

**E.J. McQuigge Lodge**

**MANUAL: RESIDENT SERVICES**

**PAGE NO. 76**

**SECTION: 4.1 Resident Rights & Safety**

**APPROVED BY: Director of Care**

DATE OF ORIGIN:  
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Feb/11 Feb 17 Feb 13 Feb 14

**Family Tip Sheet for LTC Home Resident Outings during Hot Weather**

Feb 15 Feb 16 Feb 17 Apr 18  
Feb 23

Increased physical activity generates additional body heat and sun exposure can significantly add to the body's heat production. Therefore, families who take residents out on activities during the summer months are strongly encouraged to take extra care and attention. The signs and symptoms of heat related illness can occur quite quickly with little or no prior warning. In hot weather conditions, the changes can occur suddenly with no warning. While the following tips are general in nature, families are always encouraged to check regarding any special fluid restrictions, diet needs, medications or other issues that may interfere with a resident's ability to tolerate the heat.

**Warm Weather**

- **Clothing:** a resident should wear loose, lightweight, light coloured clothing. A wide brimmed hat will help protect the head and face and sunglasses will help protect the eyes
- **Nourishments:** frequent, smaller meals may be more easily tolerated during hot weather. Encourage fluids before, during and after meals, as appropriate to avoid dehydration. Between meals, frequently offer cool fluids like water, fruit juices and electrolyte replacement drinks. Other hydrating/cooling choices for snacks include frozen popsicles, juice bars, ice cream, sherbet and watermelon. Alcohol is dehydrating and should be avoided.
- **Physical activity:** keep physical activity to a minimum. Allow for frequent rests and encourage rest even if the individual does not indicate being tired. Attempt to stay indoors between 11:00 AM and 4:00 PM, the warmest part of the day.
- **Skin protection:** if outside, ensure that individuals are kept out of direct sunlight by using shade trees, covered awnings or patio umbrellas. Sunscreen should always be applied, even in the shade, as the elderly are very susceptible to sunburn. Remember to reapply as needed or directed on the package.
- **Staying cool:** with safety in mind, use a battery powered or hand held fan to provide some breeze during warm weather. Keep cool cloths handy to apply to the face, neck and arms. Cloths can be wrapped around ice cubes for quick cooling and a small water spray mist bottle can help cool individuals rapidly.

**Severe/Hot Weather**

In addition, families should:

- Consider cancelling outings. Transportation should be where possible air-conditioned vehicles
- Keep outings limited to destinations that are air conditioned such as shopping malls, community centers, places of worship or air conditioned homes.

While out, ask or look for the following signs or symptoms of hot weather related illness:

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*Feb 15, Feb 16, Feb 17, Apr 18 Feb 13*

Ask if They Feel	Look for
Shortness of Breath	Shortness of Breath
Palpitations, throbbing headache	Hot dry skin, flushed skin
Muscle cramps, extreme weakness	Confusion
Nausea, dizziness, light headed	Lack of coordination
Feeling faint, tingling in hands or feet	Unusual swelling of feet and/or ankles

If resident describes or families suspect any signs or symptoms of hot weather related illness, quickly find the individual a seat in a shaded or air conditioned environment and rapidly cool them with wet cloths or water baths. Get emergency medical assistance immediately.

In addition, when returning the resident to the facility, report to the appropriate staff how the resident tolerated the heat and activity, including how much fluid the resident drank as well as any concerns relating to the general well being and health of the resident.