

Acute Mental Status Changes: What's Normal and what's not?

Normal Findings

Consumer's normal appearance:

- Sits up straight in a chair, walks safely.
- Dresses appropriately for weather
- Hair is combed, face is clean
- Has smooth, even body movements

Normally, the Consumer is aware and:

- Is awake, alert and responds to your presence in the room

A normal consumer's mood:

- Should be appropriate to Consumer's place and condition
- Is generally cooperative

Most Consumers should know:

- Time (day, date, year)
- Place (present location)
- Person (knows own name)

Normally, Consumers can:

- Have conversations that make sense
- Be logical and rational

Most Consumers are:

- Aware of reality

Abnormal findings

When things are not normal, the Consumer:

- Is hunched or stooped over, cannot sit or stand
- Stays curled up in bed
- Looks disheveled (Untidy or messy)
- Seems restless, or has fidgety movements

When things are not normal, the Consumer:

- Seems confused (slow to respond)
- Difficult to arouse
- May be in a coma (unable to arouse)

When things are not normal, the Consumer is:

- Flat (does not express any feelings)
- Depressed (sad, tearful)
- Anxious (worried, nervous)
- Irritable (easily angered or annoyed)

When things are not normal, the Consumer is:

- Disoriented (Consumers can easily become confused about the date but, under normal circumstances, should know where and who they are.)

When things are not normal, the Consumer is:

- Ideas are disconnected and run together
- Unable to follow usual conversation

When things are not normal, the Consumers may have:

- Hallucinations (sees or hears things that are not really there)

How to Use an Incentive Spirometer

An incentive spirometer is a small, hand held device that has a breathing tube and an air chamber. It's very easy to use:

1. Sit up as straight as possible. If you're in bed, sit up as far as you can or try to sit on the edge of your bed if possible.
2. Hold the incentive spirometer upright.
3. Breathe out normally.
4. Put the mouthpiece in your mouth and tightly seal your lips around it.
5. Breathe in slowly and deeply. This will raise the yellow piston to the top of the column. The yellow indicator should be in the little blue box.
6. Hold your breath as long as possible (at least five seconds), allowing the piston to fall to the bottom of the column.
7. Position the yellow indicator on the outside of the column to mark your best effort. This should be your goal to reach with each repetition.
8. Rest for a few seconds and repeat steps 1-7 at least 10 times an hour.
9. After each set of 10 breaths, try to cough in order to clear your lungs. If you have an incision, support your incision by placing a pillow against it.
10. Once you are able to get out of bed, walk in the hallway and cough heartily. You may stop using the spirometer unless instructed otherwise.



Hearing Loss Checklist

If your Consumer answers “Yes” to three or more of these questions contact their Case Manager or your supervisor. The Consumer may need to be tested for hearing loss.

Sign/Symptom	Yes
Do you have a problem hearing on the telephone?	
Do you have trouble hearing when there is noise in the background?	
Do you find it hard to follow a conversation when two or more people talk at once?	
Do you have to strain to understand a conversation?	
Do many people you talk to seem to mumble or not speak clearly?	
Do you misunderstand what others are saying and respond inappropriately?	
Do you often ask people to repeat themselves?	
Do you have trouble understanding the speech of women and children?	
Do people complain that you turn the TV volume up too high?	
Do you often hear a ringing, roaring, or hissing sound in your ears?	
Do some sounds seem too loud to you?	

Foot Care: Washing Feet

Gather before starting

Gloves
Water basin
Warm water
Soap

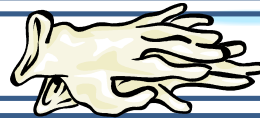
Towel
Clean socks or slippers
Lotion

Follow these steps

1 Wash your hands before beginning this procedure and before touching the Consumer.



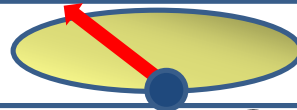
2 Put on gloves



3 *Inspect the feet for ulcers, blisters, sores, cuts, changes of color*



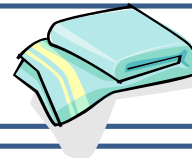
4 *Use warm, not hot water (ask your Consumer to test the the temperature)*



5 *Use a mild soap and a clean washcloth to wash the entire foot, including between the toes.*



6 *Pat the foot dry with towels. Be sure to dry between the toes.*



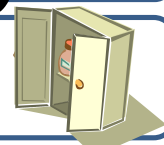
7 *Apply lotion to the foot but not between the toes.*



8 *Cover the feet with clean socks or slippers.*



9 *Clean the area and put the supplies away. Take off your gloves.*



10 Wash your hands before beginning this.



Foot Care: Washing Feet

Suggestions

- Use strong soaps, chemicals, or products with perfumes
- Cut or pick at the skin or cuticles
- Damage the skin if you use a pumice stone
- Encourage Consumer's with PVD to not go barefoot. Recommend slippers inside, and shoes if going outside.
- **Never use** hot water bottle or heating pad to warm feet. Instead, layer socks.
- **Never use** toenail clippers. Instead use a nail file and to gently smooth and round the nail, as needed.
- **Never use** store-bought products to remove calluses or corns

