



Unit A

Objectives: At completion of Unit A students will be able to perform assigned tasks outlined on plan of care

What is a Health Related Task?

- Definition:

- **Health Related Task** means specific tasks that can be delegated or assigned by licensed health care professionals under state laws to be performed by an HHA.

Examples of health related tasks:- Assisting with an ostomy, assisting with exercise

- **Special Circumstances**- the aide will be given special instructions by the nurse in the home (not by me)
- **The goals of health related tasks:**
 - Help the patients/clients to maintain independence and function at highest level
 - Maintain, strengthen, improve and safeguard the home and family life for individuals and family

- When health related tasks are to be provided:
- The Aide's Role
- Your Attitude

Observing, Reporting and Recording

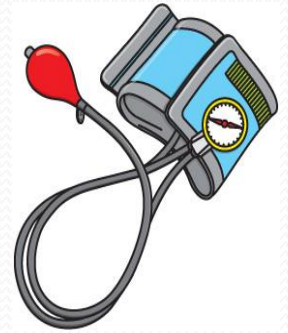
- You will continue to be expected to make observations, record and report what you see, hear and what you do with the client.
- Reporting and Recording:
 - Write down observations as soon as possible
 - Report to your supervisor whenever there is a change in your patient
 - Emergencies must be reported immediately



Seven Health Related Tasks

1. Performing simple measurements and tests
2. Assisting in the preparation of complex modified diets
3. Assisting with a prescribed exercise program
4. Assisting with the use of prescribed medical equipment, supplies and devices
5. Assisting with special skin care
6. Assisting with dressing change
7. Assisting with ostomy care

Performing Simple Measurements and Tests



- HHA will be taught:
 - How to regularly perform measurement of vital signs, monitor, document and report vital signs readings.
 - How to measure body temperature, count the pulse, respiration rates, monitor the blood pressure, observe/report patient's pain level
 - What the normal vital signs ranges, document and report changes to her/his supervisor

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Assisting with preparation of complex modified diets as required

- HHA will be taught:
 - To demonstrate awareness of regional, cultural and religious food preferences
 - How to list and define health claims on food labels
 - How to follow instruction on care plan regarding a patient's diets and to prepare them.
 - For example- sugar free, low fat, low cholesterol. Low sodium, bland, liquid puree etc



Assisting with Prescribed Exercise Program

- Hha will carry out the exercises prescribed by patient's care plan
- HHA will help with active or passive rang of motion exercises
- The goals of moderate exercise programs are:
 - Improve musculoskeletal system, and strengthen bones
 - Improve circulatory system

Assisting with the use of Prescribed Medical equipment, supplies and devices

- Some clients needs assistive devices to get around you will be taught how to ensure you and patient are using them correctly and safely
- Examples- cane, quad cane, walker, crutches



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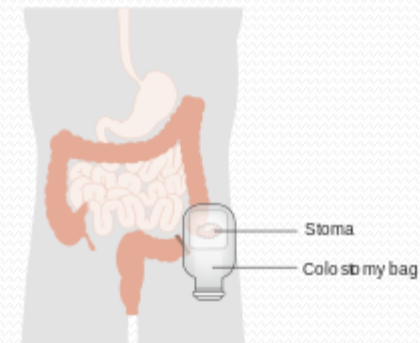
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Assisting with Special Skin Care

- the skin is the largest organ and system of the body-
- hha's first task related to skin is to observe and perform regular skin care and report all changes in the skin during daily care that may indicate injury or disease
- HHA will be taught specific guidelines on how to protect the skin

Assisting with Ostomy Care

- An ostomy is the surgical creation of an opening from an area inside the body to the outside
- Examples: -tracheostomy, gastrostomy, colostomy
- HHA will be taught how to care for ostomy, what they are and are not allowed to do and what they should be observing and reporting



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Examples of Home Care Clients who need assistance with Health Related Task

- The chronic disease burden is concentrated among the elderly and the poor. It is the major cause of death and disability world wide. Ageing is an important marker of the accumulation of risks for chronic disease. The impact of risk factors increases over the life course.
- Many patients with chronic illnesses may need assistance with with health related tasks to keep them healthy and safe at home.
- Examples of chronic diseases are:
 - Alzheimer's disease and dementia
 - arthritis
 - asthma
 - cancer
 - congestive heart failure
 - diabetes
 - chronic obstructive lung disease

Infection Control

As Home Health Aides, you must always be aware of possible ways of getting an infection. An Infection can cause many health issues for yourself and your patient

Standard Precautions

a method of infection prevention in which all blood, body fluids, non-intact skin, and mucous membranes are treated as if they were infected with an infectious disease.

Methods to Prevent Spread of Infection

- Don't come to work if you're sick or have an infectious disease
- Maintain proper control of environment understanding clean and dirty
- Hand washing and proper use of PPE

When should you wash your Hands?

- Before and after any personal body contact- ie personal care
- When arriving at client's house
- Whenever hands are visibly soiled
- Before and after touching a client
- After handling soiled items
- Before leaving patient home
- After removing gloves
 - When else?



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