. Valuables may be given to the family but clothing must be kept in the designated hospital area.
- Your assignment will be to care for:
  - Patients with suicide risk
  - Patients at risk due to a general medical condition – agitation or confusion

<table>
<thead>
<tr>
<th>Safety Attendant</th>
<th>General/Medical Condition Patient at Risk of Injury</th>
<th>Suicide Risk for Injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Observation</td>
<td>• Direct, continuous at all times</td>
<td>• Direct, continuous at all times</td>
</tr>
<tr>
<td></td>
<td>• Stay with patient if patient going for test or procedure</td>
<td>• Stay with patient if patient going for test or procedure</td>
</tr>
</tbody>
</table>
### Basic Care
- Assistance in basic care activities as assigned by the primary nurse
- Vital signs
- Bowel and toilet needs
- Grooming, feeding and meal assistance

### Visitors/Staff
- Stay in the patient room if there are visitors and advise visitors about all precautions
- Be aware of purple sign* re: anyone entering room
- Stay in the patient room if ancillary staff (x-ray, lab, transporters) comes into room. Advise them of precautions

### Documentation
- Record patient activities, intake and output manually on designated forms for RN to input in medical record

### Stay with the patient at all times:
- Stay in the patient room (or immediately outside if directed) so there is continuous visual observation.
- Stay in the patient room if there are visitors/advise visitors about all precautions.
- Stay in the patient room if ancillary staff (x-ray, lab, transporters) come into the room. Advise them of precautions.
- Stay with the patient if they are going for a test or procedure.
- Arrange with the nurse for another staff member to take your place when you go on a break, for meals or leave the room.
- Monitor patient going to bathroom

### Room Safety (for suicide risk only)
The room should be checked for safety to remove potential items that could be used for self-injury. This includes clearing counters and cabinets that cannot be locked. Carts, tubing and portable equipment not used in patient care should be removed.
- Safety Attendant working with nurse will remove these potentially dangerous items such as:
  - weapons/knives (security to handle)
  - alcohol/street drugs (security to handle)
- drug paraphernalia
- sharps of any kind, i.e., razor blades, items in glass containers, glass tubes/vials, needles
- eating utensils
- matches, cigarette lighters and any flammables
- carts
- portable equipment
- jewelry
- cording/tubing
- scissors/nail files
- belts
- serve meals on plastic plates and plastic silverware
- notify the nurse if the patient requests to smoke
- phones (do not leave the phone in the room/check with the nurse to determine if the patient can make a phone call)

- Be aware of any items you or others bring into the room that may become a dangerous object such as scissors, pens, and notebooks. These items could be grabbed or thrown.
- Be attentive to phone cord and patient privacy curtain so that these could not be used to harm self.
- Notify the nurse if the patient begins to exhibit increasing agitation, anxiety or confrontational behavior.

### Responsibilities if the Patient Becomes Agitated

#### Signs/behaviors to watch for and report to nurse
- Wants to wander
- Confusion
- Erratic Movements
- Suspiciousness
- Poor attention
- Speech rapid and hard to follow
- Overly quiet/withdrawal

### Responsibilities if the Patient Becomes Agitated
- Pulling at tubing, bandages
- Any change in level of consciousness
- Abnormal data (vital signs, output, drainage, bleeding)
Responses to Agitated/Combative Behavior

- Position yourself between the bed and the door
- Use a calm voice in response to behaviors
- Watch and prevent pulling of invasive lines, tubes and catheters
- Pad bed rail as appropriate
- Prevent wandering by redirecting the patient with simple words
- Remove any objects that could be used by patient to harm self or others
- Call Code Gray if the patient becomes combative
- When restraints are required observe, release, reapply and document as required in most Restraint Policies

Leaving Against Medical Advice

- If a patient attempts to leave, use reasonable measures to detain them such as:
  - Try to talk them out of leaving
  - Physically block them from leaving
  - If assistance is needed, call a Code Gray or a Code Purple for patients from 1 to 18 years of age

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