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

- 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

#### Bed Cradle
Assistive Eating Devices

Assistive Dressing Devices

Sock and Stocking Aids

Long-handled Shoe Horn
Assistive Hygiene Devices

- Electric Toothbrush
- Denture Cleaner
- Fingernail Cleaner

- Long-handled Sponge

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

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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

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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