

# Chapter 16

## Rehabilitation and Restorative Care

# Rehabilitation

- Rehabilitation and restorative care may be necessary after acute injury or illness, or as part of treatment for chronic illness or disability.
- *Rehabilitation* refers to a broad range of interventions that address a client's:
  - Medical care needs
  - Therapeutic needs
  - Psychosocial needs

# Rehabilitative Care versus Restorative Care (1 of 2)

- Rehabilitative care:
  - The process of restoring a person to the highest level of functioning. Aim is to:
    - Slow the decline of functioning
    - Support clients in maintaining function, or to function at a higher capacity to maintain quality of life and independence.
  - Client goals may include:
    - Returning to work
    - Resuming ADLs they were able to perform in the past
  - Usually provided by nurses, physiotherapists, and support workers.

# Rehabilitative Care versus Restorative Care (2 of 2)

- Restorative care:
  - Aimed at prevents health deterioration and maintaining or improving a client's quality of life, but also aimed at restoring clients to their previous functional level whenever possible.
  - Usually only involves client and family, nurses, and support workers.
  - Other professionals may be consulted as needed.

# Goals of Rehabilitative and Restorative Care (1 of 2)

- Care is based on the client's condition.
- Specific goals:
  - Reduce reliance on others
    - To restore function to former level
    - To improve functional abilities
    - To learn new skills
    - To prevent further disability and illness
  - Rehabilitation takes longer for older clients

# Goals of Rehabilitative and Restorative Care (2 of 2)

- For clients who are too weak to perform ADL's, *restorative care* may be used to promote:
  - Self-care
  - Elimination
  - Positioning
  - Mobility
  - Communication
  - Cognitive function
  - Prevention of unnecessary decline in functioning

# Emphasis on Whole Person

- Illness and disability affects all dimensions of health care.
- Restorative care must focus on whole person:
  - Physical health
  - Emotional and social health
  - Intellectual health
  - Spiritual health

# Rehabilitation Settings (1 of 2)

- Hospitals
  - Cardiac and respiratory rehabilitation
  - Programs for complex medical and surgical conditions
  - Use of robotics
  - Virtual reality
- Specialized facilities
  - Focus on specific problems (e.g., mental health disorders, substance abuse, or addiction)
- Long-term care facilities
  - Provide services similar to hospitals
- Community care
  - Home care services
  - Adult day programs



# Rehabilitation Settings (2 of 2)

- Home assessment:
  - Identifies safety risks and health hazards in a client's home
    - You may assist in completing assessment
    - You have a responsibility to maintain a safe environment
    - Report all concerns to supervisor
  - See textbook box: *Focus on Home Care: Home Assessment*

# The Rehabilitation Team

- The client is the key team member
  - The family, doctor, nursing team, and other health team members help the client set goals and plan care.
    - All help the client to regain function and independence.
  - Families provide support and encouragement
    - Often, they help with care when the client returns home.
  - Every part of your job focuses on promoting the client's independence.
    - Preventing decline in function also is a goal.

# Role of the Family

- Family support is critical to the client's rehabilitation success.
- Families need to learn about the illness or disability and how to care for the individual.
- Family members may need to learn new skills.
- Counselling is provided, as needed, to help the family cope with the many changes affecting them.

# Therapy and Training

- The rehabilitation team chooses the therapy and training needed to meet client goals.
- Equipment is ordered to meet client needs:
  - Prosthesis—artificial body replacement
  - Orthotic— apparatus worn to support, align, prevent, or correct musculoskeletal problems
  - Eating or drinking devices
  - Self-care devices
  - Devices to aid mobility
  - Other equipment (e.g., mechanical ventilation)

# Assisting With Rehabilitation and Restorative Care

- Support workers are vital for giving assistance.
- The client's progress may be slow and frustrating.
- Support workers must:
  - Be patient, supportive, empathic
  - Listen to client—may be able to pass on vital information on therapist
  - Practice DIPPS
  - See textbook box: *Providing Compassionate Care: Assisting With Rehabilitation and Restorative Care*

# Benefits of Rehabilitation and Restorative Care (1 of 2)

- For clients:
  - Slows client's decline of functioning
  - Maintains or improves functioning
  - Restores client to previous functioning (whenever possible)
  - Preserves client's quality of life and independence

# Benefits of Rehabilitation and Restorative Care (2 of 2)

- For Canadians:
  - Shorter (or no need for) hospital stays
  - “Reablement” programs for individuals who do not need acute care
  - Independence for clients
  - Less disruption for families
  - Cost savings