



NC Department of Health and Human Services NC Nurse Aide I Curriculum

Module G Basic Restorative Care

July 2019

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**



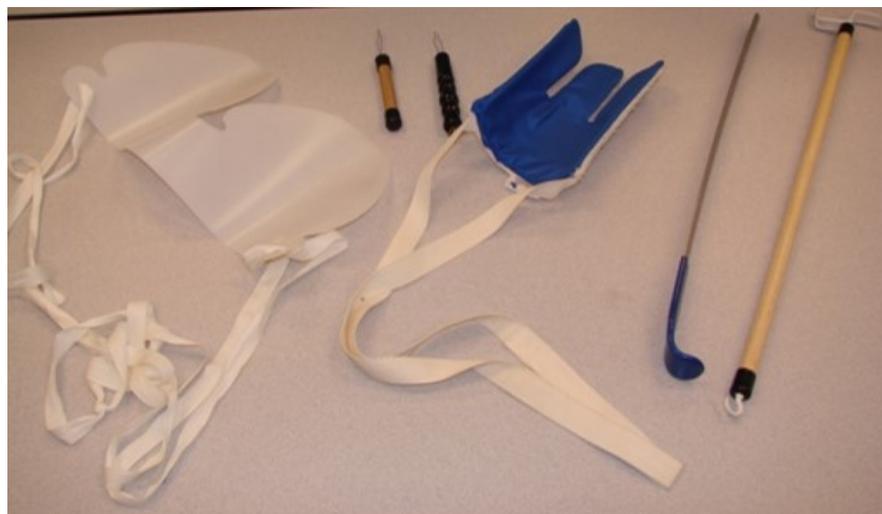
*Supportive Device

- **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

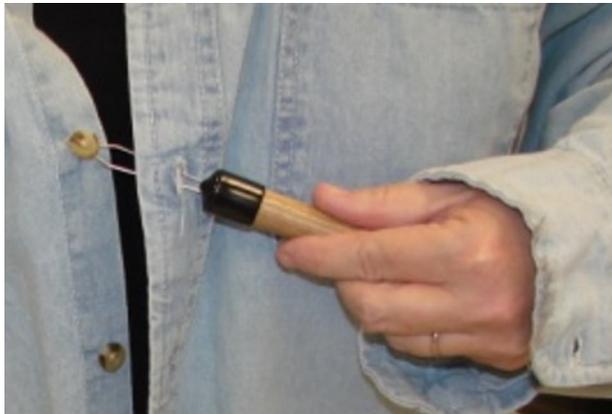


Curved Handle Spoon



*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

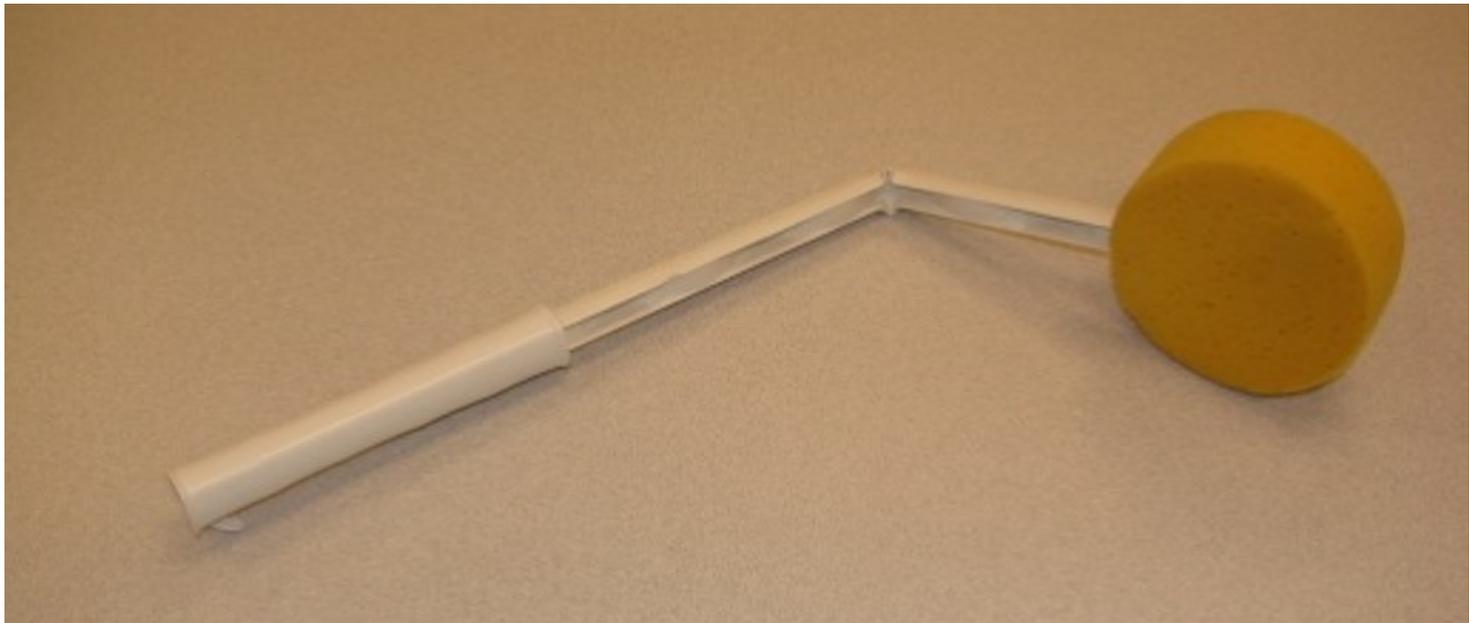


Fingernail Cleaner



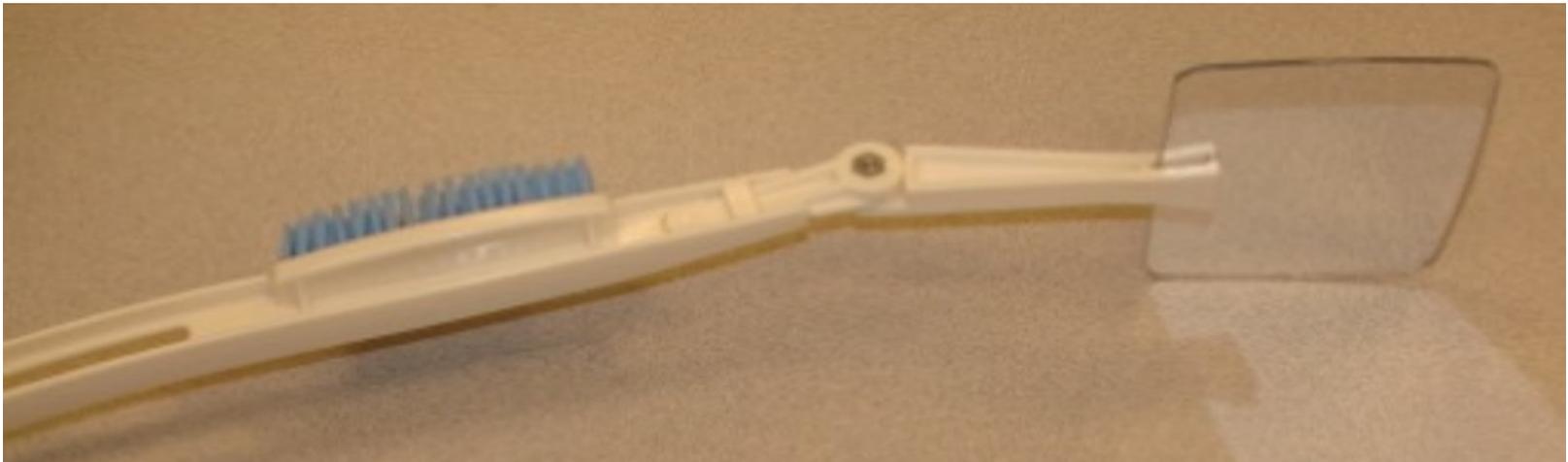
*Assistive Hygiene Devices (3)

Long-Handled Sponge



*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**