

## N.C. Nurse Aide I Curriculum

### MODULE G Basic Restorative Care

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## Objectives

- Explain the role of the nurse aide in basic restorative care.
- Describe the processes involved with bowel and bladder training.

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## Basic Restorative Care

Care provided after rehabilitation when the resident's highest possible functioning has been restored following illness/injury

Goals?



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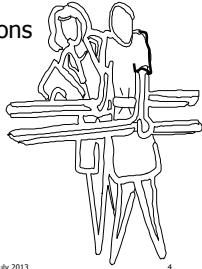
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## Basic Restorative Care – Importance

- Maintain/improve abilities
- Prevent further complications
- Aim toward independence
- Team effort
- Assist individual to accept or adapt



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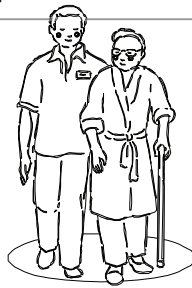
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## Basic Restorative Care – Nurse Aide's Role

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



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## Basic Restorative Care – Nurse Aide's Role



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## Basic Restorative Care – Nurse Aide’s Role



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

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## Basic Restorative Care – Nurse Aide’s Role

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



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## Basic Restorative Care – Nurse Aide’s Role



- Provide for rest periods
- Encourage independence during activity
- Encourage use of adaptive devices
- Consider involving family

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## Prosthetic Device

Replacement for loss of a body part

- Examples
- Role of nurse aide



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## Orthotic Device

Artificial device that replaces a body part and helps with function and/or appearance

- Examples
- Role of nurse aide

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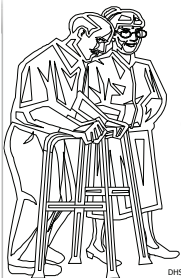
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## Supportive Device



Special equipment that helps a disabled or ill resident with movement

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## Assistive (Adaptive) Devices

Special equipment that helps a disabled or ill resident perform activities of daily living (ADLs)



- Promotes independence
- Successful use depends on...

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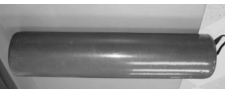
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## Positioning Assistive Devices



Pillows



Abduction Pillow

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## Positioning Assistive Devices



Bed Cradle



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## Assistive Eating Devices



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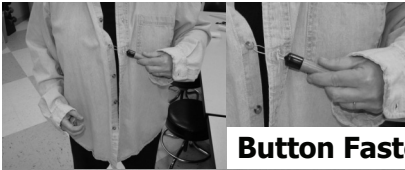
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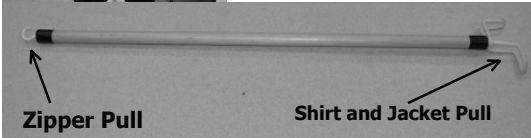
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## Assistive Dressing Devices



### Button Fastener



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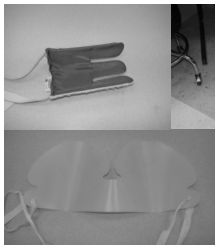
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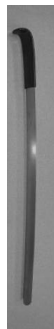
## Assistive Dressing Devices



### Sock and Stocking Aids



### Long-handled Shoe Horn



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**Electric  
Toothbrush**



## **Assistive Hygiene Devices**

**Denture Cleaner**



**Fingernail Cleaner**



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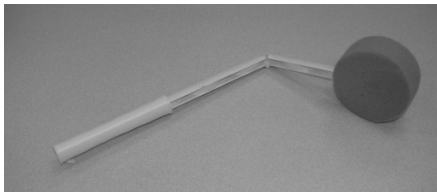
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## **Assistive Hygiene Devices**



**Long-handled Sponge**

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## **Assistive Hygiene Devices**



### **Device used by residents with diabetes:**

- To examine heels for abrasions or sores
- To wash feet

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## Assistive Reaching Tool Device



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## Adaptive Devices – Recording/Reporting

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

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## 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



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## Bowel and Bladder Training - Importance



Measures taken to restore function of urination and defecation by resident, with ultimate goal of continence




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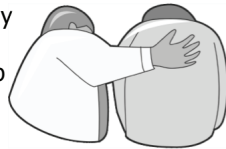
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## Bowel and Bladder Training - Importance

- Incontinence is embarrassing
- Will limit lifestyle
- Odors can cause family and friends to shun
- Infections can develop
- May find it difficult to discuss




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## 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

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## 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

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## 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



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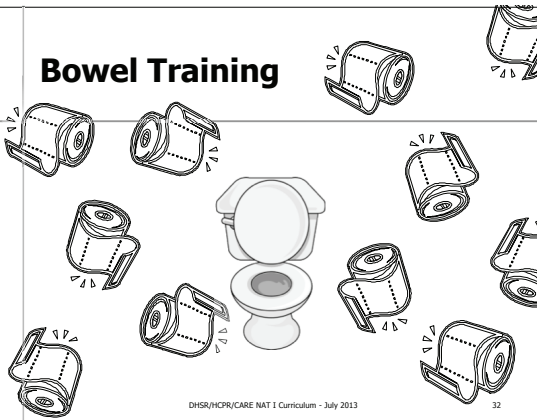
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## Bowel Training



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## 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

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# The End

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