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)

• Review skills
• Focus on small tasks and accomplishments
• Recognize and address setbacks
Basic Restorative Care – Nurse Aide’s Role (3)

- Give resident control
- Encourage choice
- Encourage selections of appropriate clothing
- Show patience
Basic Restorative Care – Nurse Aide’s Role (4)

• 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 a limb and improve its 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)

Small Cylinder Neck Roll Pillow

Long Cylinder Pillow
Positioning Assistive Devices (2)

Abduction Pillow

Wedge Pillow
Positioning Assistive Devices (3)

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

Long-Handled Shoe Horn
Assistive Hygiene Devices

Electric Toothbrush  Denture Toothbrush
Assistive Hygiene Devices (1)

Fingernail Cleaner

Fingernail Cleaner
Assistive Hygiene Devices (2)

Long-Handled Sponge
Assistive Hygiene Devices (3)

- 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 perineum area
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