



Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 7: Seasonal Safety

Beacon Health a division of HCPro, Cheryl McDaniel RN MSN

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Each change of season presents unique care challenges for HHAs. For example, the winter may bring cold-weather concerns such as proper heating and hypothermia, and summer poses increased risk for heat exhaustion and dehydration. While winter and summer may create some obvious safety concerns, recognizing the seasonal safety risks for patients throughout the year is key for HHAs when providing quality care.

The elderly and the ill often have slower metabolisms, weakened muscles and coordination, and compromised immune systems, setting them at high risk for complications when exposed to extreme weather or seasonal illnesses, such as the flu. HHAs should recognize the signs symptoms of common seasonal concerns and promptly address these issues at the first sign.

LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Recognize common seasonal safety concerns
- Identify the signs and symptoms of specific seasonal safety concerns
- Promote positive safety habits for aides and patients

Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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