The Safety Net

DIVISION OF DEVELOPMENTAL DISABILITIES

DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

A Quality Assurance Bulletin

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Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability.

The Department must make a reasonable accommodation to allow a person with a disability to take part in a program service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program of activity because of your disability, please let us know of your disability needs in advance if at all possible.

To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at (602) 542-6825; TTY/TTD Services: 7-1-1.

SCALD INJURY

Scalding Accidents Can Happen to Anyone!

—Sandy Stanley
DISTRICT I ALTCS SPECIALIST

Although scald burns can happen to anyone, adults with disabilities, young children, and older adults are most likely to incur such injuries. Most scald burn injuries happen in the home in connection with the preparation and serving of hot food or beverages, and from exposure to hot tap water in bathtubs/showers. Both behavioral and environmental measures may be needed to protect those vulnerable to scalds because of age or disability, and because they normally do not have control of water temperature settings.

Mobility impairments, slow or awkward movements, muscle weakness, fatigue, or slower reflexes increase the risk of spills while moving hot liquids. Burns to the lap are common when a person attempts to carry hot liquids or food while seated in a wheelchair. Moving hot liquids can be extremely difficult for someone who uses a cane or walker.

Sensory impairments can result in decreased sensation — especially to the hands and feet — so the person may not realize if something is "too hot!" Changes in a person's cognitive ability, perception, memory, judgment or awareness may hinder the person's ability to recognize a dangerous situation.

The severity of a scald injury depends on the temperature to which the skin is exposed and how long it is exposed. The most common regulatory standard for the maximum temperature of water delivered by residential water heaters to the tap is 120 degrees Fahrenheit. At this temperature, the skin of an adult requires an average of five (5)minutes of exposure for a full thickness burn to occur. When the temperature of a liquid is increased to 140° F, it takes only five (5) seconds or less for a serious burn to occur. Coffee, tea, hot chocolate and other hot beverages are usually served at 160° to 180° F, resulting in almost instantaneous burns that may require surgery. Since immediate removal of the hot liquid from the skin may lessen severity, splash and spill burns may not be as deep as burns suffered from a bathtub or shower.

The majority of scald injuries are related to hot tap water and cooking accidents. These are the injuries where we have the most control, as they are completely preventable. The Division expects providers to monitor water temperatures, especially at bathing sources, to ensure the safety of individuals served.

REMINDER: In the event of <u>any</u> consumer emergencies,

CALL 9-1-1 IMMEDIATELY!

SCALD BURNS

Fact Sheet

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Note: Although the Fact Sheet targets the two high-risk populations of children under the age of 5 and adults over 65. Special consideration must also be provided for the developmentally disabled population.

Thousands of scald burns occur annually, and ALL are preventable! The two high-risk populations are children under the age of 5 and adults over 65. Increased awareness is the key to scald prevention!

SAFETY TIPS

► **KITCHENS:**

- Cook on rear burners and turn pot handles to the back of the stove.
- Avoid wearing loose clothing around open flames and roll up your sleeves.
- Never leave cooking food unattended.
- Open the microwave slowly and allow food to cool before eating.
- Make sure that obstacles are out of your path before carrying hot liquids.
- Wipe up spills and clean your oven regularly. Built up grease can catch fire.
- Keep all cooking areas free from clutter.

► **BATHROOMS**

- Turn down your water heater setting to 120 degrees Fahrenheit.
- Never leave a young child unattended in the bathroom.
- Install special safety valves or remove the hot water handles in the tub/shower.
- Always test bath water with your hand or thermometer before bathing children; younger children have thinner skin than adults, which makes them more susceptible to burns.
- Never leave young children unattended in the bathtub.

FACTS and FIGURES

► Scalds are the leading cause of burn injuries, particularly to young children and senior adults.

► Hot liquids can cause first, second and third degree burns depending on temperature and length of exposure.

► At 155 degrees, a third degree burn can occur within 1 second.

► The risk of a scald injury could be greatly reduced by turning your water heater to a low or warm setting under 120 degrees.

FOR MORE INFORMATION: http://www.burninstitute.org

Time & Temperature Relationship to Serious Burns

Water Temperature		Time Required for 3rd Degree Burn	Water Temperature		Time Required for 3rd Degree Burn
155°F	68°C	1 Second	127°F	52°C	1 Minute
148°F	64°C	2 Seconds	124°F	51°C	3 Minutes
140°F	60°C	5 Seconds	120°F	48°C	5 Minutes
133°F	56°C	15 Seconds	100°F	37°C	Safe Temperature

SOURCE: Studies of Thermal Injuries A. R. Moxr, M.D., & F. C. Henriques, JR., Ph.D.
http://www.ncbi.nlm.nih.gov/pmc/articles/\PMC1934304/pdf/amjpathol005020018.pdf

The Safety Net is presented by Division of Developmental Disabilities' Central Office Quality Assurance Unit. Articles are researched and compiled by Quality Assurance staff and Division Managers. Any questions or feedback? Please contact Steven Stencil at SStencil@azdes.gov or 602-817-6700.

The Flu

FDA Approved Flu Vaccine

—Louette Coulson, R.N.
HEALTHCARE SERVICES ADMINISTRATOR

The Federal Food & Drug Administration (FDA) has approved the flu vaccine for 2010-2011 for use in the United States. This year's flu shot protects individuals from three (3) strains of influenza, including the pandemic strain from last year (H1N1). This is good news! The technical terms for the strains in this year's vaccine are the "A California/7/09" (H1N1), the "A/Perth/16/09" (H3N2), and the B/Brisbane/60/2008. For the first time, the Centers for Disease Control (CDC) is recommending that everybody over six (6) months of age receive a seasonal flu shot. The supply of the vaccine should be robust as there are now thirteen (13) brand names and manufacturers for this year's vaccine, and there is no shortage anticipated. Flu outbreaks occurred the summer at various camps and day care centers. The outbreaks were mostly composed of the A/Perth/16/09-like H3N2, which is part of the seasonal flue vaccine.

Please encourage staff and consumers to become educated about this year's vaccine, because influenza can be very serious for people with developmental disabilities.

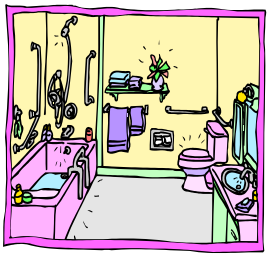
Below is a link to the FDA press release, which includes additional links and resources:

http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm220718.htm

Be Alert!

BATHROOM SAFETY

—LaWanna Bellerive
QUALITY ASSURANCE UNIT



The bathroom is the one of the smallest rooms in the home, however many accidents occur in this room. Because space is often limited, individuals with a developmental disability and the elderly may find it more difficult to move around in, especially if they are using an assistive device, such as a walker. To prevent accidents, it is necessary to have the right equipment available in the bathroom.

Below are some guidelines caregivers can implement to help people with developmental disabilities stay safe in the bathroom and prevent falls and possible injury:

- Bath bench or shower stools are useful for sitting on while bathing or showering.
- Elevated toilet seat will help individuals sit and stand safely.
- Grab bars provide a safe hand hold in the bath/shower area or by the toilet and sink area. Sometimes an individual may get dizzy while standing at the sink, and a grab bar nearby will allow them to steady themselves.
- Hand held showers allow a person to sit on a shower bench safely while bathing.
- Light switch accessible/nightlight-make sure there is adequate and accessible lighting.
- Rubber mat to prevent sliding in the shower/bath.
- Rug with rubber backing to prevent sliding outside the shower/bath area.
- Toilet frame to provide stability when getting on/off the toilet.
- Tub rail for support and safety when getting in/out of the tub.
- Installing a shelf in the shower between the level of the shoulder and knee height prevents bending to pickup items.

Information obtained from the National Parkinson Foundation.
For additional safety tips to prevent falls visit:
http://www.parkinson.org/Parkinson-s-Disease/Living-Well/Safety-at-Home/Bathroom-Safety-Tips