Res-Care AL

- Powerpoints for Nursing Assistant Classes in Treatment Sites
Res-Care AL: Week 1

It is all about Philosophy
What is restorative care?

- Restorative nursing care focuses on keeping residents as independent and physically active as possible.

- The purpose is to encourage residents to perform as much of their own care as possible.

- Allows nursing assistants to be creative in motivating residents to participate in their own care and MOVE!
The Focus of Restorative Care:

- Doing care with rather than doing for residents
- Setting goals for the resident
- Focuses on the what the resident CAN DO
- Includes all staff who work in the facility working together as a team to motivate residents to do more for themselves
Different approaches to care: Do “with” the resident instead of “for” the resident

**The “task” approach**
- Staff focus on completing tasks
- Staff complete tasks for the resident with little or no involvement of the resident
- No opportunity for improvement in functioning for the resident
- No growth or learning opportunities for the resident or family members

**The “person” approach**
- Enables the resident to do for his/herself as much as possible
- Care benefits the resident
- Staff provide physical and verbal cues to help the residents
- Staff provide set-up of adaptive equipment
- Staff use hand over hand assistance during care
Restorative Care

- Includes all aspects of the individual:
  - feelings
  - thoughts
  - lifestyle
  - physical condition
Restorative Care Benefits for Residents

- Prevention of falls
- Strengthening muscle and bone
- Improving balance
- Prevention of deformities (contractures)
- Improved circulation
- Feel better about themselves
- Happier and more satisfied
Benefits of restorative care to nursing assistants

- Learn new skills
- Provide the best care possible to residents
- If residents move better there will be less physical demand on the staff and less risk of on-the-job injuries
Benefits of Physical Activity for All

- **Recommendations from ACSM & AHA (<65):**
  - Do moderately intense cardio 30 minutes a day, five days a week; OR vigorously intense cardio 20 minutes a day, 3 days a week.
  - Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

- **Recommendations from ACSM & AHA (>65):**
  - Do moderately intense aerobic exercise 30 minutes a day, five days a week; OR vigorously intense aerobic exercise 20 minutes a day, 3 days a week.
  - Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.
Specific Restorative Care Activities Include:

- Motivating and encouraging residents to participate in bathing, dressing and grooming
- Motivating residents to walk more by having them walk to the dining room or activities
- Encouraging residents to wheel themselves while in the wheelchair
- Lifting weights while watching TV
- Providing finger foods so that residents can eat independently
Examples of Restorative Care

Mrs. Jones has had a stroke and so her balance is not perfect. She is able to stand up from the wheelchair without assistance and walk with a walker as long as someone is by her side.

– What restorative care activities might you do with her?
– How could you implement this into daily activities?
Examples of Restorative Care

Mrs. Green is able to wash and dress herself with help, however she is very slow.

– What can the nursing assistant do to help keep her as independent as possible?
– What should the nursing assistant avoid doing to prevent Mrs. Green from becoming more dependent on others for her care?
Class 1 Key Points to Remember

- Restorative care should be provided for every resident, every day and with every encounter between the staff and the resident; family and the resident.

- Residents that have a decline in their function during an illness can be helped to get back to what they were able to do before they got sick by providing restorative care activities.
Res-Care-AL: Class 2

It is All About Motivation!
What is Motivation?????

- Motivation comes from within the resident
- Motivation is different depending on what we are doing
  - Motivation to bathe is different than motivation to walk or go to the beauty parlor or eat by oneself
Things to do to Motivate…..

- Strengthen the residents beliefs:
  - About what they CAN do
  - About the benefits of doing these activities (ex: walking every day will help you get stronger so you won’t fall)
Things to do to Motivate….

- Build their confidence ……tell them repeatedly “YOU CAN DO IT”!
- Help them believe in the benefit ……. If you walk to the dining room …“YOU WILL GET STRONGER, BE LESS LIKELY TO FALL, AND HAVE LESS PAIN.”
Things to do to Motivate….

- Give the resident examples of role models (other residents who successfully perform the activity)
- Encourage actual performance/try to get them to practice doing the activity—bathing, walking
- REVIEW, REVIEW, REVIEW the benefits of the activity—use the Restorative Care Poster in the Resident’s room.
Things to do to Motivate….

- Help the resident get rid of unpleasant feelings such as pain or fear.
  - Make sure the resident gets pain medications to relieve discomfort
  - Put heat/ice on a sore area
  - Have resident talk about his or her pain or fear associated with the activity you are asking him/her to do
Things to do to Motivate….

- Let the resident know you REALLY care about them!
- Be kind to the resident
- Despite all things, smile and be nice
- Use humor
- GET EXCITED with the resident when they do any of the activities you recommend (bath, dress, walk to the dining room)
Things to do to Motivate....

- Encourage involvement with others-family and friends, other residents and staff
- Share activities and successes with families/friends
- Include family/friends as goals (going to lunch or out to a daughter's house).
Things to do to Motivate…

- Set clear goals with the resident
- Set goals that can be met in a short time frame-daily, or weekly
  - Walking to the dining room daily
  - Doing 10 sit to stands in the hallway
Class 2 Key Points

- Everyone can be motivated. For some people it takes them a little longer than others.

- Find out why the resident won’t complete restorative care activities. Is it pain? Are they afraid of falling? Focus on each resident’s personal barriers in order to motivate them.

- If a resident has had a decline in their functioning because of an illness, keep working with them to help restore them back to what they were able to do before getting sick.
Res-Care-AL: Class 3

It's All About Using the Environment and Being Practical
Tricks of the Trade: Fun and Different

Make it fun!

• Measure it out and compete
• Dance, dance, dance
• Decorate the hallways.
  – An art gallery
  – A shopping mall
  – A story to read along the way
  – Distance goal posts
Tricks of the Trade: Safety

- Promote ambulation and mobility by providing increased security
  - Gait belts
  - Sturdy equipment
  - Age appropriate exercise equipment
  - Rest areas along the way
  - Fun goals (little stores/coffee bar)
  - Wide open stairs and do it together!
Tricks of the Trade: Elicit Help

- Use your environment:
  - Clothes in the laundry…together
  - Push a vacuum…together
  - Dust the apartment…together
  - Water the plants….together
Make it Routine:

- During bathing: Do ROM/Carry and lift
- During dressing: Do ROM/Carry and lift
- When getting from A to B: safety bars everywhere they are needed
- When eating/waiting for meals: weights/balls
- When bored or tired: Rejoice and Rejuvenate room for dance/music and games
Use What You Have

- Ideas????????????????
Res-Care-AL: Week 4

It's all About Documentation
Documentation: WHY????

- To learn more about restorative care: the time it takes and the benefits for all.

- If it wasn’t documented it wasn’t done!
Documentation: How?

- Each resident will have a goal form posted in his or her apt

- The form is checked off to mark the goals that are appropriate for that resident

- The form is hung in the resident’s room to serve as a reminder for what the resident can and should do
Documentation

- A monthly flowsheet will be provided for you to record restorative care.
- One flowsheet will be for the daytime nursing assistant and one will be for the evening nursing assistant.
- Check off ‘yes’ or ‘no’ that restorative care was performed and write in the total time that was spent providing restorative care activities.
Documentation

- So.........if you walk the resident to the dining room every day at lunch and it takes 10 minutes each way you would write 20 minutes.

- If you work with a resident in the morning encouraging and having him participate in bathing his/her upper body and dressing and it takes 15 minutes you would record 15 minutes.
When to Notify the Restorative Care Nurse

- When long-term goals or short-term goals are met so that new goals can be developed
- When the resident is unable to perform the short term goal activity
- If you have discovered a special way to motivate the resident that should be shared with other staff members
Key Points: Use your Documentation

- Report any unpleasant sensations the resident has during restorative care activities (ex: pain, fear).
- Report it if a resident is not able to do as much as usual. They may be ill.
- When there is a decline in the resident...don’t despair...get the resident back on track as quickly as possible.
Res-Care AL

- Powerpoints for education of residents.
Res-Care AL

It is all about Philosophy
What is Restorative Care?

- Restorative care focuses on helping you
  – to be more physically active and
  – to do as much as possible for yourself
The Focus of Restorative Care:

- Doing care *with* rather than *for* you
- Setting activity goals
- Focuses on what you **CAN** do
Activities Include:

- Basic personal care

- Walking/rolling your wheelchair to get to your usual activities (meals)

- Exercise: stretching, strengthening and exercise that helps you stay strong, prevent falls, and feel good mentally and physically
Specific Restorative Care Activities Include:

Helping you to:
- participate in your own bathing, dressing and grooming
- walk more- as you go to the dining room or other activities
- do more physical activity such as lifting weights while watching TV

Providing foods that are easy to eat

Reminding you to wheel yourself while in the wheelchair
Restorative Care Benefits

- Prevention of falls
- Stronger muscles and better balance
- Decrease in painful bones and muscles
- Better circulation
- Better ability to do daily activities
- Better mood
Is it Safe

Performing personal care and exercising is safe for everyone!

– Activities will be matched for your ability and safety
– There is something that everyone can do to increase activity and keep bones and muscles moving and as strong as they can be!
Show and Tell

- Lets try some activity together and see how it feels.................
Benefits of Physical Activity for All

- **Recommendations from ACSM & AHA (<65):**
  - Do moderately intense cardio 30 minutes a day, five days a week; OR vigorously intense cardio 20 minutes a day, 3 days a week.
  - Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

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Restorative Care Powerpoints

- Education of staff and families.
Res-Care AL

It is all about Philosophy
Restorative care focuses on keeping residents as independent and physically active as possible.

The purpose is to encourage residents to perform as much of their own care as possible.
The Focus of Restorative Care

- Doing care with rather than doing for residents
- Focuses on the resident’s ability not their limitations
- Includes all staff and family working together as a team to motivate residents to do more for themselves
Activities Include

- Basic personal care
- Walking/self-propelling the wheelchair during daily activities
- Exercise: stretching, strengthening and exercise that increases the heart rate and helps to prevent falls, decrease pain, and make residents feel better mentally and physically
Specific Restorative Care Activities

- Motivating and encouraging residents to participate in bathing, dressing and grooming
- Motivating residents to walk more by having them walk to the dining room or activities
- Encouraging residents to wheel themselves while in the wheelchair, lift weights while watching TV, and eat finger foods if that helps the resident to be independent
Restorative Care Benefits

- Fall prevention
- Stronger muscles and better balance
- Maintains the function of joints like the knee, and prevent frozen joints
- Improves circulation
- Builds physical endurance-ability to walk further
- Improves mood and quality of life of everyone
- Decreases pain from disuse/stiffness and arthritis
Different Approaches to Care

The “task” approach:
- Staff focuses on getting tasks done
- Staff completes tasks for the resident with little or no involvement of the resident
- No opportunity for improvement in functioning for the resident
- No growth or learning opportunities for the resident or family members

The “person” approach:
- Enables the resident to do for his/herself as much as possible
- Care benefits the resident—decreased pain and sense of pride.
- Staff/family provide physical and verbal cues to help the residents
- Staff/family encourage use of adaptive equipment
- Staff/family encourage use of the environment to increase activity
Is it Safe

- Performing personal care and exercising is safe for everyone!
  - Activities will be matched to the ability of the resident
  - There is something that everyone can do to increase activity and keep bones and muscles moving and as strong as they can be!
Examples

Lets brainstorm on examples of how to increase activity in daily life ........
- Walk to dine programs
- Use of the indoor/outdoor walking path
- Stretching during personal care
- Practicing sits to stands when toileting
- A dinner dance/Prom/dance class
- Walking to tea when visiting
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