

N.C. Nurse Aide I Curriculum

MODULE G

Basic Restorative Care

Objectives

- Explain the role of the nurse aide in basic restorative care.
- Describe the processes involved with bowel and bladder training.

Basic Restorative Care

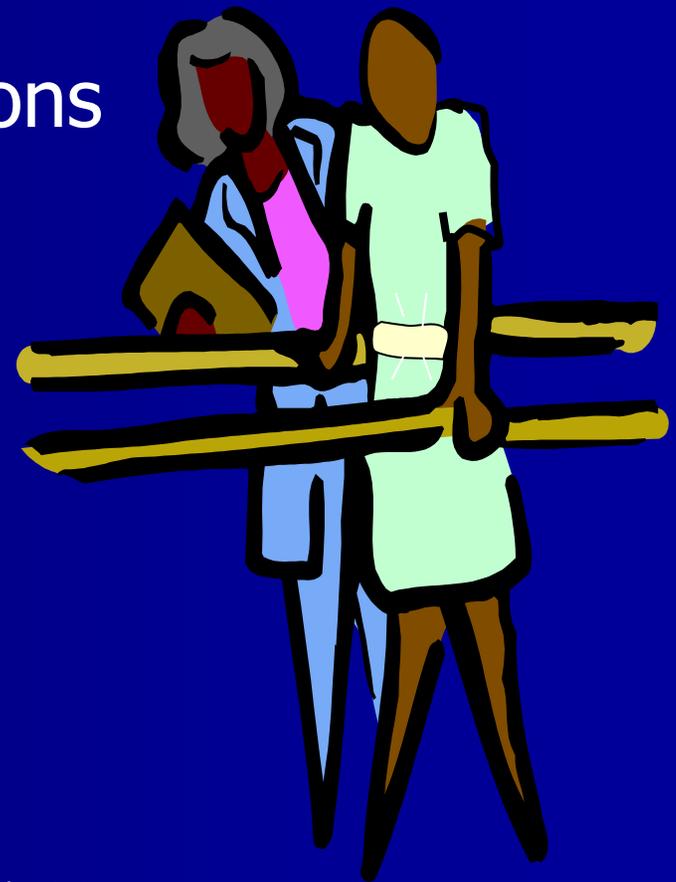
Care provided after rehabilitation when the resident's highest possible functioning has been restored following illness/injury

Goals?



Basic Restorative Care – Importance

- Maintain/improve abilities
- Prevent further complications
- Aim toward independence
- Team effort
- Assist individual to accept or adapt



Basic Restorative Care – Nurse Aide's Role

- Recognize loss of independence
- Encourage resident and support family
- Be sensitive to resident's needs



Basic Restorative Care – Nurse Aide's Role



Basic Restorative Care – Nurse Aide's Role



- Review skills
- Focus on small tasks and accomplishments
- Recognize and address setbacks

Basic Restorative Care – Nurse Aide's Role

- Give resident control
- Encourage choice
- Encourage selection of appropriate clothing
- Show patience



Basic Restorative Care – Nurse Aide's Role

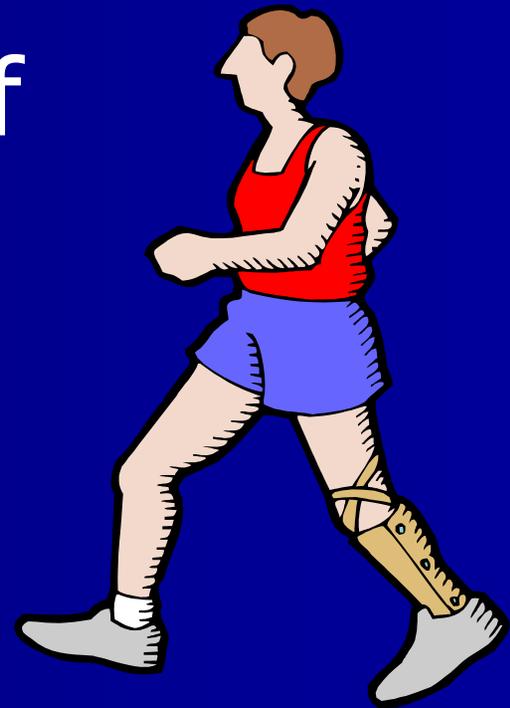


- Provide for rest periods
- Encourage independence during activity
- Encourage use of adaptive devices
- Consider involving family

Prosthetic Device

Replacement for loss of a body part

- Examples
- Role of nurse aide



Orthotic Device

Artificial device that replaces a body part and helps with function and/or appearance

- Examples
- Role of nurse aide

Supportive Device



Special
equipment
that helps a
disabled or ill
resident with
movement



Assistive (Adaptive) Devices

Special equipment that helps a disabled or ill resident perform activities of daily living (ADLs)



- Promotes independence
- Successful use depends on...

Positioning Assistive Devices



Pillows



**Wedge
Pillow**



Abduction Pillow

Positioning Assistive Devices



Bed
Cradle



Assistive Eating Devices



Assistive Dressing Devices



Button Fastener



Zipper Pull

Shirt and Jacket Pull

Assistive Dressing Devices



Sock and Stocking Aids

Long-handled Shoe Horn



Electric Toothbrush



Assistive Hygiene Devices

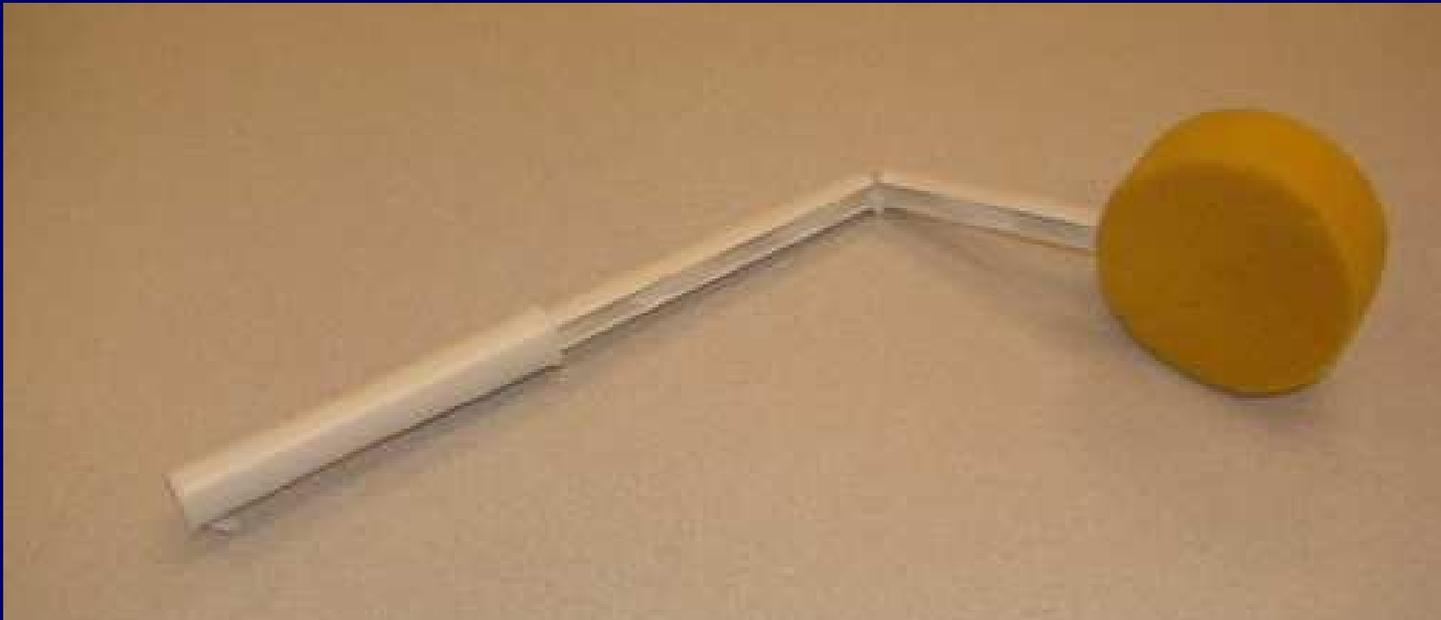
Denture Cleaner



Fingernail Cleaner



Assistive Hygiene Devices



Long-handled Sponge

Assistive Hygiene Devices



Device used by residents with diabetes:

- To examine heels for abrasions or sores
- To wash feet



Assistive Reaching Tool Device



Adaptive Devices – Recording/Reporting

- Activity attempted?
- Assistive devices used?
- Success?
- Increase/decrease in ability?
- Changes in attitude or motivation?
- Changes in health?

Basic Restorative Care – ALWAYS REMEMBER

- Sometimes you may think it is easier and quicker to.....
- Independence helps with the resident's self-esteem and speeds up recovery



Bowel and Bladder Training - Importance

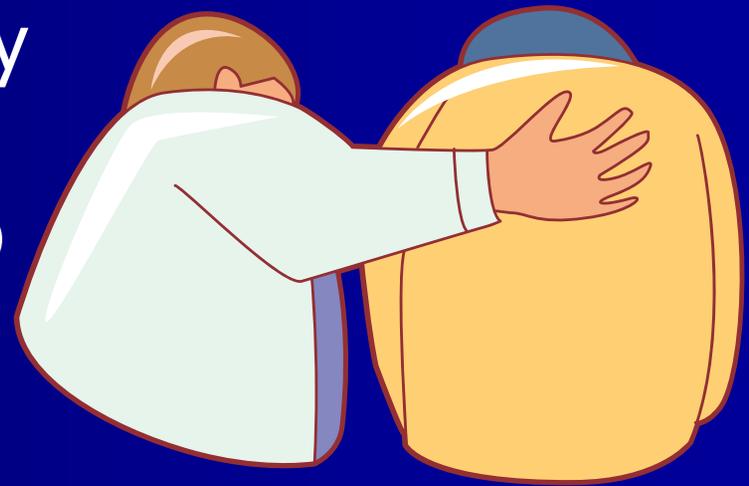


Measures taken to restore function of urination and defecation by resident, with ultimate goal of continence



Bowel and Bladder Training - Importance

- Incontinence is embarrassing
- Will limit lifestyle
- Odors can cause family and friends to shun
- Infections can develop
- May find it difficult to discuss



Bowel and Bladder Training – Nurse Aide's Role

- Nurse aide valued member of health care team and is involved with bowel and bladder training plan
- Support explanation by doctor or nurse of bowel training schedule



Bowel and Bladder Training – Nurse Aide's Role

- Keep an accurate record of
- Answer call lights promptly
- Do not rush resident
- Be positive
- Don't scold
- Assist to bathroom
- Provide privacy
- Provide encouragement



Bowel and Bladder Training – Nurse Aide's Role



- Offer and encourage fluids
- Encourage fiber foods – fruits, vegetables, breads and cereals
- Encourage regular exercise
- Teach good pericare
- Keep bedding clean and odor-free



Bladder Training – Nurse Aide's Role



Attempts to void scheduled and resident encouraged to void:

- When resident awakens
- One hour before meals
- Every two hours between meals
- Before going to bed
- During night as needed

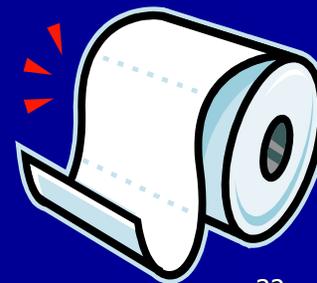
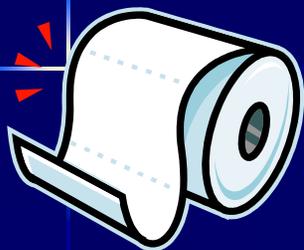
Bladder Training – Nurse Aide's Role

Assist to void by

- Running water in the sink
- Have resident lean forward, putting pressure on the bladder
- Put resident's hands in warm water
- Offer fluids to drink
- Pour warm water over perineum area



Bowel Training



Bowel and Bladder Training – Points to Remember

- Can be accomplished
- Must be consistent and follow plan
 - Recording and reporting vital to success
 - Success can take 8 to 10 weeks

The End