

# CARE ACTIVITIES HUGO 2019

DIAGNOSIS: very severe M.E., brain stem compression (CCI/AAI), POTS, Chronic Lyme Disease (MSIDS), and reduced cerebral circulation (blood and oxygen to the brain).

CONDITION: 24/7 bed-bound in a darkened room, 100% care dependent.

	daily	weekly	once in a while
Medication preparations	6	42	
Administer medication (in mouth)	6	42 (strict times)	
Medication inventarisation/ordering		1	
Flushing infusions	2	14	
Applying infusions		3-7	
Cleaning infusions		1	
Measuring blood pressure	1	7	
Measuring saturation + heart rate	2 + emergency	> 21	
Measuring temperature	1	7	
Urinate (in bed, urinal bottle, clean)	4	28	
Empty and clean urinal bottles	4	28	
Prepare + clean toilet chair	1	7	
Guidance toilet chair use	1	7	
Prepare food	4	28 (on demand)	
Help with eating/drinking (straw)	4	> 28 (on demand)	
Fill watersystem	2	14	
Apply extra oxygen (aan/afkoppelen)	1 + emergency	> 7	
Stocking/ordering oxygen tanks			x
Airing room	2	14 (on demand)	
Change mattress	2	14	
Showering laying down (wash hair + body)			1 x per 1,5 month
Wipe dry (laying down)			if possible
Cleaning (laying in bed with washcloth)		2	
Checking ears (otoscope) + treatment			if needed
Cutting nails			if possible
Hair cut/shave			if possible/needed
Shave facial hair			if possible/needed
Help with brushing teeth (in bed)		2 a 3	
Help with muscle strengthening exercise (atrofie)	1	7	
Stimulation bloodcirculation (massage)	2	14 (half an hour)	
Passive movement (decubitus prevention)	1	7	
Building up wearing neck brace (put on/off)	1	7	
Cleaning neck brace			x
Mental/emotional support	continually		
Changing clothes		3	
Organize and support home visits (GP/medical home care)		3 a 4	
Contact GP		1 a 2	
Contact specialist			x
Contact Natasja	continually		
Contact friends/family		1	
Financial business (doing taxes, bills, admin, etc.)		4 hours	
Research disease/treatmet		6 hours	
Keeping a logbook	1	7	
Pharmacy		1	
Grceries		3	
Cleaning the house (extra clean because of IV)	2	14	
Laundry	3		
Charge devices (medical)	1	7	
Presence / proximity		continually (exept grocery shopping +/- 30 minuten)	
Day and night surveillance		continuously available by bell (available within ½ minute)	

NOTE: 01: only the medication moments have a fixed time. The rest is complete and continuous (day and night) at the coordination of Hugo and depends on his condition with associated requirements, possibilities and capacity.

NOTE 02: everything as inputless as possible (noiseless, low-light, as little communication or contact as possible)