Rehabilitation

- Helping patients attain the highest possible level of functional ability
- Focusing on physical ability
Restorative care

- Helping attain and maintain the highest possible level of independence and well-being

- Focusing on mental, emotional and social well-being
OBRA

- Recognizes importance of independence and well-being
- Requires rehabilitation and restorative care
Role of a health assistant in rehabilitation and restorative care
PATIENTS

Reasons for rehabilitation and restorative care

- Birth defects
- Diseases
- Injuries
- Surgery
- Aging
PATIENTS

Goals of rehabilitation and restorative care

- “Highest possible level”
PATIENTS

Successful rehabilitation and restorative care must focus on mental, emotional, and social well-being as well as physical abilities.
PATIENTS

Principles of rehabilitation and restorative care

- Let patients make choices
- Protect patients’ privacy
- Avoid distractions
- Encourage independence
- Be sensitive, supportive and patient
- Use correct body mechanics
- Stop if patient is in pain
PATIENTS

Recreational activities

- Promote physical abilities and mental, emotional, and social well-being

- Required by OBRA
PATIENTS

Encourage participation in events
ACTIVITIES OF DAILY LIVING
Activities of daily living (ADLs)

- Moving about
- Personal hygiene and grooming
- Dressing
- Eating
- Toileting
ACTIVITIES OF DAILY LIVING

Role of a health assistant with ADLs
ACTIVITIES OF DAILY LIVING

Assistive devices

- Devices patients use to do ADLs they otherwise would not be able to do
DAILY LIVING

Assistive devices for moving about

- Transfer seats
- Seat lifts
- Crutches
- Canes
- Walkers
- Wheelchairs
ACTIVITIES OF DAILY LIVING

Assistive devices for bathing

- Bath transfer seats
- Grab bars
- Bath mats
- Bath seats
- Wash mitts
- Long-handled brushes and sponges
- Hand-held showers
ACTIVITIES OF DAILY LIVING

Assistive devices for oral care

- Toothbrushes with built-up handles or cuffs
- Electric toothbrushes
ACTIVITIES OF DAILY LIVING

Assistive devices for hair care

- Long-handled combs and brushes
- Combs and brushes with built-up handles or cuffs
ACTIVITIES OF DAILY LIVING

Nail Care
ACTIVITIES OF DAILY LIVING

Shaving may be more independently done with an electric razor
ACTIVITIES OF DAILY LIVING

Assistive devices for dressing

- Dressing stick
- Button hook
- Zipper pull
- Sock and stocking aids
- Shoe grabber
- Long-handled shoehorn
- Shoe remover
ACTIVITIES OF DAILY LIVING

Tips for independent dressing

- Loose-fitting clothing
- Clothing that fastens in front
- Avoid snaps, buttons, and zippers
- Slip-on or Velcro closing shoes
- Dress affected limb first
- Undress unaffected limb first
ACTIVITIES OF DAILY LIVING

Assistive devices for eating

- Non-slip place mats
- Special utensils
- Special plates
- Special cups
ACTIVITIES OF DAILY LIVING

Toileting assistive devices

- Elevated toilet seats
- Toilet seat hand rails
- Commodes

- Cleaning aids
Assistive devices for other ADLs

- Grabbers
- Jar openers
- Doorknob grips
- Pen and pencil grips
- Magnifying glasses
ACTIVITIES OF DAILY LIVING

Orthotic device
- Applied externally to a body part to support or control movement

Prosthetic device
- Artificial replacement for a missing body part

Device to make a body part work better
ACTIVITIES OF DAILY LIVING

Types of ADL training

- Setup
- Verbal cues
- Demonstration
- Hand-over-hand
ACTIVITIES OF DAILY LIVING

Setup

- Health care worker prepares ADL for patient
LESSON 1 – ACTIVITIES OF DAILY LIVING

Verbal cues

- Health care worker gives simple directions to prompt patient
ACTIVITIES OF DAILY LIVING

Demonstration

Health care worker shows patient what to do
ACTIVITIES OF DAILY LIVING

Hand-over-hand

- Health care worker guides patient’s hands
ACTIVITIES OF DAILY LIVING

Guidelines for assisting with ADLs

- Seat patient
- Give clear, brief instructions
- Organize items purposefully
- Allow some struggle
- Teach safety
ACTIVITIES OF DAILY LIVING

Organizing items purposefully

- Arrange items in order of use
- Do not put items close together
- Make sure patient can reach items
INCONTINENCE

Incontinence

- Inability to control urination or bowel movements
- INCONTINENCE

Bladder and bowel training

Role of an assistant
INCONTINENCE

Bladder training

- Prompted voiding
- Habit training
- Kegel exercises
INCONTINENCE

Bowel training

- Habit training
- Increased fiber and fluid intake
- Increased physical activity
- Effective stress management
INCONTINENCE

Other treatment

- Medication
- Biofeedback
- Surgery
INCONTINENCE

Guidelines for assisting with voiding and elimination

- Provide privacy
- Encourage independence
- Show sensitivity, support and patience
- Answer call quickly
- Help with hygiene
- Watch body language