Chapter 41
Rehabilitation & Restorative Care

Key Terms

- Activities of daily living (ADL’s)
- Disability
- Rehabilitation
- Restorative aide
- Restorative nursing care

Disability

- Is any loss, absent, or impaired physical or mental function.
- Causes are acute (ex. A fracture), or chronic (ex. Arthritis)
- Disease, injury, surgery, birth injuries, congenital problems
- Can be short-term or long-term
- Temporary or permanent
Rehabilitation

• Is the process of restoring the person to the highest level of physical, psychological, social, and economic function.
• The focus is improving abilities
• For some the goal may be returning to work. For others it may being able to get themselves dressed.

Rehab (cont)

• Common health problems requiring rehabilitation:
  • Following a heart attack (MI)
  • Stroke
  • Amputation
  • Head or spinal cord injury
  • Some surgeries

Rehab. (cont)

• Sometimes improved function is not possible.
• Then the goal is to prevent further loss of function.
• This helps the person maintain the best possible quality of life.
Restorative Nursing Care

• Is care that helps persons regain their health, strength and independence
• Some persons are weak
• Many cannot perform ADL's
• Some have more progressive illnesses
• Become more & more disabled

Rehabilitation & Restorative nursing programs

• Help maintain the highest level of function
• Prevent unnecessary decline in function

  • The focus is their ability, not the disability

Restorative Nursing

• Measures promote:
  • Self-care
  • Elimination
  • Positioning
  • Mobility
  • Communication
  • Cognitive function
Restorative Aides

- Is a nursing assistant with special training in restorative nursing and rehabilitation skills
- These aides assist the nursing and health teams as needed
- Usually there is no required training
- The agency decides on their roles and functions. Then needed training is provided

Cont.

- Some schools offer courses for restorative aides.
- Usually nursing assistants are promoted to restorative aides.
- Those chosen have excellent work ethics, job performance, and skills

Rehabilitation & the Whole Person

- Illness, or injury has physical, psychological, & social effects
- Would you be angry, afraid, or depressed?
- How would you move about?
- How would you care for yourself?
- How would you care for your family?
- What job could you do?
• How would you shop, worship, or visit friends?
• How would you support yourself?

Physical Aspects

• Rehabilitation begins when the person seeks health care.
• Complications are prevented. (contractures, pressure ulcers, etc)
• Elimination- bowel/bladder training
• Self-care is a major goal
• Mobility – Transferring, w/c, walkers, canes, braces, crutches

Physical Aspect (cont)

• Prosthesis – learns how to use
• Nutrition – difficulty swallowing, feeding oneself
• Communication – speech, aphasia,
• Mechanical ventilation
Psychological & Social Aspect

• Successful rehabilitation depends on the person’s attitude
• Self-esteem and relationships may suffer
• Despair and frustration are common
• Remind person of their progress
• Support, reassurance, and encouragement
• Spiritual support helps some persons

The Rehabilitation Team

• Rehab is a team effort
• The person, family, doctor, nursing team, and other health team members assist the person in setting goals and planning
• Families are key to providing support and encouragement. Often they help with care when the person returns home.

Your Role

• Every part of your job focuses on promoting the person’s independence.
• Preventing decline in function is a goal
• The many procedures, care measures, and rules in this book apply
Rehabilitation Programs & Services

- Some need extended hospital care
- Some need subacute or long-term care
- Others need outpatient care
- Home care agencies and day care centers
- Some are transferred to rehab centers

- Cardiac rehabilitation
- Brain injury rehabilitation
- Spinal cord rehabilitation
- Stroke rehabilitation
- Respiratory rehabilitation
- Musculo-skeletal rehabilitation
- Rehabilitation for complex medical & surgical conditions

cont

- There are centers for the blind, deaf, developmentally delayed, or physically disabled, mentally ill, or who have speech problems
- Focus on home care
- Focus on long-term care
Home Assessment

- Physical or occupational therapist will come to the home to assess needs

Quality of Life

- Protect the right to privacy
- Encourage personal choice
- Protect the right to be free from abuse & mistreatment
- Learn to deal with your anger & frustration
- Encourage activities
- Provide a safe setting

rehab. cont.

- Show patience, understanding, sensitivity