

BASIC MEDICAL NEEDS

1. Client's General Appearance

As you care for clients on a day-to-day basis, you are in the best position of monitoring their appearance, including hygiene, appetite, and weight changes. Irregularities in appetite and weight changes could be a sign of depression or physical problems. In most cases, there is a decrease in appetite with depression; however, some clients will have an increase in appetite. Be observant to weight changes, fatigue, or any pain the client may exhibit.

2. Guidelines for monitoring fever

Our facilities keep an accurate device for taking temperatures, including an ear, digital, and mercury thermometers. There are covers for these and should be used at all times to avoid passing infection. Digital thermometers are typically quicker and should be used under the tongue with the mouth closed. Mercury thermometers are made of glass and are used less often. If the client is confused or combative, the ear or digital thermometer should be used.

Normal temperature is 98.6 degrees; however, some individuals will vary, slightly.

Look for trends in temperature changes and notify a doctor in the event of increases.

No medication should be given with out an order.

3. Cough

If a client has a new onset of coughing, the color of sputum is important. Look for other symptoms such as temperature, nasal symptoms or flu-like symptoms. Notify your supervisor of any physical symptoms you believe critical to the health of the client.