

POINT OF CARE RISK ASSESSMENTS SEPTEMBER SAFETY SEGMENT



Alberta health care employees, which includes health care aides and nurses, only comprise a little over 6% of the full-time equivalent employees in the workforce. However, healthcare workers are collectively responsible for almost 20% of the overexertion injury claims in Alberta and responsible for 13% of the fall injuries. Adding to these stats, 83% of all workplace violence injuries involve a health care worker and a resident or patient. These figures help to reinforce the importance of point-of-care risk assessments.

POINT OF CARE RISK ASSESSMENT (POCRA) INTRODUCTION

DIRECTIONS

The best way to avoid injuries is to be prepared for them, to understand the working environment and be aware of any hazards. Have the group watch the video, [Introducing a Point of Care Risk Assessment](#) and then guide discussion using the questions below:

SAFETY SEGMENT DISCUSSION

Post Session Questions:

- Did you find the injury statistics surprising?
- Does a POCRA create a time crunch for you?
- Have you been in a situation and had to back off and get help?

Notes to the Team Leader:

- Facilitate the discussion, guiding the discussion to tactical improvement versus criticism without recommendations.



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Setting limits is one of the most powerful tools that professionals need to utilize for positive change in escalated individuals. Knowing there are limits and consequences to behaviours helps individuals to understand that there is an acceptable standard to behave by and that there are consequences that must be accepted based on choices made.

SETTING BOUNDARIES

DIRECTIONS

Provide the handout, Setting Limits and Consequences for participants to read. Then facilitate discussion using the scenarios in the activity handout Setting Limits. Split participants into groups and have them brainstorm the different scenarios. Discuss findings as a group

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What was the hardest part of this exercise?
- Have you practiced setting limits before?
- Did this improve your ability to communicate? If so how??

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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NOTICE

BE SURE THAT YOU REPORT ALL HAZARDS

Circumstances of our normal duties can change quite quickly depending on a number of factors, weather, time of year, etc. Since nothing remains constant we need to be aware of our surroundings and what we are doing because new hazards can emerge very suddenly. Workers need to conduct an informal hazard assessment each time they begin a task that is new and continue to be vigilant while they are performing prolonged tasks.

INFORMAL HAZARD ASSESSMENT

DIRECTIONS

We need to be vigilant when working, meaning watching for hazards so we can avoid getting hurt. Watch the informal hazard assessment video, [Informal Hazard Assessments](#) and facilitate discussion using the guiding questions below.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Can you describe how you would conduct an informal hazard assessment during your tasks?
- Does this apply to what you do in a day? If not, why not?
- How does an informal hazard assessment differ from our normal formal hazard assessment?

Notes to the Team Leader:

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Type A and B (long term care and senior supportive living) facilities are often viewed in two different perspectives, either a clinical setting or one that's serene, where the occupants are living out the remaining years in peace and quiet.

However, looks can be deceiving. The outward appearance of this work setting may look harmless, but believe it or not, health care workers in these facilities run the risk of injury if they're not exercising caution. Prior to caring for any resident, every care provider should conduct a point-of-care risk assessment.

POINT OF CARE RISK ASSESSMENT

DIRECTIONS

Injuries are soaring in healthcare. We need to be careful while providing care. Watch the video, [How to Perform a Point of Care Risk Assessment](#) and then field discussion using the guiding questions below.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Was the care giver right to retreat?
- Have you thought of stepping away but decided not to? What was the result?
- Has there been a bad result when you ignored the PCRA?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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CODE OF THE MONTH

SEPTEMBER SAFETY SEGMENT



Many people will find the notion of a fire or evacuation drill an irritating hindrance or at best an inconvenience. Taking time out of an already busy day seems like a complete waste of time. However, do you know where your muster point is? Can you point it out to a visitor or guest? The old saying of practice makes perfect does ring true. This is why we practice, in this case it may save your life!

CODE GREEN - EVACUATION

DIRECTIONS

Start by splitting the group into 2 smaller groups. Ask each group to list 5 possible reasons why there is a need to practice evacuation drills. Then using the handout [12 Reasons to Practice Drills](#) lead the discussion using the guiding questions.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Ask each group - What the top 5 reasons
- Ask the group to point out the muster area
- Ask what reasons other than a fire might an evacuation be necessary

Notes to the Team Leader:

- If time permits this the discussion can continue using some of the materials found on the [CCSA Emergency Response Resource Portal](#)



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