

Direct Support: Health and Wellness

Script

Welcome Direct Support: Health and Wellness

Course Introduction: This course provides an overview of:

- Supports to assist individuals in developing a healthy lifestyle and achieving optimal wellness
- The importance of a balanced diet and regular physical activity to achieve wellness
- Ways to prevent illness and disease through infection control and standard precautions
- The basics of personal care and maintaining good hygiene for health
- Safe medication administration and documentation

Course Objectives: After completing this course, you should be able to:

- Describe ways to promote health and wellness through nutrition and exercise
- Recognize when standard precautions are required as an infection control procedure
- Comprehend the importance of hand-washing and good hygiene to avoid illness and disease
- Identify appropriate medication administration and documentation procedures

Key Words: This is a list of key words that are found within the course.

- **Wellness:** Being in the best possible health physically, mentally, emotionally, and spiritually.
- **Adaptive Fitness:** Customizing exercise machines, equipment, and programs to fit the specific needs and abilities of the individual.
- **Balanced Diet:** Contains adequate amounts of nutrients from a variety of food sources and daily caloric amounts that match the individual's activity level.
- **Pathogens:** Infectious living organisms, also known as germs, that cause disease in humans, animals, and plants.
- **Standard Precautions:** Guidelines used to prevent the transmission of diseases that assume anyone may be carrying a blood-borne infection.
- **Personal Care:** Assisting individuals with bathing, oral hygiene, shaving, dressing, and toileting.
- **Drug Interaction:** The result, either desirable or undesirable, of drugs interacting with themselves, other drugs, foods, alcohol, or other substances.
- **Drug Error:** Any time medication is not taken as prescribed.

Qualities of Healthful Living:

- Proper nutrition and hydration
- Daily physical activity or movement

- Emotional well-being
- Preventive healthcare
- Good hygiene
- Infection control
- A safe and clean environment
- Proper use of medication
- Adequate rest and relaxation

Promote Healthful Living:

- The goal of healthcare is the same for everyone; to preserve life and reduce suffering.
- Promote healthful living to:
 - Increase individuals' quality of life
 - Increase their length of life
 - Lower their healthcare costs

Meet Each Individual's Unique Healthcare Needs:

- Research medical history, specific diet requirements, and any existing conditions.
- Talk to others who know the individual.
- Observe and document.
- Schedule regular age/gender health screenings and dental exams.
- Recognize signs of illness or injury.
- Properly address medical emergencies.
- Refer the individual to their physician when necessary.
- Learn medication dosage, possible side-effects, and interactions.

Explain the Benefits of Healthy Living:

- Explain how a healthful diet and regular physical activity help to prevent diseases, such as:
 - Obesity
 - Diabetes
 - Hypertension
 - Depression
 - Cardiovascular disease
 - Osteoporosis
 - Cancer

Help Individuals Lead Healthy Lives:

- Provide healthier alternatives to unhealthy habits.
- Replace foods high in sugar and fat with fruits and vegetables.
- Encourage activities that involve movement and interaction.
- Help to maintain a safe, clean environment.
- Arrange and document individuals' preventive healthcare screenings.

Help Individuals to be Self-directed About Their Health:

- Teach them how to make healthy choices on their own.
- Help them take charge of their health by setting goals and recording their progress (e.g., health journal).

- Encourage them to ask questions.
- Assist them in getting the supports they need.

What is Wellness?

- Being in the best possible physical, mental, emotional, and spiritual health.

Power of Positive Thinking:

- Positive thoughts and emotions contribute to good health and higher quality of life.
- Simply maintaining a positive outlook and healthy self-perception, we can boost our energy and increase our immunity to illness.
- Encourage individuals to laugh often and “to not sweat the small stuff.”

Support Emotional Well-being:

- Individuals may show signs of anxiety, anger, depression, or fear.
- Help them to replace their negative emotions with positive ones.
 - Point out all the good things they have.
 - Help them find inspirational images or quotes they can view daily.
 - Offer coping strategies like taking 10 deep breaths to relax.

Benefits of Regular Physical Activity:

- Fun and enjoyable
- Relieves stress and tension
- Increases energy level, self-perception, and mood
- Can be a good challenge and rewarding experience
- Strengthens muscles and bones
- Regulates body fat
- Keeps heart healthy and prevents cardiovascular disease

Common Exercises:

- Walking
- Jogging
- Hiking
- Chair exercises
- Yoga
- Swimming
- Going to the gym
- Bicycling

Finding the Right Exercise:

- First, check with the individual’s physician regarding an exercise program.
- Match activities to individual’s interests and capabilities.
- Provide different options for activities and allow the individual to choose.
- Do not force or overexert an individual.
- Observe and document how the individual responds to increased effort.

Incorporate Different Types of Exercises:

- **Aerobic exercises** involve fast-paced movements (pushing your wheelchair at a faster pace) to raise your heart rate for weight loss and heart health.
- **Muscle toning exercises** are slow, controlled movements with weights or resistance to shape and tone the body.
- **Yoga and stretching exercises** help restore a positive mind/body balance, increase flexibility, and are great for relaxation.

What is Adaptive Fitness?

- Customizing exercise machines, equipment, and programs to fit the specific needs and abilities of the individual.

Adaptive Fitness:

- Most fitness plans can be easily adapted to provide good exercise for individuals with disabilities.
- Examples of adaptive fitness include:
 - Wheelchair yoga
 - Use of modified sports equipment
 - Modified game rules

Make Exercise Fun:

- Exercising with others makes the activity more fun.
- Find friends who share interest in similar activities.
- Encourage individuals to join team sports like softball, volleyball, soccer, or crew.

Manage Exercise Routines:

- Help individuals track their activity in an exercise journal to:
 - Record the date and time, type of activity, length of activity, intensity level, etc.
 - Review to celebrate progress and determine which exercises are most successful.

Activity:

- Question 1: True or False: Adaptive fitness is the modification of sports equipment or game rules so everyone can participate. **True**

We Get Energy From the Foods We Eat:

- Proper Nutrition Helps:
 - Our bodies grow and repair cells
 - Fend off disease
 - Maintain energy levels
- Poor Nutrition Causes:
 - Our bodies to store fat
 - Inflammation within the body
 - Decreased energy levels

Healthful Food Choices:

- Encourage individuals to make healthful food choices to:

- Give them more energy and make them feel good
- Raise their "good" cholesterol
- Lower their blood pressure, blood sugar, and "bad" cholesterol

Ensure Individuals Stay Hydrated:

- Water regulates many processes within the body, carries minerals, and helps prevent overheating and dehydration.
- Encourage individuals to drink water instead of high-sugar drinks, juices, or sodas.
- Recommended daily water intake is eight 8-ounce glasses or 64 ounces.

Help Individuals Maintain a Food Journal:

- Help individuals keep a food journal to:
 - Track their dietary intake.
 - Note their likes, dislikes, and reactions to different foods.
 - Help with the planning of meals.
 - Promote a variety of food sources.

Special Diets:

- Individuals may require a modified diet or a therapeutic diet due to:
 - Interaction with medication
 - Difficulty chewing or swallowing food
 - Food allergies

Two Types of Special Diets:

- Modified Diet: Altered in texture (pureed or cut into pieces) due to difficulty with chewing or swallowing.
- Therapeutic Diet: Requires specific guidelines to avoid food allergies and negative reactions and focuses on good eating habits.

The Diabetic Diet is a Therapeutic Diet:

- Diabetics have difficulty breaking down sugars that they eat.
- To avoid excess blood sugar, diabetics should:
 - Distribute food evenly throughout the day with three meals and healthy snacks in between
 - Use artificial sweeteners in place of sugar
 - Minimize high fat foods
 - Control portion size
 - Exercise daily

What is a balanced diet?

- A balanced diet contains adequate amounts of nutrients from a variety of food sources and daily caloric amounts that match the individual's activity level.

USDA Food Guide:

- The current USDA food guide emphasizes taking steps to:
 - Find your balance between food and physical activity.
 - Gradually improve your diet and lifestyle each day.

- Balance your diet with a variety of foods from the different food groups.
- To access the U.S. Department of Agriculture's food guide, visit the USDA website.

Daily Recommended Amounts:

- 6 ounces of grain
- 2.5 cups of vegetables
- 2 cups of fruit
- 3 cups of dairy
- 5.5 ounces of protein

Storing Food:

- To properly store food:
 - Follow directions on label.
 - Date and label containers.
 - Discard expired items.
 - Freeze meat to extend its shelf-life.
 - Keep food storage areas clean and organized.
 - Store chemicals in a separate location.

Shopping for Food:

- Plan meals for the week or month and take a list of all required ingredients to the store.
- To cut cost, buy in bulk, choose store brands, and compare cost per unit on shelf label.
- When possible, buy fresh over non-perishable food items to avoid additives, extra sodium, and preservatives.
- Check food labels for expiration dates, ingredients, and nutrient amounts.

Preparing Food:

- Take the time to properly prepare meals and snacks.
 - Proper preparation results in tastier, more nutritious, and appealing food.
 - Presentation can be just as important as taste.
 - Prepare food according to individuals' preferences or dietary restrictions.

Tips for Healthful Food Preparation:

- Strive for balance based on the food pyramid.
- Eat a wide variety of foods in a variety of colors.
- Minimize salts, oils, and sugar and use reduced-fat alternatives.
- Use healthful condiment alternatives to butter, margarine, and sour cream, like salsa or humus.
- Cook in ways that maintain vitamins and minerals like lightly steaming or roasting (heat destroys nutrients).
- Emphasize non-animal sources of protein, lean meats, fish, and poultry, removing fat and skin, whenever possible.

Involve Individuals in Food Preparation:

- Everyone likes to plan for, prepare, and enjoy meals.
- Encourage individuals to participate in meal selection and preparation.

- Provide recipes from books, magazines, and websites and let the individual decide which to prepare.
- Delegate simple tasks to individuals like mixing, opening packages, and setting the table.

Improve Nutrition Gradually:

- Personal preference and dietary habits play a major role in an individual's nutrition.
- Work with the individual to create tasty healthful meals that they can enjoy.
- Gradually replace unhealthy choices with healthier ones so the individual can properly adjust.

Activity:

- Question 1: True or False: A modified diet is one that should be followed by individuals with conditions that are made worse when certain types of foods are eaten. **False.**
- Question 2: Select the correct answer and click submit: Meal planning helps the DSP to:
 - Eliminate foods that an individual should not eat
 - Shop for food more easily
 - Ensure a variety of food sources in an individual's diet
 - All of the above

Infection Control: This Slide is a Section Header Layout Slide

Infection Control and the DSP:

- As a DSP, it is your role to protect individuals and yourself from contagious illnesses and diseases.
- Viral and bacterial infections can be easily transmitted between people.
- Make sure you and the individuals you support use good hand-washing practices to prevent the spread of germs (or pathogens).
- Check with your supervisor for your agency's policy and procedures regarding infection control and standard precautions.

What are Pathogens?

- Pathogens are infectious living organisms, also known as germs that cause disease in humans, animals, and plants.

Pathogens Can Enter the Body in Different Ways:

- Via water: For example dysentery or influenza
- Via air: chicken pox or the common cold
- Via food: e. coli or salmonella
- Via insects: malaria or lyme disease
- Via blood: HIV or hepatitis

What are Standard Precautions?

- Guidelines used to prevent the transmission of diseases that assume anyone may be carrying a blood-borne infection.

Standard Precautions:

- To prevent infection transmission, use standard precautions when coming into contact with:
 - Blood

- Body fluids, whether or not they contain visible blood
- Non-intact skin, including rashes
- Mucous membranes
- Contaminated items

Standard Precautions :

- **Hand hygiene** – washing and the use of alcohol gel to disinfect.
- **Personal Protective Equipment (PPE)** – use of gloves, gowns, masks, respirators, and eyewear to create protective barriers.
- **Injury prevention** – safe handling of needles and sharp devices to prevent transmission.
- **Disinfecting** – cleansing potentially contaminated surfaces or objects.

Hand-Washing Helps Avoid Pathogens:

- Washing your hands frequently with soap and warm water is the single most important way to help eliminate pathogens.
 1. Rub hands together vigorously for at least 20 seconds.
 2. Use paper towels or air dryer to dry hands rather than a cloth towel that is used repeatedly.
 3. Use a paper towel to turn off faucet, light switch, and open the door to prevent recontamination.

When to Wash Hands:

- Be sure to wash your hands and assist individuals to wash their hands:
 - Upon arrival at work
 - After using the restroom
 - After coughing, sneezing, or blowing your nose
 - After cleaning or disinfecting
 - Before preparing food or medication
 - Before putting gloves on to treat an injury
 - After removing gloves to treat an injury

Activity:

- Question 1: Drag and drop the following hand-washing steps into the correct order.
 1. Turn on warm water and wet hands.
 2. Use soap to lather hands and forearms vigorously for 20 seconds.
 3. Thoroughly rinse from forearm to fingertips.
 4. Dry hands with fresh paper towel.
 5. Use paper towel to turn off faucet and light switch and to open the door.

What is Personal Care?

- The process of bathing, oral hygiene, shaving, dressing, and toileting.

Assisting Individuals With Personal Care:

- Personal care should be provided safely and with dignity and respect for the individual.
- An individual's appearance makes a statement about how they feel about themselves.
- Support good personal hygiene to enhance an individual's physical and emotional well-being.
- Encourage self-care whenever possible to build self-confidence.

- Individuals have the right to direct how personal care is provided.

Bathing:

- Bathing can be therapeutic (improves blood flow, eases discomfort, refreshes, and relaxes).
- Work with the individual's preferences and routines when scheduling bathing times.
- Bathing presents a good time to check the body for skin irritations or sore spots (take the steps to heal and prevent them in the future).

Hair and Skin Care:

- Though most hair does not require daily washing, it should be combed or brushed every day.
- Use mild, non-irritating soaps and shampoos that match the individual's skin and hair type.
- If hair and skin are dry, increase moisture with moisturizing soap, oil, or lotion.
- If hair and skin are oily, limit the use of moisturizing products.

Dental and Oral Care:

- Mouths are home to many bacteria that can be harmful to teeth and gums.
- Assist individuals to brush their teeth at least once a day, especially before going to sleep.
- Good oral hygiene achieves a positive presentation.
- Schedule regular dental cleanings to prevent cavities and gum disease.

The DSP and Medication:

- The health of many individuals depends on the DSP properly assisting them with medication.
- Administering medication is a high-risk activity and can result in injury or death.
- Check with your supervisor regarding the administration and documentation of medication at your agency.

Medication Basics:

- Follow directions and warning labels on medication.
- Contact prescribing doctor or pharmacist with any questions you may have.
- Individuals' diets may need to be modified due to medication interactions.
- Know possible side effects and adverse reactions and watch for them.
- Store medication in a locked compartment and do not leave unattended when unlocked.
- If refills are needed, order them promptly to ensure medication never runs out.

What is a Drug Interaction?

- The result, either desirable or undesirable, of drugs interacting with other drugs, foods, alcohol, or other substances.

Learning About Medications:

- To learn about medications the individuals you support are taking:
- Talk to doctors or pharmacists.
- Read medication information sheets.
- Read medication reference books.
- Visit websites such as *safemedication.com* or *rxlist.com*.
- Read and make sure you understand labels.
- Observe and document any side effects.

Learning About Medications (continued):

- Important questions to ask are:
 - What is the medication and why it is prescribed?
 - How much is taken, how often, and by what method?
 - What are the start and end dates for taking the medication?
 - What are possible side effects and to whom should these be reported?
 - What should be done if a dose is missed?
 - What improvements are expected and when should they begin?

Monitor Individuals When New Medication is Taken:

- Monitor individuals closely for side effects when a new medication has been prescribed or a dosage increased.
- Report adverse reactions to supervisor and physician immediately (e.g., rash, abnormal movements, swelling, or vomiting).

Side Effects and Adverse Reactions:

- If a severe allergic reaction occurs after taking medication, get emergency care.
- Symptoms of severe allergic reactions include:
 - Wheezing or difficulty breathing.
 - Swelling around the lips, tongue, or face.
 - Drop in blood pressure or fainting.

Documenting Medication:

- You may be required to document each dose of medication taken, medication errors, and any side effects or adverse reactions.
- Ask your supervisor about your agency's policy and procedures regarding administering and documenting medication.

What is a Medication Error?

- Any time medication is not taken as prescribed.

Medication Logs Help Prevent Errors:

- Some individuals take many different medications at different times throughout the day.
- Use a medication log to:
 - Increase medication safety and reduce the risk of errors.
 - Include key information about the individual and their prescribed medication.
 - Update information when a prescription is changed.
 - Initial at time dose is taken, not before and not hours later.

Common Categories of Drugs:

- Common categories of drugs used by individuals with developmental disabilities include:
 - Anticonvulsants
 - Antibiotics
 - Pain medications
 - Topical ointments or creams

- Psychotropics (antidepressants and antipsychotics)

Pharmacy Abbreviations:

- Learn common pharmacy abbreviations.
- Examples include:
 - PRN = take as needed
 - Q = every
 - QD = every day
 - BID = twice a day
 - TID = three times a day
 - Cap = capsule
 - Tab = tablet
 - D/C = discontinue

Warning Labels:

- Medication containers may have warning labels providing additional information for use. Examples include:
 - Do not take with dairy products, antacids or iron preparations within one hour of taking this medication.
 - Finish all this medication unless otherwise directed by physician.
 - May cause drowsiness or dizziness

Storing Medication:

- All medications, including over-the-counters, must be locked-up at all times.
- Store according to label instructions (refrigerate, room temperature, out of direct sunlight, etc.)
- Medication in refrigerators needs to be locked in a container separate from food items.
- If an individual is allowed to keep his/her medication, it must be locked-up to prevent access by other individuals.

When to Destroy Medication:

- Medication should be properly disposed of and its destruction logged when:
 - Discontinuation is ordered by a physician
 - Expiration date is reached
 - Individual dies
 - Individual moves to another location and leaves medication behind

Activity:

- Question 1: Please select the correct answer and click submit: Which of the following abbreviations means that the medication may be given to the person as needed?
 - ASAP
 - RSVP
 - OTC
 - **PRN**

References:

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