

# Providing Healthcare in the Home

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# Agenda

- Simple healthcare measures
- How to minimize transmission of the virus to yourself and other family members

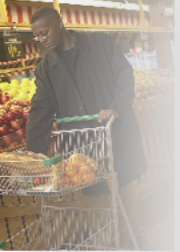


# Mental Health

This may be a very stressful time for you and your family and any of you may become overwhelmed

...especially if someone in the family becomes sick

Recognizing the signs will help you respond earlier to a potential problem



# Changes with Stress

## Children and Teens:

- Regression to an earlier stage
  - May become “clingy”
- Changes in eating and sleeping habits
  - Behavior changes
    - Withdrawn
    - Fearful






# How to Help

- Reassurance and in terms of talking and physical closeness
- Answer questions honestly but don't dwell on frightening details
- Encourage them to express emotions
- Acknowledge that you too may feel fearful or stressed



# Goals for Providing Care

- Take care of yourself and be sure to get plenty of rest
  - Monitor symptoms and prevent discomfort and dehydration
  - Know when to seek medical attention
  - Prevent spread of the virus within your home
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# When to Suspect a Family Member Has Influenza

## Not subtle

• Fever (over 100.4 F) and chills



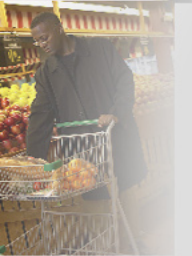
• Dry cough



• Muscle aches

• Headache

• Fatigue





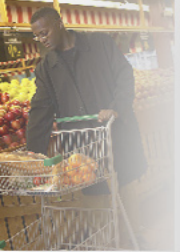
# Keeping Track

Keep a care log and record the following information at least once each day along with the date and time:

- Temperature (use disposable thermometer or have one for everyone in the home) periodically
- Check the patient's skin for color and turgor

# What to Record

- Record the approximate quantity of fluids consumed each day and through that night
- Record how many times the ill person urinates each day
- Record all medications, dosages and times given
- Blood sugars if diabetic



# Care Log

Care Log for : Sally Smith

Date fever started: 11 / 29 / 07

Optimal fluids per day: 30 oz

Date	Time	Temp	Medication/Dose	Blood sugar	Fluids In	Fluids Out	Skin
12/1/07	9 am	101.6	Tylenol 650 mg		16 oz	8 oz	
	11 am		4 units Regular	200			

Remember the goal is more “ins” than “outs”

Daily total = 35 oz      Daily total = 25 oz

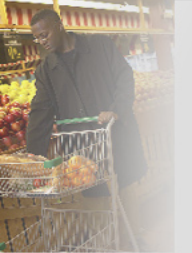
$$35 - 25 = + 10$$



# Treating Symptoms

Use Ibuprofen or Tylenol for fever and even alternate for stubborn fevers

- Do not use aspirin in children or teenagers with influenza because it can cause Reye's syndrome, a life-threatening illness
- Use other medications as needed for specific symptoms



# Preventing Dehydration


Prevent dehydration by encouraging fluids and monitoring fluid intake

- Use water, Gatorade, Pedialyte or other electrolyte beverages
- Avoid diet drinks and caffeinated beverages



# Minimum Fluid Requirements

Recommended minimum daily fluid intake, if not eating solid food:

- Young children – 1-1/2 oz. per pound of body weight per day
    - (Example: A 20 lb. child needs approximately 30 oz. fluid per day)
  - Older children and adults – 1-1/2 to 2-1/2 quarts per day
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# Solid Foods

Fluid intake is more important than eating solid foods but they can eat any food that they can tolerate without feeling nauseated

- Simple soups or bland foods are better tolerated





# Unable to Drink

If the patient is vomiting, let the stomach rest for one hour and then introduce clear liquids very slowly

- One teaspoon to one tablespoon every 10 minutes
- Avoid very cold or carbonated beverages

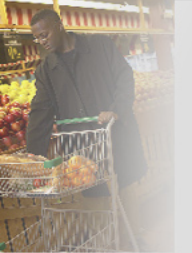
If the patient vomits again, repeat the cycle



# Reintroducing Foods



After 6-8 hours of a liquid diet without vomiting, you can then begin to add **bland, solid food** that is easy to digest, such as saltine crackers, clear soups, mashed potatoes or toast



Gradually return to a **regular diet**





# Other Illnesses


You will need to monitor their other chronic medical problems while they are sick

- For example, if they are diabetic and not eating, you should adjust their medicines accordingly
- If they have asthma, this infection may trigger an exacerbation



# Seek Medical Attention

Phlegm becomes green or  
foul smelling

- Shortness of breath
  - Chest pain not relieved with Ibuprofen
  - Confusion or unresponsiveness
  - Neck stiffness, terrible headache with vomiting
- 



# Recovery

Know that they will need a lot of rest to recover

- Have your family member remain at home until all symptoms have resolved
- Keep them isolated from others until they have no fever (without medication)



# Steps to Minimize Household Spread

Wash your hands frequently and do not touch your eyes, nose or mouth after coming in contact with environmental surfaces or after having contact with someone who is ill with the flu

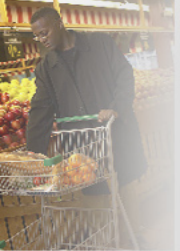
- Use warm soap and water and scrub for 20 - 30 seconds

# Steps to Minimize Household Spread

- Do not share eating utensils, glasses or cups

...you may want to use paper plates and other disposable products


- Keep a trash bag within easy reach for disposal of tissues, paper products and other potentially infected waste materials





# Cleaning Surfaces

When you identify a family member with pandemic influenza, wipe surfaces such as keyboards, counters, doorknobs, telephones off with a cleaning solution (an inexpensive solution of household bleach in a 1:10 ratio with water is effective) or a disinfectant to prevent others from contracting the flu



# Summary

- Your mental health is as important as your physical health
- Provide medicines for comfort and to reduce fever
- Need to prevent dehydration and monitor for worsening condition
- Prevent yourself and other from contracting the same illness

