

# Module 16 – Restorative Care

## Introduction

Disease progression, accidents with injury, and surgery can result in a change in a patient's ability to perform self-care. The home care aide will assist the patient with activities of daily living and will also work with the patient and other team members to help restore body functioning and/or the ability to perform self-care with the assistance of adaptive equipment.

## Objectives

At the end of the module, the nurse aide will be able to:

1. Identify the role and members of the rehabilitation team
2. Discuss the home care aide's role in restorative care
3. Identify several types of adaptive equipment that may be used in the home
4. Identify home modifications that may improve the quality of life for a patient who is disabled

## Instructional Resource Materials

- Power Point for Module 16 – Restorative Care
- Activities
- Guest speaker – consider having an occupational and/or a physical therapist from home health as a guest speaker.
- Consider playing a video that demonstrates active and passive range of motion.

## Module 16 – Restorative Care

Slides	Instructor’s Script	Notes
<b>Slide 1</b> Title Slide	<b>Script</b> <ul style="list-style-type: none"> <li>• <b>Module 16 – Restorative Care</b></li> </ul>	
<b>Slide 2</b>	<b>Script</b> <ul style="list-style-type: none"> <li>• <b>Objectives</b> - At the end of the module, the nurse aide will be able to:               <ol style="list-style-type: none"> <li>1. Identify the role and members of the rehabilitation team</li> <li>2. Discuss the home care aide’s role in restorative care</li> <li>3. Identify several types of adaptive equipment that may be used in the home</li> <li>4. Identify home modifications that may improve the quality of life for a disabled patient</li> </ol> </li> </ul>	
<b>Slide 3</b>	<b>Script</b> <ul style="list-style-type: none"> <li>• <b>Module 16-A – The home care aide’s role in restorative care</b></li> </ul>	
<b>Slide 4</b>	<b>Script</b> <ul style="list-style-type: none"> <li>• Restorative care centers around helping a patient prevent disability, reduce the degree of a disability, or help adjust to a disability. The focus is on the patient’s abilities and to help him/her return to some level of self-care.</li> <li>• A patient may be undergoing some sort of rehabilitation while receiving home care services. This will involve a team approach. Depending on the patient’s health or disability, team members that could be involved include:               <ul style="list-style-type: none"> <li>○ The patient and/or family members</li> <li>○ Doctor</li> <li>○ Nurse/nursing staff (including nurse aide)</li> <li>○ Physical therapist</li> <li>○ Occupational therapist</li> <li>○ Psychiatrist and/or psychologist</li> <li>○ Speech therapist</li> <li>○ Social worker</li> <li>○ Dietician</li> </ul> </li> <li>• Not every patient will have each team member working with them. It will depend upon their level of functioning and what type of rehabilitation they require.</li> <li>• Patients and/or family members are often encouraged to meet with their team members to be involved in care and care planning.</li> </ul>	
<b>Slide 5</b>	<b>Script</b> <ul style="list-style-type: none"> <li>• The home care aide will have a key role in this team. The home care aide will be with the patient for more time than most other team members. It is important that the home care aide be included in the team approach, and aware of what changes or behaviors to be looking</li> </ul>	

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	<p>out for. The home care aide should report any signs or symptoms of complications or any changes to the nurse or supervisor.</p> <ul style="list-style-type: none"> <li>• The patient will have a set plan of care developed by the nurse or by a therapist. The home care aide will encourage the patient to perform as many activities as he/she is fully able to do. This may require emotional support and reassurance, as the patient might be struggling with the loss of abilities.</li> <li>• The home care aide should offer praise for the patient's accomplishments. Learning new ways to perform tasks can be challenging, both physically and emotionally for patients. Positive reinforcement and focusing on progress will be helpful to the patient.</li> <li>• As always, the home care aide should practice good body alignment for the patient and turn and reposition the patient as needed.</li> <li>• Be sure to ask your nurse supervisor for instruction if the patient is to use a device that you are not familiar with.</li> <li>• It is important that the home care aide encourage the patient to do as many activities of daily living as possible, offering assistance only when needed.</li> <li>• Range of motion exercises may be necessary in some situations. These must be assigned by your supervisor and reviewed with you to ensure you are completing them properly so that no harm comes to the patient.</li> <li>• <b>Handout #1 – Passive Range of Motion Exercises</b> Faculty – review handout with students, demonstrate exercises as you review them.</li> </ul>	
<p><b>Slide 6</b></p>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>• <b>Module 16-B – Adaptive equipment</b></li> </ul>	
<p><b>Slide 7</b></p>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>• There are many devices that may assist a patient who is receiving restorative care. Examples of adaptive equipment include:             <ul style="list-style-type: none"> <li>○ Canes, walkers, or walking sticks to assist with walking</li> <li>○ Slide boards to assist with getting to/from a wheelchair</li> <li>○ AFO splints to assist with walking, especially for those with mild to moderate neurological deficits</li> <li>○ Wrist supports to assist with using one's hands and adding strength</li> <li>○ Button fasteners and zipper pulls to assist the patient with self-dressing</li> <li>○ Silverware grips to assist with holding utensils for eating</li> <li>○ Long-handled brushes to assist with bathing and/or self-care</li> </ul> </li> </ul>	

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	<ul style="list-style-type: none"> <li>○ Doorknob grippers to assist with opening doors</li> <li>○ Electric toothbrushes to assist with dental care</li> <li>○ Lifeline alert system installed to assist in case of a fall</li> <li>● All these devices are designed to help patients do things for themselves. For a patient to be able to eat without assistance is a physical need as well as an emotional one.</li> </ul>	
<b>Slide 8</b>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>● A patient with a disability may be at a higher risk of falling. In the event of a fall, the home care aide must know how to safely lower a patient to the floor – keeping both the patient and the home care aide safe and unharmed.</li> <li>● <b>Activity #1 – How to Help a Falling Patient</b></li> <li>● Pair off and practice this technique with your classmate. This will help you be more prepared if your patient starts to fall while you are there with him/her.</li> </ul>	
<b>Slide 9</b>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>● As well as physical devices to assist a patient, it is also important to exercise one’s mind. Simply doing a crossword puzzle can stimulate the brain. This is especially important in individuals who may have suffered from a CVA (stroke).</li> <li>● <b>Activity #2 – Brain Exercise</b></li> <li>● Crossword puzzles are great ways to exercise the brain. Complete the puzzle so you can get a feel for how challenging remembering details can be.</li> </ul>	
<b>Slide 10</b>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>● In addition to crossword puzzles, other types of brain stimulating games/puzzles/activities are healthy. Sudoku, word searches, and computer games such as BrainAge or Lumosity also work to exercise the brain and can be beneficial to stroke patients and others as well.</li> </ul>	
<b>Slide 11</b>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>● In recent years, technology has also contributed to restorative care and rehabilitation. Video games with a joystick or controller can assist with hand/eye coordination. They tend to be more interesting and feel less like work for the patient. Video games can be played alone, so a patient can practice or play on his/her own time, and for as long as the patient is able.</li> <li>● Some video games now have the capability to assist with exercise and yoga as well. Nintendo Wii and Microsoft Xbox Kinect both offer limited or hands-free designs specifically for exercising at the appropriate level. These games can help with strength, balance, and</li> </ul>	

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	<p>coordination. Again, these games also help with keeping the work interesting and can be played in a home setting at the patient's pace and in the patient's own time.</p>	
<p><b>Slide 12</b></p>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>• <b>Module 16-C – Home modifications</b></li> </ul>	
<p><b>Slide 13</b></p>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>• There may be times when adaptive equipment alone will not be enough. Home modifications will have to be made to assist the patient with functioning at home.</li> <li>• These modifications will be at the discretion of the patient's care team, but it is what the patient wants and feels would work best for him/herself for better daily function.</li> <li>• Examples of home modifications include:             <ul style="list-style-type: none"> <li>○ Grab bars</li> <li>○ Raised toilet seat</li> <li>○ Shower chair</li> <li>○ Wheelchair ramp</li> <li>○ Wider doorways</li> <li>○ Chair lift/stair lift</li> <li>○ Overhead lifts</li> </ul> </li> <li>• Not all patients will require home modifications; however, for those who do, there will be a learning process for a new feature of their home. It is important to be patient, as your patient is going through a great deal of change currently in his/her life.</li> <li>• Some patients may require home modifications but may not have the financial means to ensure that those modifications are completed. Speak to your supervisor if this concern arises. Your supervisor may be able to assist with securing community resources to help with the home modifications.</li> </ul>	
<p><b>Slide 14</b></p>	<p><b>Script</b></p> <ul style="list-style-type: none"> <li>• Patients who are rehabilitating or learning how to manage tasks in a new way may express a great deal of frustration – both over the loss of functioning they once had and the new way they must learn to adapt. The home care aide can be a great support and source of encouragement. Be sure to praise new milestones, no matter how small they may seem – your patient is working hard every day to perform these tasks.</li> </ul>	