

CHAPTER : 29

HOME NURSING

Diseases and accidents have become common these days. Someone or the other falls ill in the family now and then. A home can anytime become a hospital. In such a situation if we know how to take care of the patient we may help in easy recovery.

Home care of the patient is as important and necessary as the care of the doctor. Taking right care and doing service to the patient is of utmost importance for his recovery. Medicines and other treatments are decided by the doctors but constant daily care of the patient, timely medicines, proper food, are taken care of by family members. Taking patient to toilet, bathing, changing his clothes, making him sit, are also works that need to be done.



Figure : 29.1 (Home Care)

Therefore, all the care and facilities that are given to the patient at home is known as home care.

Every girl and boy should have basic knowledge of home care. This knowledge helps in caring for the disease of the patient at the primary stage. It is often seen that in the absence of proper care the disease of the patient aggravates. It is not possible that patient is taken care only in hospital, home care is also essential for him. Patient can be given satisfactory care at home. At home, patient feels safe and comfortable. He doesn't fear and his condition gets good. Thus, the satisfactory and comfortable environment of home contributes in patient's well being.

Characteristics of the attendant–

1. **Correct knowledge**– He or she should have proper knowledge of body science and of sterilizing agents so that proper care could be taken of the patient.
2. **Capable of decision making**– If the condition of the patient worsens suddenly, he should be calm and maintain his mental balance for decision making.
3. **Knowledge of first aid**– He should know how to take body temperature, pulse, tying band-aid, etc. Also should have knowledge about how to change sheets of patient's bed, cleaning his body using sponge, making his chart, etc.

4. **Power to over view**– He or she should have power to overview patients' condition, effect of medicines on him, etc to report to a doctor.
 5. **Psychological**– Attendant should have knowledge of psychology so that he/she may be able to understand the behavior of patient and give him sympathy and strength psychologically. Also he/she should be able to give medicines to the patient cajolingly.
 6. **Polite and cheerful**– Patient often gets irritable therefore the attendant should behave politely and cheerfully. This helps the patient to recover fast.
 7. **Good health**– Attendant should be healthy himself. Only a healthy attendant can take care of a patient.
 8. **Dutiful**– He should be interested in service. He will need patience and diligence to take care of the patient. Often these qualities are found in women. They have a serving attitude since childhood. Home and hospitals often have female attendants though men too play as attendants.
3. **Food of the patient**– Attendant should have culinary skills too so that he/ she may give proper food to the patient.
 4. **Protection of patients from infection**– If patient is suffering from infectious disease attendant should take care that the infection does not transmit. He should wash patient's utensils and clothes with a sterilizing agent.
 5. **Description of diseases**– Attendant needs to prepare full description of every stage of patient's illness. Examples- time of medicine, amount of medicine, etc.
 6. **Following advice**– Attendant should follow the advice given by the doctor honestly and rightfully. He should inform the doctor fully about patient's condition.
 7. **Inspiring**– Attendant should not let the patient get depressed and try to reduce his worries and fear.

Duties of an attendant–

An attendant plays an important role in the recovery of a patient from illness. He plays the connecting role between a doctor and a patient. He needs to perform following functions while taking care of patient–

1. **Room management**– A patient stays in the room day and night. Therefore, keeping the room proper is the responsibility of the attendant. If the room is, comfortable and facility-rich, then patient will recover fast. Therefore, patients' room should be clean, airy and well lit.
2. **Hygiene of patient**– The patient has to be

While performing the above functions, attendant should take care of his own health too. He should wash his hands with any antiseptic solution soap or after doing every work of the patient. Attendant should wear light and comfortable clothes and should take good sleep to remain cheerful and active. Thus, having a proper home care gives immense relief to the patient.

IMPORTANT POINTS:

1. Home care is the care and facility given to the patient at home.
2. Home care of the patient is as much important and necessary as the care of the doctor.

3. Attendant should be healthy, knowledgeable, cheerful and of serving attitude.
4. Attendant plays the connecting role between doctor and patient.
5. Attendant should maintain hygiene of patient's room, clothes, utensils, etc.

EXERCISE:**1. Choose the correct option:**

- (i) Work of an attendant is
 - (a) Bathing of patient
 - (b) Giving medicines to patient
 - (c) Giving full information of patient to doctor
 - (d) All of these
- (ii) ——— can work as an attendant
 - (a) Woman
 - (b) Man
 - (c) Children
 - (d) Anyone
- (iii) Attendant should not be
 - (a) Obedient
 - (b) Soft-spoken
 - (c) Lazy
 - (d) Cheerful

- (iv) ——— is not the work of an attendant
 - (a) Cleaning body of the patient
 - (b) Arranging food of patient
 - (c) Room management
 - (d) Treating the patient
- (v) Attendant has to follow orders of
 - (a) Doctor
 - (b) patient
 - (c) Householder
 - (d) all of these
2. Explain the meaning of home care.
3. Why is the psychological knowledge necessary for attendant?
4. Why is an attendant known as the connecting link between patient and doctor?
5. Write four qualities of an attendant.
6. What are the duties of an attendant? Explain.

ANSWERS:

(i) d (ii) d (iii) c (iv) d (v) a