

Home Health Aide Checklist

Daily

- ✓ Give meds in morning - crush in apple sauce
 - Losartan Potassium (for blood pressure) - 25 mg
 - Clopidogrel (for stroke and DVT prevention) - 75 mg
- ✓ Give med in evening - crush in apple sauce
 - Atorvastatin (for cholesterol)
- ✓ Change clothes - pants, socks, undershirt, and shirt
- ✓ Give hyoscyamine/hyosyne/levsin (same name for this medicine) 3 times per day every 6 hours (yellow cap)
 - Do not throw out the used syringes - put them on the plastic bags in the green box - the hospice nurse will refill them
 - Document the date, time, and your name on the specified sheet
- ✓ Do laundry - keep towels, sheets, and clothes separate - don't load the washing machine or dryer with too much
 - Clean the dryer's lint trap every couple of days
- ✓ Make sure the baby monitor is on in Cy's room and in your bedroom
- ✓ Brush teeth in morning and at night
 - Take the dentures out at night, soak them in Efferdent for 5 minutes, wash them off, and store them in their plastic case
 - Put dentures in in the morning, using Poligrip
- ✓ Make sure blue booties, which must be clean, are put on both feet all day and night to help with the pressure sores
- ✓ All food needs to be pureed, using the food processor
- ✓ All liquids need to be mixed with Thick-It - follow the directions on the canister for the "honey" amount
- ✓ Give nebulizer treatment up to 4 times per day (if cough during treatment, it's OK, it's opening up the lungs)
 - Unscrew the bottom of the mask (where the green funnel is)
 - Open the plastic tab with the liquid medicine
 - Put the medicine in
 - Place the mask over the nose and mouth with green straps above ears - pull straps to make mask tighter
 - Turn the machine on - takes about 15 minutes - treatment is completed when the vapor is no longer coming out
 - Document date, time, and name on the specified sheet
 - Clean the mask and parts with warm, soapy water and towel dry after each treatment to keep bacteria from building up
- ✓ Make sure the body is cleaned off thoroughly to prevent skin breakdown, especially urine and feces
- ✓ Do range of motion exercises with arms and legs

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As Needed

- ✓ Use oxygen concentrator
 - Plug in
 - Verify the gauge is set at 2
 - Put the nasal canula in the nose
 - Turn on
 - Change water once/week - unscrew the cap on the cap, make sure Velcro strap is put back in place
- ✓ Comfort Pack - box in refrigerator - document date, time, and your name on the specified sheet
 - Pink cap - Lorazepan - every 4 hours as needed for anxiety and restlessness - can be repeated after 30 minutes - good for nausea and vomiting too
 - Blue cap - Morphine - for pain and/or shortness of breath - use oxygen concentrator 1st - can be repeated after 30 minutes
 - Orange cap - for extreme agitation
 - Compazine - pills and suppositories
 - Tylenol/acetaminophen
 - Dulcolax - suppository if hasn't had a bowel movement in 3 days

How to use the hoyer lift

- Use a bungee cord to keep the netting in place on the chair
- Crank the bottom wide to fit around the chair
- Crank the arm
- Use the yellow straps for the front and back
- Crank it up
- Wheel over to bed
- Crank arm slowly down

If going out for a walk during the cold months

- Bundle up - sweaters are hanging up in the closet in the office, green down coat in closet by front door, red golf hat on speaker by garage door, and if needed hat and gloves in same closet by front door or in drawer of chest by front door
- Use ramp to get into garage from rec room
- Open the garage door by pressing the white button on the right side of the garage
- Go up and down the street
- When coming back into the house, go through the garage and close the garage door using the same white button that you used to open it