

Accomplishing the Goals of Restorative Nursing

To accomplish the goals of restorative care emphasize the client's abilities, not his disabilities. Show interest in the client.

Encourage independence when providing care. It may be faster and easier for you to do any of the activities of daily living, but remember if you do any of the activity; the client will not have the opportunity to try to do it.

Provide exercise such as range of motion (passive per service plan). Sitting with balance and standing helps body weight to rest on bones and muscles. Provide proper body positioning when in bed or sitting in a chair. Remind and assist the client to change position at least every two hours or more frequently if indicated in the service plan. If he is able, ambulate the client with assistance and encourage self-care in activities of daily living.

Deep breathing and coughing fills the lungs completely with air. Have the client take three deep breaths in through the nose (inhalation) then blow out through the mouth (exhalation) and after the third inhalation, cough with the last breath out.

Restore independence in ADLs (activities of daily living) by assisting the client to feed himself. At first, have client hold finger foods then progress as client is able. Try to provide adequate fluid intake and proper diet. Use adaptive utensils per service plan. Encourage self-dressing. Use assistive devices as identified in the service plan. Encourage self-help with toileting. Position the client properly for voiding/defeating. Establish routine for toileting.

You may apply this information to all of your clients. It is basic In-Home Aide care. If you observe a problem developing, be sure to report it to the supervisor/nurse so the entire health care team can provide the care needed and improve the quality of life for the client.

Chapter Review

1. What are age-related changes affecting the musculoskeletal system?
2. What are the reasons for providing restorative care?
3. What are the goals of restorative care?
4. What are complications of immobility that must be prevented?
5. What are the key points of positioning clients confined to bed?
6. How can the goals of restorative care be accomplished?

Figure 24.2



Pillow
Beneath
Left
Scapula

Pillow
Beneath
Left
Hip

the