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
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 (1)

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

*Basic Restorative Care – Nurse Aide’s Role (2)

- Be positive and supportive
- Emphasize abilities
- Explain planned activities and how nurse aide will help
- Treat with respect
- Allow for expression of feelings
- Develop empathy for situation
- Praise accomplishments
*Basic Restorative Care – Nurse Aide’s Role (3)

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

*Basic Restorative Care – Nurse Aide’s Role (4)

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

*Basic Restorative Care – Nurse Aide’s Role (5)

- 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
- Role of nurse aide:
  - Keep the prosthesis and the skin under it dry and clean

**Orthotic Device**
- Artificial device that helps support and align a limb and improves function
- Role of nurse aide:
  - Keep the orthotic device and the skin under it dry and clean

**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 (1)**

Pillows are used to position a resident in a side lying position

**Positioning Assistive Devices (2)**

- Abduction Pillow
- Wedge Pillow
*Positioning Assistive Devices (3)

Small Cylinder Neck Roll Pillow
Long Cylinder Pillow

*Positioning Assistive Devices (4)

Bed Cradle

*Assistive Eating Devices (1)

Plate with raised lip and Spoon
Divided plate, Spoon, and cup
**Assistive Eating Devices (2)**

Drinking cup with flexible straw

Curved Handle Spoon

**Assistive Dressing Devices (1)**

Button Fastener

Zipper Pull and Shirt and Jacket Pull

**Assistive Dressing Devices (2)**

Sock and Stocking Aid

Sock and Stocking Aid
**Assistive Dressing Devices (3)**

Long-Handled Shoe Horn

**Assistive Hygiene Devices (1)**

Electric Toothbrush  Denture Toothbrush

**Assistive Hygiene Devices (2)**

Fingernail Cleaner  Fingernail Cleaner
**Assistive Hygiene Devices (3)**

Long-Handled Sponge

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**Assistive Hygiene Devices (4)**

- Device used by resident's with diabetes to examine heels for abrasions or sores
- Device used by resident's with diabetes to wash feet

**Assisting Reaching Tool Device**

Assistive Reaching Tool  
Assistive Reaching Tool
**Adaptive Devices**
Recording and Reporting

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

**Basic Restorative Care**
Things To 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
- Incontinence is embarrassing
- Will limit lifestyle
- Odors can cause family to shun
- Infections can develop
- May find it difficult to discuss
*Bowel and Bladder Training  
Nurse Aide’s Role (1)

- Nurse aide is a valued member of the health care team and is involved with bowel and bladder training plan
- Support explanation by doctor or nurse of bowel training schedule
- Keep an accurate record of
- Answer call light promptly
- Do not rush resident

*Bowel and Bladder Training  
Nurse Aide’s Role (2)

- Be positive
- Don’t scold
- Assist to bathroom
- Provide privacy
- Provide encouragement
- Offer and encourage fluids

*Bowel and Bladder Training  
Nurse Aide’s Role (3)

- Encourage fiber foods – fruits, vegetables, breads, and cereals
- Encourage regular exercise
- Teach good peri-care
- Keep bedding clean and odor-free
**Bowel and Bladder Training**
**Nurse Aide’s Role (4)**

- 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

**Bowel and Bladder Training**
**Nurse Aide’s Role (5)**

- 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 the resident’s perineum

**Bowel and Bladder Training**
**Nurse Aide’s Role (6)**

- During bowel training, enemas, laxatives, suppositories, and stool softeners may be ordered
- Enemas involve the introduction of fluid into the colon to eliminate stool or feces or to stimulate bowel activity
  - Enemas will be ordered by the doctor
  - Common varieties of enemas include: tap water, saline, and soapsuds
  - Usually contains approximately 500 ml of the ordered fluid
**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