

Chapter 39
Rehabilitation Nursing

- Lesson 39.1
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1. Define the philosophy of rehabilitation nursing.
 2. Identify patients who would benefit from rehabilitation services.
 3. Discuss the goals of rehabilitation therapies.
 4. Describe the interdisciplinary rehabilitation team concept and the function of each team member.
 5. Discuss the role of the nurse in the specialized practice of rehabilitation.
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Lesson 39.1

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6. Recognize the importance and significance of family-centered care in rehabilitation.
7. Discuss two major disabling conditions.
8. Recognize polytrauma as a difficult challenge for rehabilitation.
9. Recognize how important it is for the nurse on the rehabilitation team to be knowledgeable about posttraumatic stress disorder (PTSD) and assess for its presence.
10. Describe the goals of pediatric and gerontologic rehabilitation nursing.

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Rehabilitation Defined

- Process of restoring the individual to the fullest physical, mental, social, vocational, and economic capacity
- Relearning of former skills; learning new skills necessary to adapt and live fully in an altered lifestyle
- Must begin from the very onset of a traumatic event or diagnosis of a chronic illness
- Every aspect of the individual's needs and care assessed and addressed



Issues in Rehabilitation

- Quality of life versus quantity of life
 - Focuses on continually improving the quality of the person's life
- Care versus cure
 - Focus of care is related to adaptation and acceptance of an altered life rather than to resolving an illness



Need for Rehabilitation

- Need for rehabilitation precipitated by
 - Impairment
 - Disability
 - Handicap
 - Functional limitation
 - Chronic illness



Goals of Rehabilitation

- All rehabilitation goals shall
 - Maximize the quality of life of the individual
 - Address the individual's specific needs
 - Assist the individual with adjusting to an altered lifestyle
 - Be directed toward promoting wellness and minimizing complications
 - Assist the individual in attaining the highest degree of function and self-sufficiency possible
 - Assist the individual to return to home and community
- Cornerstones of rehabilitation may be seen as stepping stones on the "road to recovery"



Rehabilitation Team

- Models of team functioning
 - Multidisciplinary rehabilitation team
 - Interdisciplinary rehabilitation team
 - Transdisciplinary rehabilitation team



Rehabilitation Nurse

- Broad knowledge base of pathophysiology of a wide range of medical-surgical conditions and a body of highly specialized knowledge and skills regarding rehabilitation
- Believe that individuals with functional disabilities have an intrinsic worth that transcends their disabilities
- Specialized training necessary to become an effective team member
- Practices in a variety of settings



Comprehensive Rehabilitation Plan

- Overall individualized comprehensive rehabilitation plan of care
- Initiated within 24 hours of admission and ready for review and revision by the team within 3 days of admission for each individual
- Developed based on the results of the interdisciplinary admission assessment
- All clinicians treating the patient will use this comprehensive plan of care

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Patient Education

- Crucial for the rehabilitation process to be comprehensive
- Ongoing and integral process by which patients and families build knowledge, skills, and confidence to regain physical and psychosocial functioning following an illness or injury
- The five-step process may be used



Scope of Individuals Requiring Rehabilitation

- Rehabilitation is a bridge for the patient, spanning the gap between
 - Uselessness and usefulness
 - Hopelessness and hopefulness
 - Despair and happiness
- Scope of conditions requiring rehabilitation is broad and spans the life continuum

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Family and Family-Centered Care

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- Philosophy that recognized the pivotal role of the family in the lives of children with disabilities and other chronic conditions
- Strives to support families in their natural caregiving roles by building on their unique strengths as individual parents
- Promotes normal patterns of living at home and in the community and views families and professionals as equals in a partnership committed to excellence at all levels of health care



Family and Family-Centered Care

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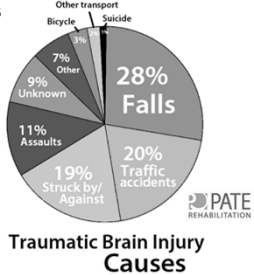
- Key elements of family-centered care
 - Incorporating into policy and practice the recognition that the family is the constant in a child's life
 - Facilitating family/professional collaboration at all levels of hospital, home, and community care
 - Exchanging complete and unbiased information between families and professionals in a supportive manner at all times
 - Encouraging and facilitating family-to-family support and networking
 - Appreciating families as families and children as children

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Disabling Disorders


- Spinal cord injuries
- Traumatic brain injuries





Traumatic Brain Injury Causes

Polytrauma

- New health care challenge
- Soldiers wounded in conflicts
- Also known as *polytrauma-blast related injury* (PT/BRI)
- Four categories
 - Primary
 - Secondary
 - Tertiary
 - Quaternary





- First identified in 1980
- No definitive treatment modality
- Therapeutic goal is patient empowerment and regaining control over symptoms
- Previously known as “shell shock” or “war neurosis”
- Now applies to various forms of traumas
 - Natural disasters
 - Rape

Pediatric Rehabilitation Nursing

- Evolved from a combination of pediatrics and rehabilitation into a true specialty committed to the care of children with disabilities or other chronic conditions and their families
- Provides a continuum of care so those children can become contributing members of society and function at their maximum potential
- Roles as leaders, advocates, and educators can have a very positive influence on the lives of children with disabilities and chronic conditions and on their families



Gerontologic Rehabilitation Nursing

- Focuses on unique requirements of older adult rehabilitation patients
- Knowledgeable about both techniques of caring for the aged and rehabilitation concepts and principles
- Main goal is to assist older adult patients in achieving their personal optimal level of health and well-being by providing holistic care in a therapeutic environment



THE END
