

The Caring Connection.

SNAP Packet ONE contains the following three Audio cd's

The Aide's Role in Improving Patient Shortness of Breath

Description: Shortness of breath may occur because patients have difficulty getting air in and out of their lungs. Shortness of breath can also be called dyspnea, breathlessness, or air hunger. Shortness of breath has many different causes. Obstruction of the air passages of the nose, mouth, throat or lungs may lead to difficulty breathing. Heart disease can cause breathlessness if the heart is unable to pump enough blood to supply oxygen to the body. If the brain, muscles, or other body organs do not receive enough oxygen, a sense of breathlessness may occur. Sometimes emotional distress such as anxiety can lead to difficulty breathing. Improvement in the patients shortness of breath can lead to improvements in the patients independence and quality of life.

The Aide's Role in Helping Patients to Manage ADL Impairments

Description: The loss of independence in the home is difficult for both your patients and families. For many of your patients, this loss of independence may lead to life changing decisions such as moving to an assisted living facility or nursing home. The emotional trauma of having to leave a lifelong home along with the loss of independence can be devastating to some. As home care providers, it should be your goal to enable patients to remain independent and safe in the home as long as possible. The aide will be able to describe the impact of debilitating conditions on ADL functioning; state ways to promote independence in ADLs; describe the types of assisting devices available; identify safety measures related to ADLs; and discuss energy conservation techniques.

The Aide's Role in Working with HIV/AIDS Clients

Description: For the first time since the height of the AIDS epidemic in the 1980's, more than a million Americans are believed to be living with the HIV virus that causes AIDS. According to the CDC, in 2003 the estimated number of diagnoses of AIDS in the U.S. was 43, 171. Adult and adolescent AIDS cases totaled 43,112 with 31,614 cases in males and 11,498 cases in females. Also in 2003, there were 59 AIDS cases estimated in children under age 13. While the incidence of HIV infection and AIDS is leveling off among white gay men, AIDS rates are climbing steadily among other groups, especially minorities, IV drug users and the indigent. Patients diagnosed with HIV and AIDS now have multiple diagnoses including psychiatric problems and substance addiction. This in-service will provide information on HIV/AIDS and modes of transmission as well as practical education on how to care for patients with diagnoses of HIV/AIDS.

For additional information on other **SNAP** Packets, go to www.homeandhospicecare.org