

Beverly

Public Health

Testimonial

for the hearing in Hartford concerning seniors' care in facilities in Ct. June 24, 2010.

to: The Commissioner of Health

I work as a CNA. I have gone to several nursing homes per diem in Ct. to do this work. I enjoy the work because I like caring for the patients and working with a team.

I have found that some nursing homes have too few CNAs per residents. I feel it is too few because the residents can't get the care any person would want. This could change with new laws and enforcement of the laws.

They can be in danger when they call for help and a CNA may have two call lights to answer first. So, sometimes they will get up and try walking to the bathroom anyway, without the help they need. They may forget that they could easily fall, due to age-related forgetfulness. A broken hip will cost more for everyone, especially the residents. Their well-being is shot for a while. They are then in pain and suffering and need more care.

Another reason why too few CNAs is a hazard is that some days residents may need to stay in bed longer. This means, skin may break down in places due to bed sores. This will be more costly and time consuming for the nurses as well as others involved in the facility. Most importantly, the residents will suffer in pain.

Only one more thing that upsets me is that the residents will have a lack of overall personal care. The CNAs will need to be quick with the residents in ways that will limit hygiene, mouth care, nail care, extra care, skin care, etc. Mostly, by rushing the CNAs due to short-staffing, we will not have as much time to listen to our residents. I believe this is no good for a facility.

In one nursing home <sup>I've worked</sup> there are no more than 3 CNAs for 43 or more patients per floor. The risk of injury is great for CNAs and residents alike. A CNA on workman's compensation does not help a nursing home cost-wise. It also doesn't make for a great job.

Please consider a legislation to be passed allowing a minimum of one CNA for no more than five residents. This will attract good workers, too. And please monitor this law. A law won't work if it isn't enforced somehow.

I am myself very fortunate now to have full-time work. I may need to work for the pool again, sometime. Or I may need to work full-time at an understaffed nursing home.

In any case, the residents well-being will cost less if we protect them.

Thank you. This is an anonymous complaint because I don't want to lose any of my work.