

Deconditioning: A PLAN FOR PREVENTING IMMOBILIZATION AND DECONDITIONING IN CHSLD RESIDENTS

KEY ACTIONS DURING EVERY INTERACTION IN THE RESIDENT'S ROOM¹

Each time you enter a resident's room, try to **CHAT with them** and their loved ones, rather than **doing everything** yourself:

<h3>C CHAT</h3>	<h3>H HELP</h3>	<h3>A ACCOMPLISH</h3>	<h3>T TALK</h3>
<ul style="list-style-type: none"> ▶ Check if they need to go to the bathroom ▶ Check their incontinence underwear ▶ Make sure they have a glass of water at hand ▶ Watch for signs of pain (crying out, whimpering, agitation, facial contortions, stiffness, resistance to care, etc.) ▶ Be on the lookout for changes in behaviour ▶ Be on the lookout for an inverted sleep cycle (sleeps during the day, awake at night) ▶ At meals: <ul style="list-style-type: none"> • Ask the resident what they ate or check the contents of their tray 	<ul style="list-style-type: none"> ▶ Get the resident moving in ways they are able: <ul style="list-style-type: none"> • Changing positions • Carrying out transfers • Moving about their room or the unit, as their functional autonomy allows • Sitting in their chair ▶ Encourage the resident to eat and drink on their own ▶ Carry out the resident's oral hygiene, providing the help and supervision they require ▶ Motivate the resident to carry out their ADLs as autonomously as they can ▶ Take part in activities to keep them occupied ▶ At meals: <ul style="list-style-type: none"> • Position the resident properly • Offer help as needed 	<ul style="list-style-type: none"> ▶ Ensure the resident has a call bell within reach ▶ Ensure technical aids (walker, cane, wheelchair, etc.) are accessible ▶ Turn/reposition the resident every 2 hours (if they cannot do so on their own) ▶ At bedtime: <ul style="list-style-type: none"> • Don't wake them unnecessarily • Minimize nighttime care • Close the curtains • Dim the lights • Limit noise 	<ul style="list-style-type: none"> ▶ Address the resident by name ▶ Introduce yourself (name, function, care you are providing) ▶ Have a positive, calm, and non-threatening attitude ▶ Make sure the resident has their communication aids (hearing aids, glasses, etc.) ▶ Suggest telephone calls or virtual visits with loved ones ▶ Create meaningful interactions: <ul style="list-style-type: none"> • Listen to what they have to say and pay attention to their emotional state • Talk with them about subjects that interest them and about their life history

¹ Document largely inspired by: CIUSSS du Centre-Sud-de-l'Île-de-Montréal. *Plan de prévention et de l'immobilisation et du déconditionnement des résidents en CHSLD – en contexte COVID*. Version: May 21, 2020.