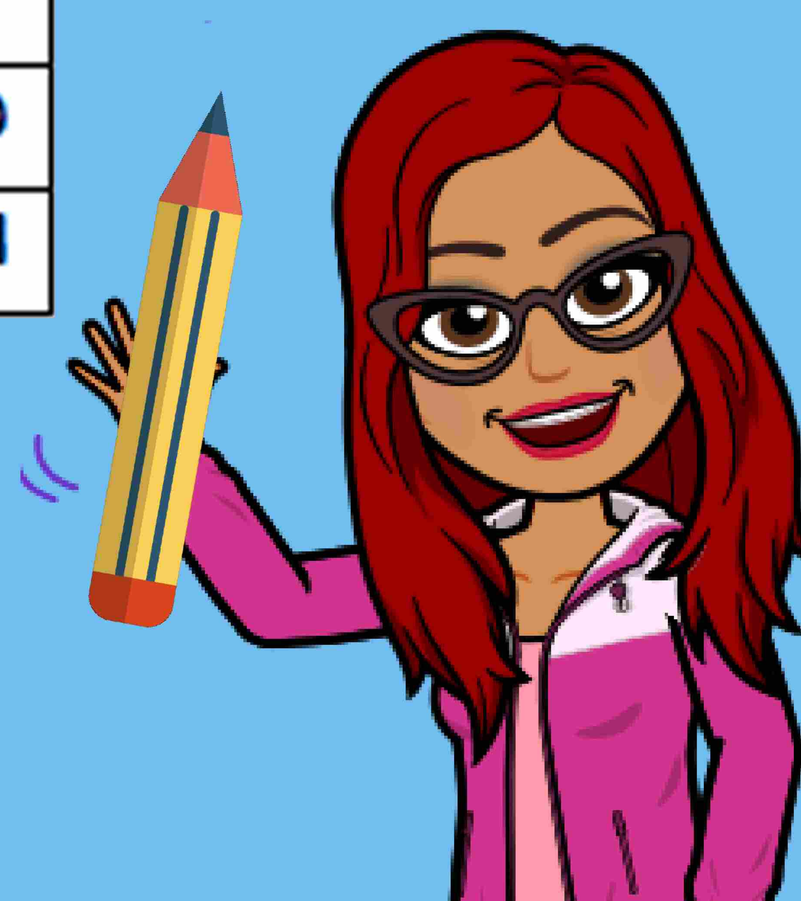
COMPANION'S HOBBY

LEARN THE CARE THAT WE SHOULD HAVE AT THE HOSPITAL IN A FUN WAY!



Samara Caram Aniceto
Lucrécia Helena Loureiro

FUNDAÇAO OSWALDO ARANHA
CENTRO UNIVERSITÁRIO DE VOLTA REDONDA
PRÓ-REITORIA DE PESQUISA E PÓS-GRADUAÇÃO
MESTRADO PROFISSIONAL EM ENSINO EM CIÊNCIAS DA SAÚDE E DO MEIO AMBIENTE

This is an educational product developed as part of Samara Caram Aniceto's master's thesis, under the supervision of Lucrécia Helena Loureiro.

Samara Caram Aniceto

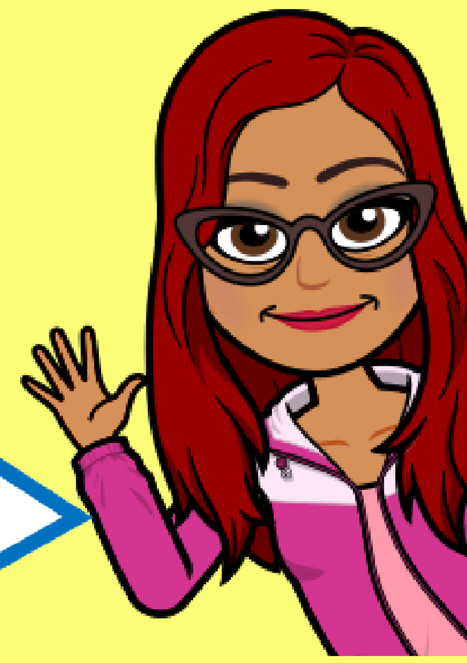
Graduated in Nursing from the University Center of Volta Redonda (2004). She currently works as a nurse at the municipal hospital São Francisco de Assis, in Porto Real/RJ, and at the Frade Emergency Service, in Angra dos Reis/RJ. Specialist in Family and Community Health, Faculty in Higher Education, Intensive Care and MBA in Hospital Management. Attending Professional Master's Degree in Teaching in Health Sciences and the Environment, at the University Center of Volta Redonda/RJ.

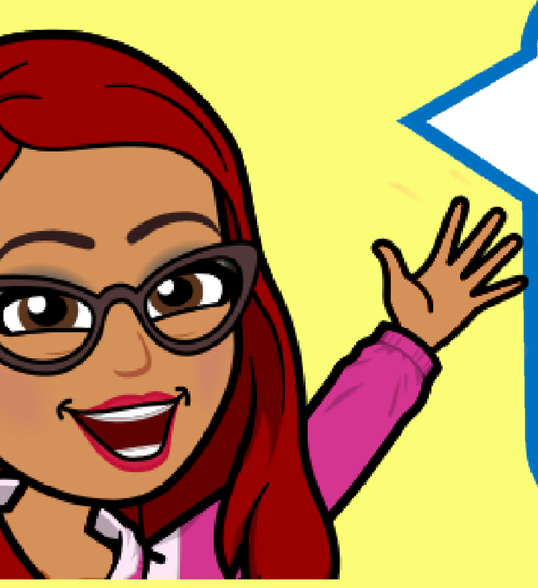
Lucrécia Helena Loureiro

Post Doctorate in Nursing and Biosciences; Doctor of Science, she completed her sandwich doctorate at the Università de Bocconi, Italy. Master in Health Sciences and Environment (MECSMA), Specialization in Health Services Management. Coordinator of the Undergraduate Nursing Course at the University Center of Volta Redonda - UniFOA. Professor at MECSMA. Fiscal Nurse at the Health Surveillance of Volta Redonda. Has experience in Nursing, with an emphasis on Health Management, mainly: Service Management, Health Management, Hospital Management.

Hi, my name is Samy!
How are you?

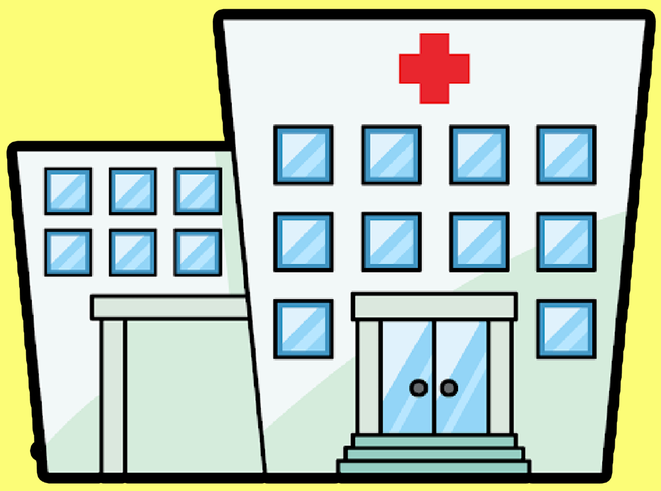
Do you want enjoy me in this fun activity?
But frist, I have to say somethings to you:

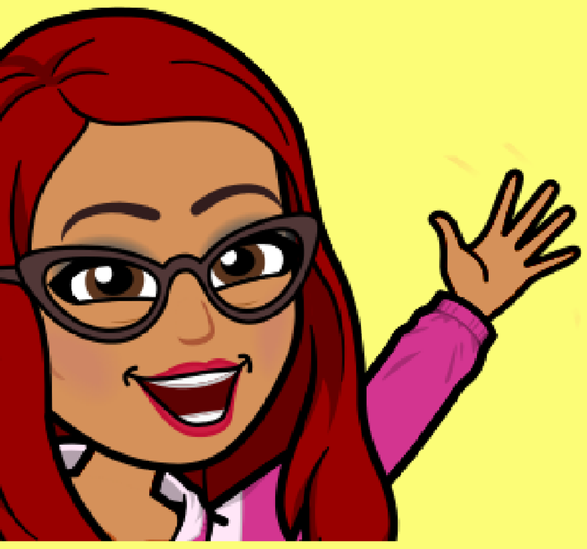




Did you know that every elderly person is entitled to a companion and that is the hospital's duty to guarantee this benefit?

This is so important, all elderly need a company to help them.





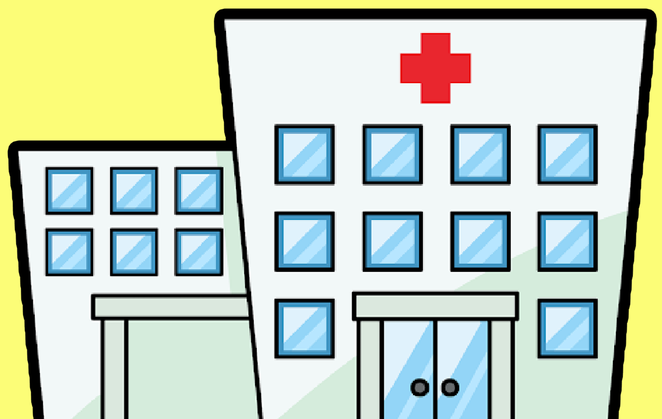
Did you know that elderly care is not just the responsibility of the healthcare team?

It's also from the family and the accompanying!

We should encourage the elderly to do their own activities, as far as possible.

Hygiene care and feeding are examples of this!

Let’s go!



Wordhunt - Let's wash our hands!

Our **hands** are vehicles of **infections**, especially when we touch somewhere and our **patient** without washing them first.

We should wash hands before and after using the **bathroom**, after touching surfaces (bedside table, bed rail, **companion'**s chair, **walls**, **windows**, **doors** and **handles**), before and after touching the patient, before **feeding** and at the assistance to your patient.

When we enter the **hospital**, we must also **wash** our hands, as we touch many things that are dirty before arriving here. We can use **alcohol gel** if we cannot wash them and they are not dirty.

We will use the **sinks** that are in the bathroom, or in the **infirmary**, the **liquid soap**, and to **dry**, the **paper towel.**

Correctly washing hands

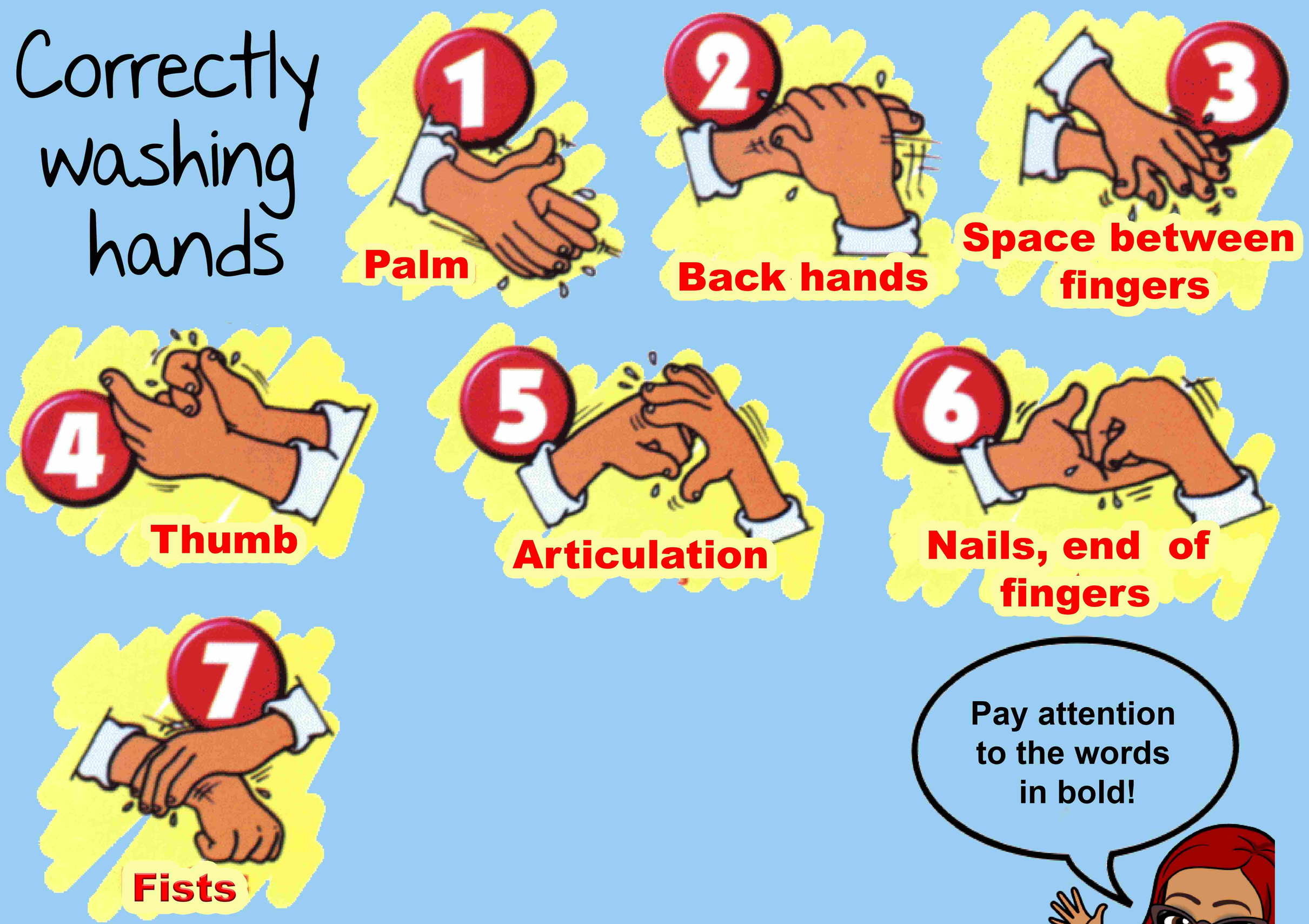


Figura: Só Enfermagem. Disponível em: http://www.soenfermagem.net/tecnicas/lavagem.html

Wordhunt - Let's wash our hands!

Look for the words in bold from the previous text.
They are hidden vertically, horizontally and diagonally.

hands - infections - patient - bathroom - companion - walls - windows - handles - feeding - hospital - wash - alcohol gel - sinks - infirmary - liquid soap - dry - paper towel

O	H	O	S	P	I	T	A	L	T	S	A	E	E	A	O	P	D	T	O	K	C
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H	T	I	N	A	M	L	N	B	O	P	A	C	E	C	E	P	N	A	Y	S	M
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R	B	N	P	A	P	E	R	T	O	W	E	L	F	S	C	D	S	N	W	S	R

Silabox

Rules that companions must follow in the environment hospital.

Within the hospital, it is important to follow some rules to maintain the safety of the patient, companion and staff.

In the activity below are some essentials. Find the hidden words to discover them. Each small square corresponds to a letter. Substitute like letters into like numbers.

Tip: Place where patients are hospitalized.

It is essential that the companion be over _____ years old.

1 E	I	2 G	3 H	4 T	1 E	1 E	5 N

It is forbidden to tamper with the _____.

1	6	7	8	9	10	1		4	11 S

It is prohibited to bring _____ into the hospital

	13 O	13	14

The companion must not _____ or lie down on the patient's bed.

11		4 T

If they notice any irregularity, they must notify the _____.

5	7 U		11	1

Silabox - Continuation

_____ is prohibited.

11		13	16	8	5	19

The companions will be entitled to 4 to 5 _____: breakfast, lunch, snack, dinner and supper):

10	1		18 L	11

It is necessary to follow the nursing guidelines regarding personal care, so it is important to respect the _____.

5	13		10 M	11

The companion needs to support the patient, but to stay in the hospital, it is necessary to dress _____.

17 A	9	9	15	13	9	15	8	17	4	1	18	

The highlighted formed word was: _____

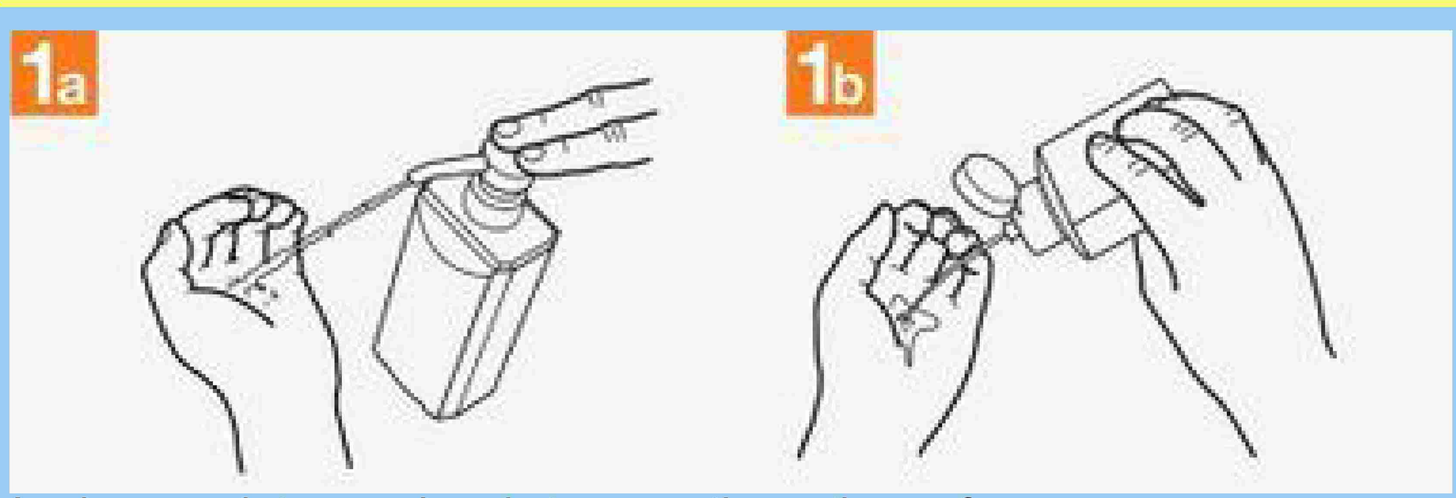
Dominox - Let's use alcohol gel on our hands!

We have already mentioned that **hand washing** is important to **prevent** the transmission of disease to our **patient.** Therefore, in the **hospital** we must always keep our hands **clean**. If you don't have visible **dirt** on your hands, we can use **alcohol** gel.

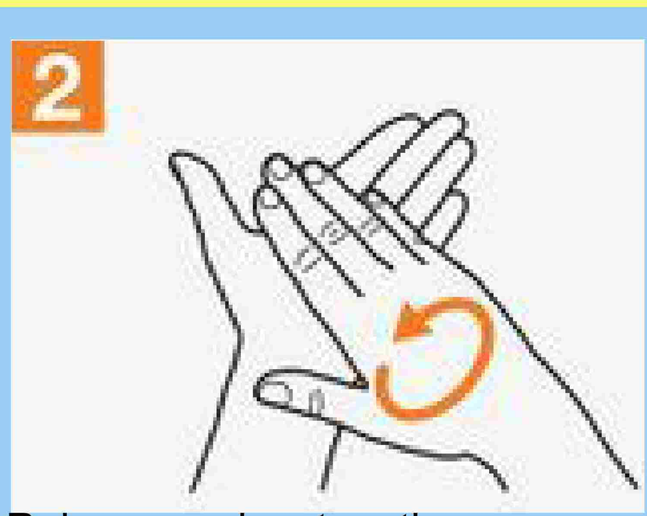
We can also use them in places where there is no **sink,** such as means of **transport**, on the **street**, among others.

It is important to remember that we can use alcohol **gel** before and after having **contact** with the patient and after having contact with **objects** and **surfaces** close to the patient.

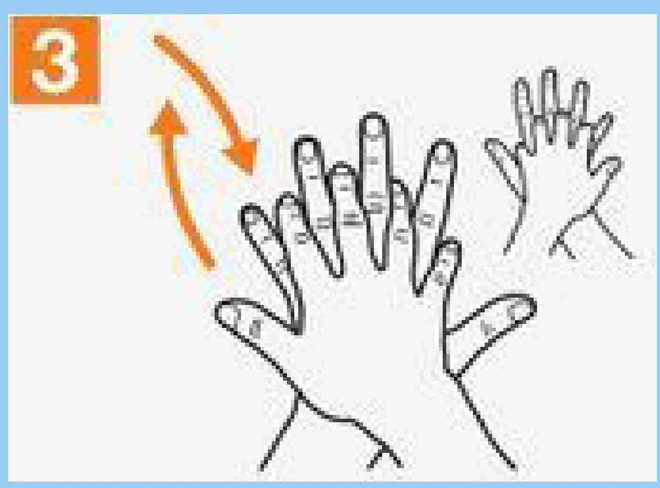
We must rub the alcohol for 20 to 30 seconds until dry.



Apply enough to your hands to cover the entire surface.

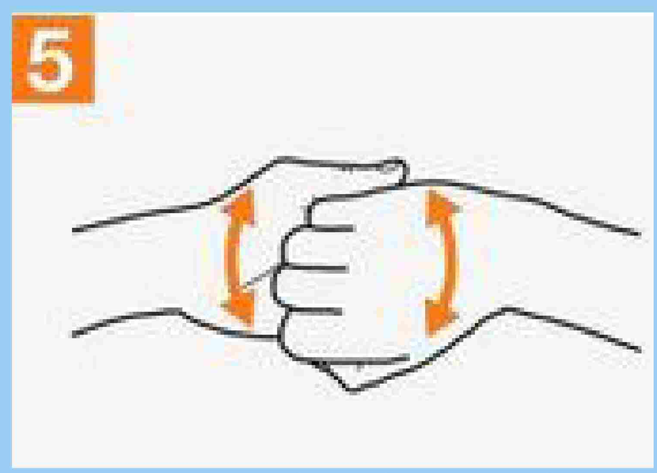


Rub your palms together.



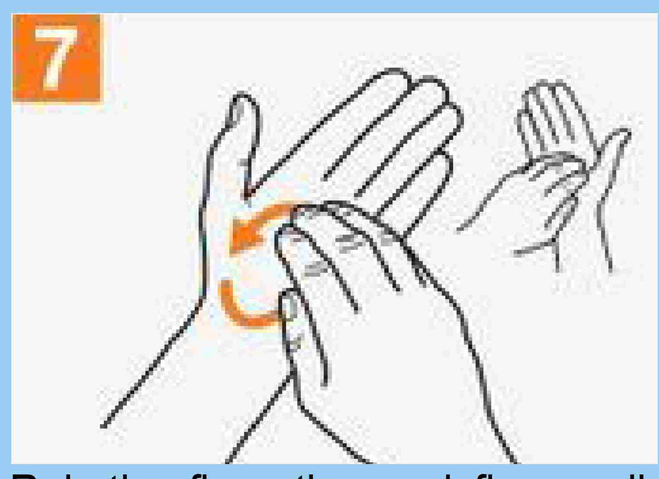
Rub the palm of the right hand against the back of the left hand and vice versa, interlacing the fingers.

Rub your palms together with your fingers intertwined.

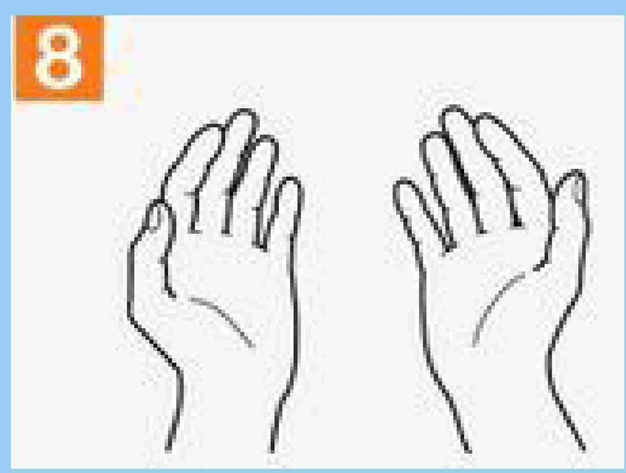


Rub the back of the fingers of one hand with the other (and vice versa), holding the fingers together.

Rub the left thumb with the help of the right palm (and vice versa) using a circular motion.



Rub the fingertips and fingernails of the right hand against the palm of the left hand (and vice versa) in a circular motion.



Rub until dry. Do not use paper towels.

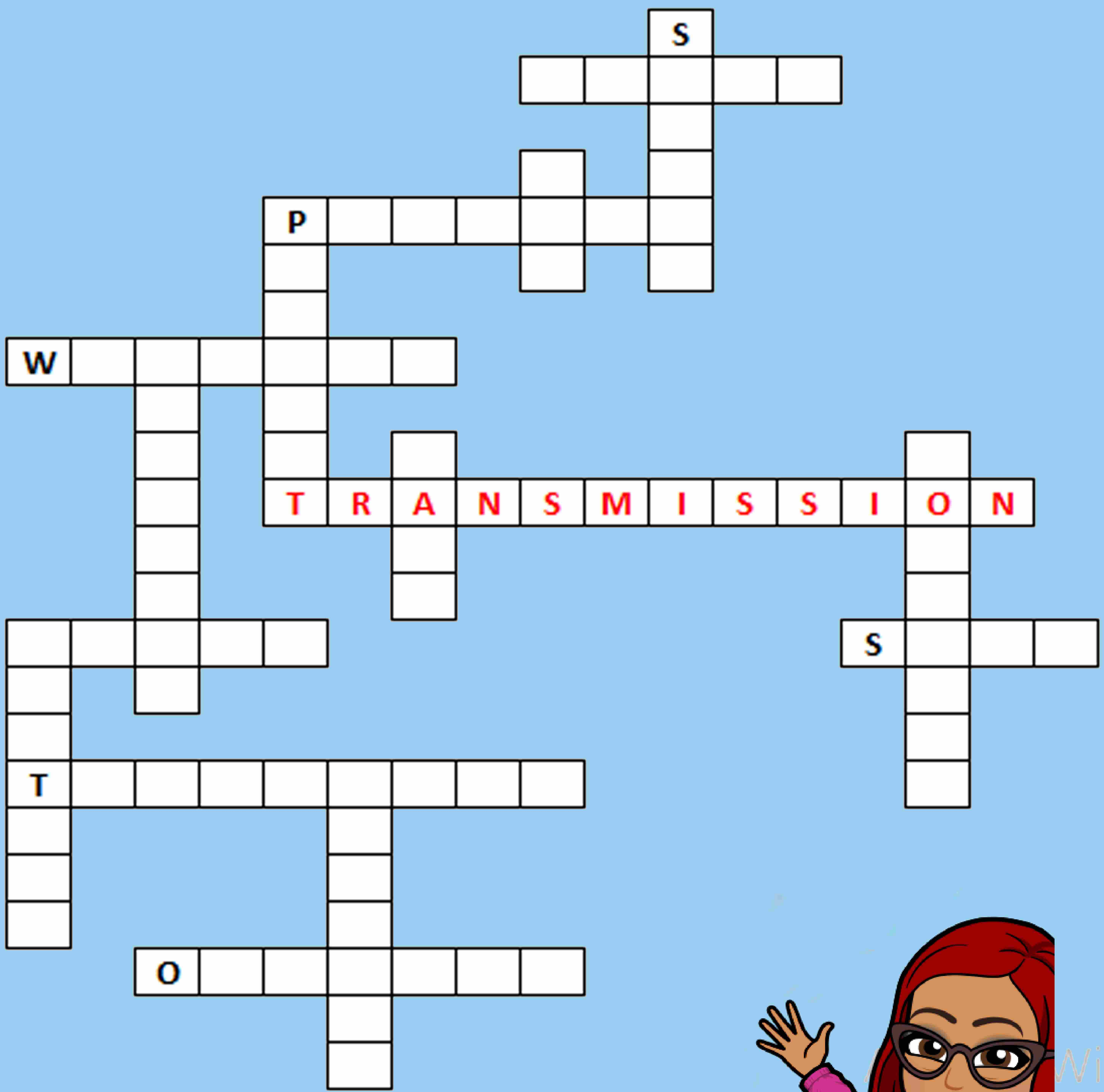
Fonte: World Health Organization

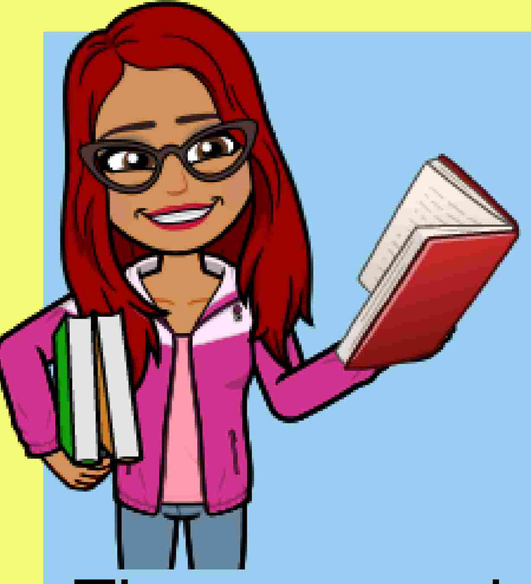
Dominox - Let's use alcohol gel on our hands!

Look for the words in bold from the previous text.
Fill in the diagrams, respecting the intersections.

hand - washing - prevent - transmission - patitent - hospital - clean - dirt - alcohol

sink - transport - street - gel - contact - objects - surfaces





Cryptogram

Companion, your participation is very important!

The companion's participation makes hospitalization less stressful for the accompanying patient. Other advantages can be seen with its presence. Some are written below.

Discover the hidden word. Remember that each square corresponds to a letter. Like symbols correspond to like letters.

Highlighted will form a word. Tip: Person you are taking care of

The highlighted word is: _____

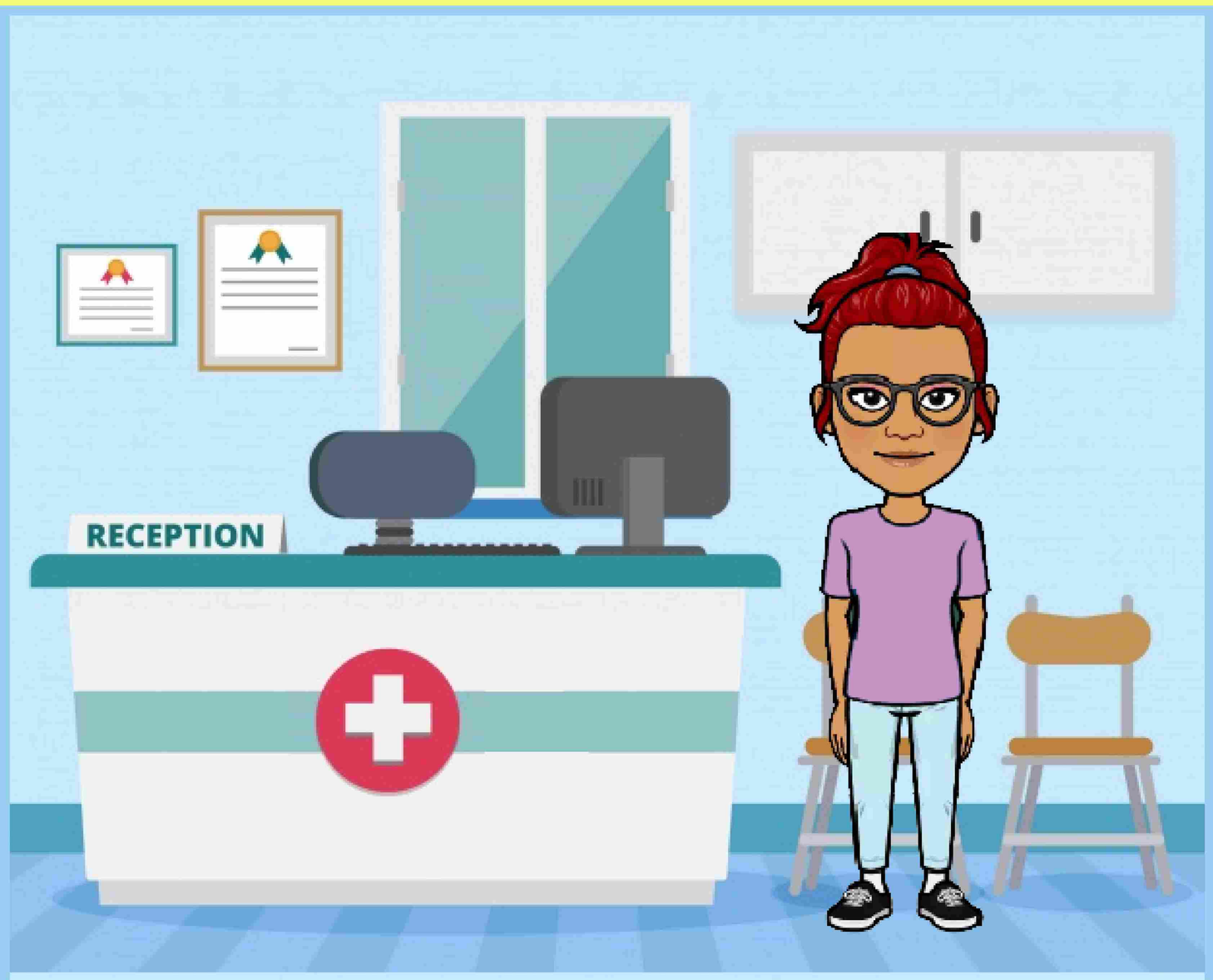
Companion, your presence offers (safety) _____ to the patient.		P	R	O	T	E	C	T	I	O	N	
Companion, your presence also makes the patient more (relaxed) _____.					M							
The companion helps the patient, making the environment more (comfortable) _____.						S						
The companion can (bath)_____ the patient, when authorized by the nursing staff.			A									
Hospitalization is less stressful when the companion (talks) _____ with the patient.					V							
The companion can (give food to) _____ the patient, when authorized by the nursing staff.			L									
The companion can assist with (changing) _____ of diapers.										I		

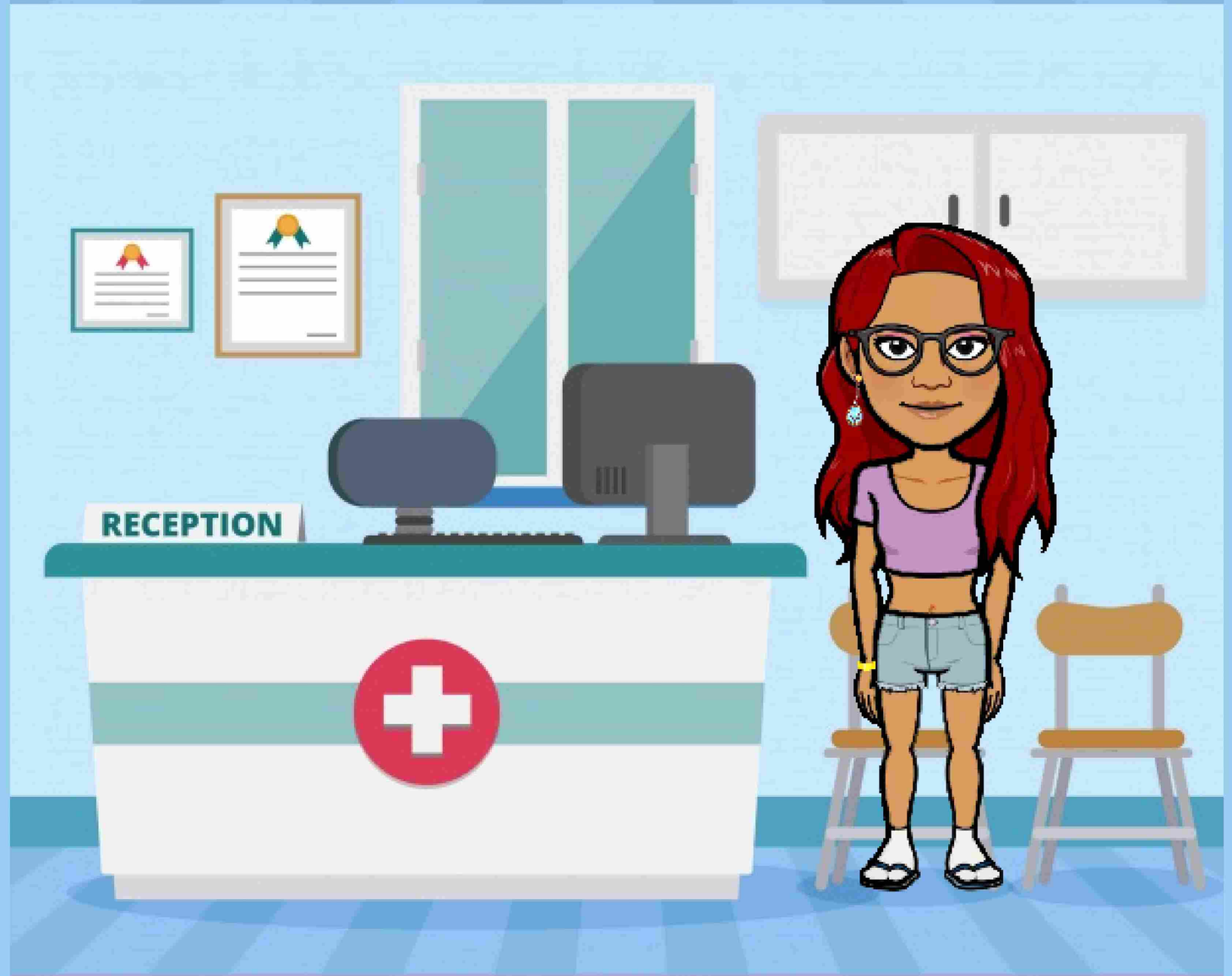
7 Errors Game

Find the seven errors related to Samy's clothing in the picture!

In the hospital environment, the clothing used must be appropriate and comfortable. The use of adornments (earrings, string, bracelets, anklets), the handling of contact lenses, the use of open shoes and loose hair is prohibited.

It is necessary to emphasize that comfortable is not exposing the body, at home we can use this rule, but when we are in a hospital environment, comfortable are loose-fitting clothes, with no neckline, that cover the body as much as possible (pants, short-sleeved blouse or long if you prefer).





Secret Code

Hello escort! We will start with information that is very important to you.

To find them, replace the code with the corresponding letters on the dashed line.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
♥	🐇	🐸	📣	🧿	∵	∓	↦	★	✿	❒	🐈	✞	🦆	🐕	♐

Q	R	S	T	U	V	Z	Y	W
👁	♋	👂	🦋	🚲	♦	🡐	❄	☞

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Bonus - Crossword

Important tips for the companion inside the infirmary.

Complete the sentences and fill in the diagrams on the next page, respecting the intersections. Each number corresponds to the phrase in question.

HORIZONTAL

2- Prohibited entry of this drink: _____.

3- It is not allowed to prepare food in the room, use the _____.

4- Cannot bring to the hospital due to the presence of dirt: _____.

6- Permitted objects that can be brought to the hospital: _____.

10- Rubbing your hand with this product prevents infection: _____.

11- Without authorization, photos and _____cannot be taken

12- If you need to be absent from the hospital, please notify the _____.

15- Notify the doctor at the time of admission of the _____ that the patient uses.

VERTICAL

1- The hospital is not responsible if _____ disappear.

5- Voice tone for use in the wards: _____.

7- Way to prevent infection using soap and water: _____.

8- Notify the team if the patient has _____to any medication

9- Take your dirty clothes, you cannot WA_____SH in the bathroom

13- Do not come to the hospital if you are: _____.

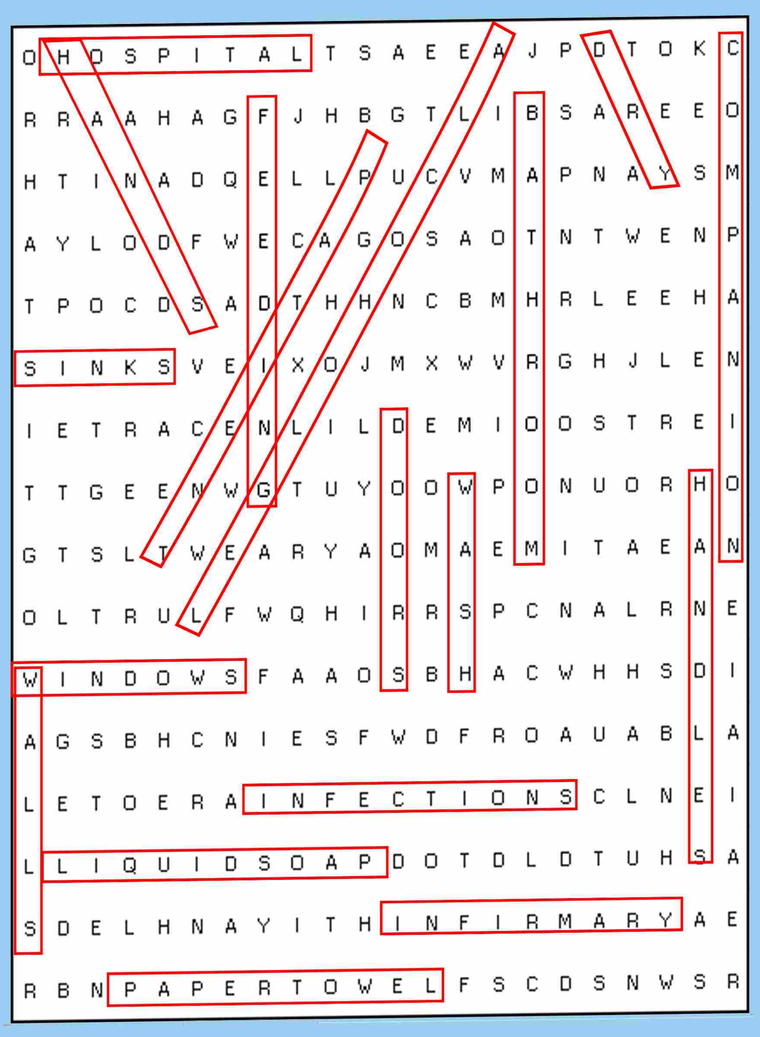
14- Avoid using the corridor: _____.

Important tips for the companion inside the infirmary.

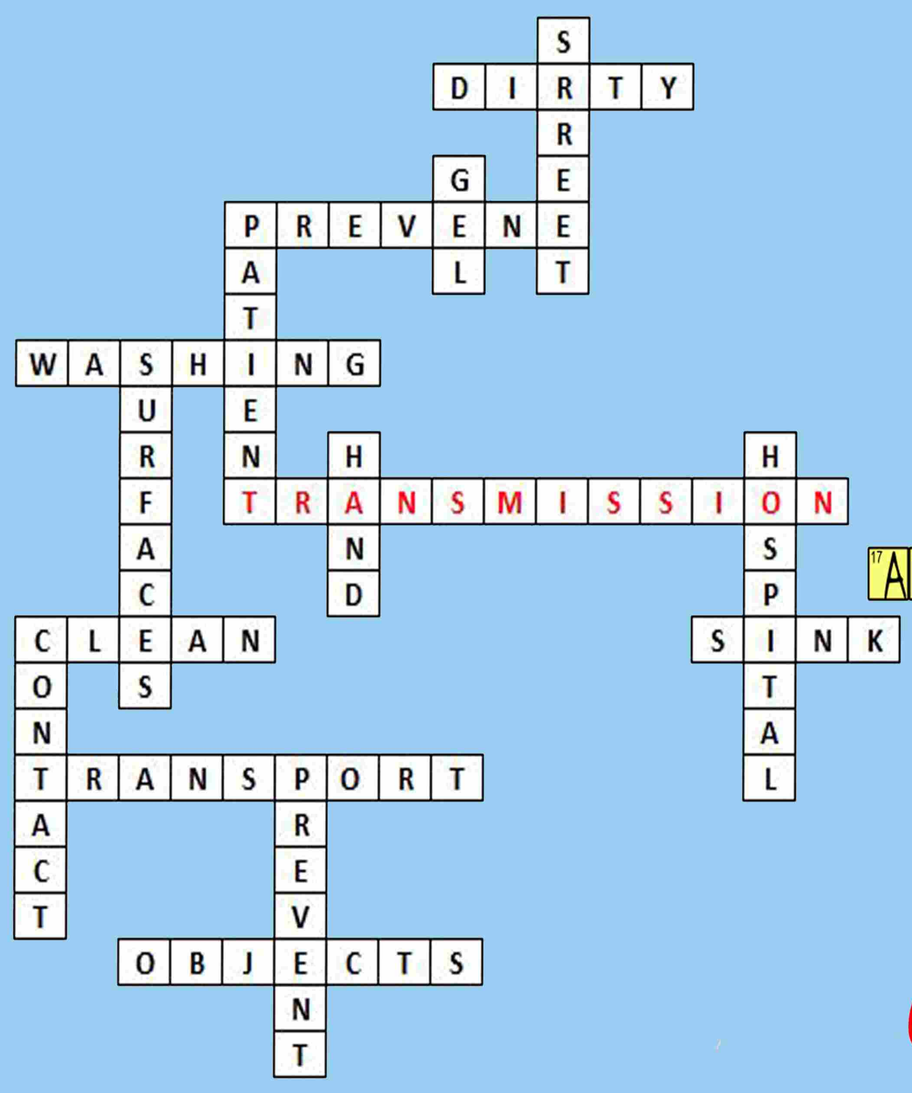
Complete the sentences and fill in the diagrams on the page, respecting the intersections. Each number corresponds to the phrase in question.

Answer Sheet

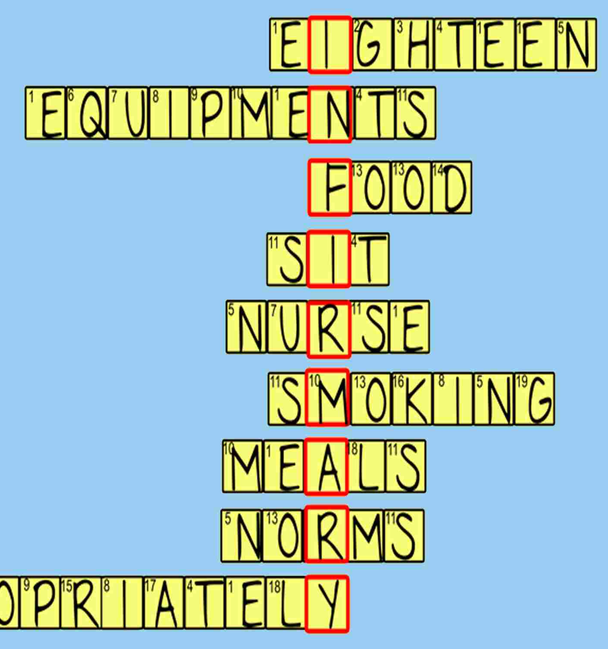
Wordhunt



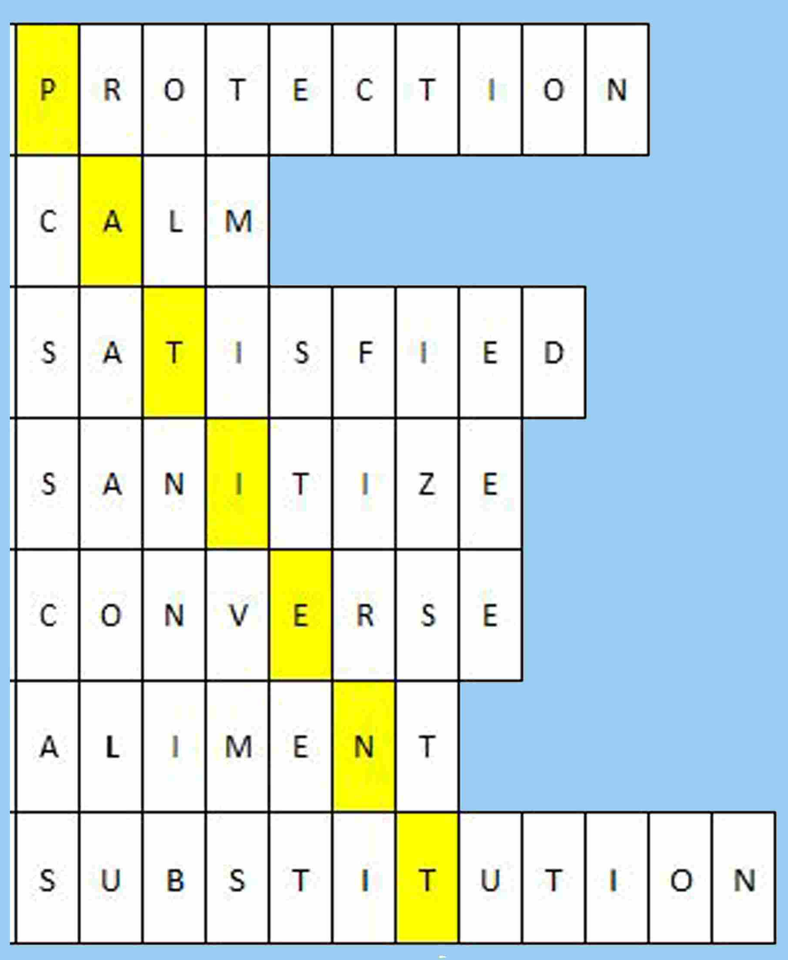
Dominox



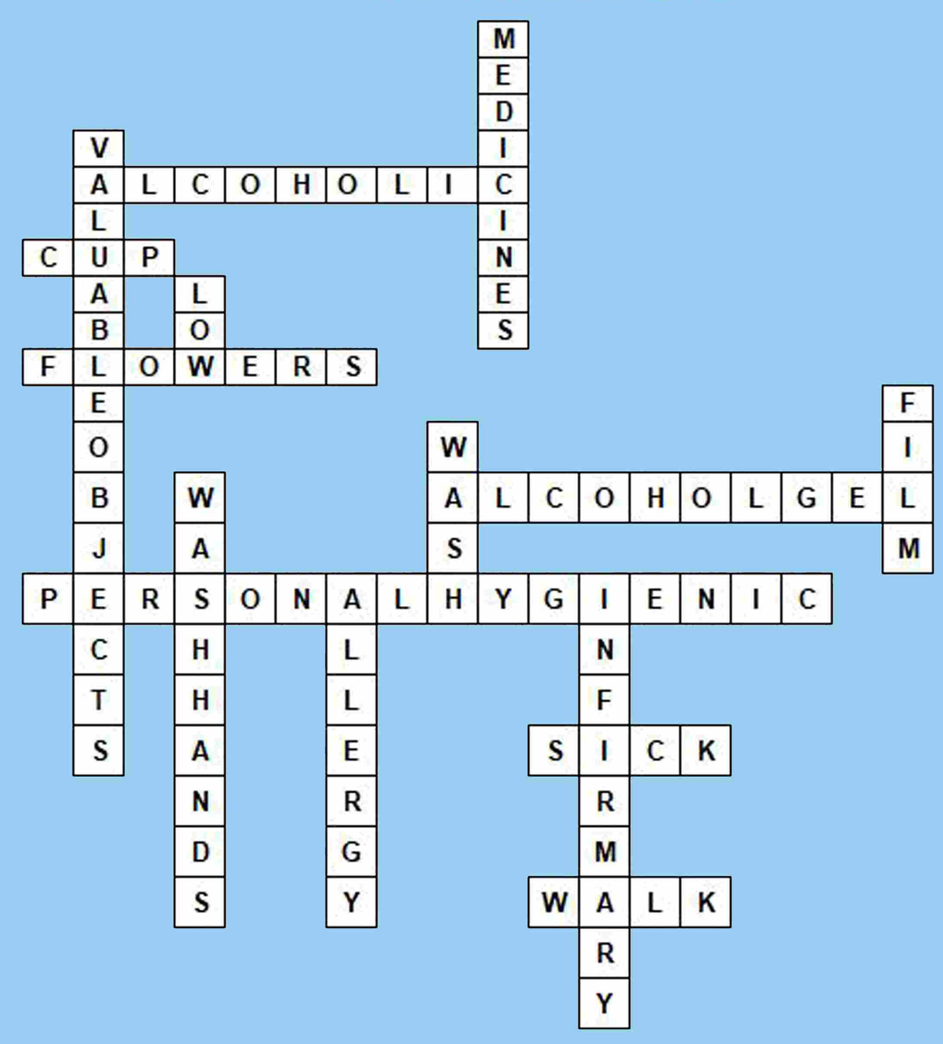
Silabox



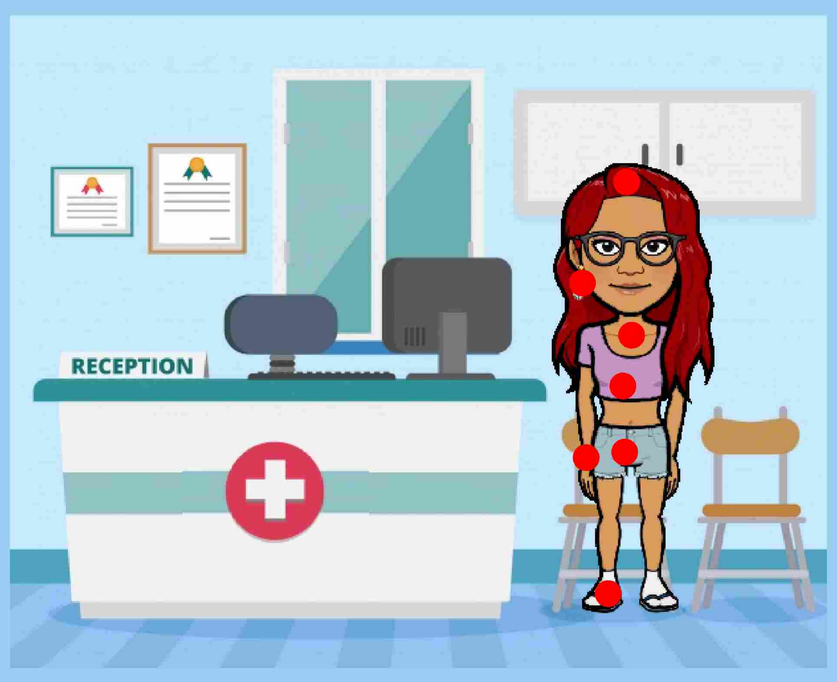
Cryptogram



Crossword



7 errors game



Secret Code