



HEALTHCARE SCIENCE

COURSE: 25.561 Nursing Essentials

UNIT: 10.1 Basic Restorative Services



INTRODUCTION

Annotation:

This unit is heavily skills based. In this unit students will demonstrate/understand skills important for restorative nursing care. Student will learn transfer techniques including transferring with a mechanical lift, range of motion exercises, how to assist with bowel and bladder training, and how to assist residents/clients/patients with ambulation with and without prosthetic and assistive devices.

Grade(s):

X	9 th
X	10 th
X	11 th
X	12 th

Time:

Three 50 minute periods

Author:

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Additional Author(s):

Students with Disabilities:

For students with disabilities, the instructor should refer to the student's IEP to be sure that the accommodations specified are being provided. Instructors should also familiarize themselves with the provisions of Behavior Intervention Plans that may be part of a student's IEP. Frequent consultation with a student's special education instructor will be beneficial in providing appropriate differentiation.



FOCUS STANDARDS

GPS Focus Standards:

HS-NE-13:

The student will demonstrate nursing assistant skills which incorporate the principles of restorative nursing.

- a. Describe the role of the nursing assistant in restorative care.
- b. Identify ways to promote a resident's/patient's/client's independence.
- c. Demonstrate the use of assistive devices and equipment in transferring and ambulation.
- d. Demonstrate range of motion exercises for the resident/patient/client.
- e. Assist the resident/patient/client with ambulation with and without a gait belt.
- f. Assist the resident/patient/client with bowel and bladder training.
- g. Demonstrate the care and use of prosthetic and orthotic devices.
- h. Use techniques to prevent pressure sores and contractures.

GPS Academic Standards:

National / Local Standards / Industry / ISTE:



UNDERSTANDINGS & GOALS

Enduring Understandings:

- Understand the role of the nursing assistant in restorative care.
- Understand the importance of promoting independence and mobility for residents.
- Understand the importance of providing for the safety of the residents and themselves in transferring with and without assistive devices and assisting with mobility.

Essential Questions:

- What nursing assistant skill techniques are essential in providing restorative care to patients/clients/residents?
- How do I provide for the safety of the resident and myself in performing restorative care procedures?
- What techniques can I use to promote resident independence and mobility?

Knowledge from this Unit:

- The role of the NA in providing restorative care for residents/clients/patients.
- The basic ROM exercises to prevent contractures for residents/clients/patients.
- The importance of promoting resident mobility.
- How to maintain resident and personal safety in performing restorative care procedures.
- How to transfer the resident from the bed to the chair or wheelchair with and without a gait belt.
- How to transfer a resident from the bed to a stretcher
- How to transfer a resident using the mechanical lift.
- How to ambulate a resident with and without a gait belt.
- How to care for a falling resident
- How to assist with bowel and bladder training
- How to help prevent problems caused by immobility
- How to apply prosthetic and orthotic devices

Skills from this Unit:

- Verbalize the NA role in restorative procedures.
- Verbalize ways to maintain resident/client/patient independence.
- Verbalize/demonstrate techniques used for bowel and bladder training of the resident/client/patient.
- Demonstrate use of prosthetic and orthotic devices for ambulation and transferring resident/client/patient.
- Verbalize techniques used to prevent pressure sores and contractures
- Demonstrate how to transfer and ambulate residents with and without assistive devices
- Perform RO exercises



ASSESSMENT(S)

Assessment Method Type:

- ___ Pre-test
- ___ Objective assessment - multiple-choice, true- false, etc.
 - ___ Quizzes/Tests
 - ___ Unit test
- ___ Group project
- ___ Individual project
- ___ Self-assessment - May include practice quizzes, games, simulations, checklists, etc.
 - ___ Self-check rubrics
 - ___ Self-check during writing/planning process
 - ___ Journal reflections on concepts, personal experiences and impact on one's life

- ___ ☐ Reflect on evaluations of work from teachers, business partners, and competition judges
- ___ ☐ Academic prompts
- ___ ☐ Practice quizzes/tests
- ___ Subjective assessment/Informal observations
 - ___ ☐ Essay tests
 - ___ ☐ Observe students working with partners
 - ___ ☐ Observe students role playing
- ___ Peer-assessment
 - ___ ☐ Peer editing & commentary of products/projects/presentations using rubrics
 - ___ ☐ Peer editing and/or critiquing
- ___ Dialogue and Discussion
 - ___ ☐ Student/teacher conferences
 - ___ ☐ Partner and small group discussions
 - ___ ☐ Whole group discussions
 - ___ ☐ Interaction with/feedback from community members/speakers and business partners
- ___ Constructed Responses
 - ___ ☐ Chart good reading/writing/listening/speaking habits
 - ___ ☐ Application of skills to real-life situations/scenarios
- ___ Post-test

Assessment(s) Title: Restorative Care exam

Assessment(s) Description/Directions:

- <http://www.ed.psu.edu/tte/resources/NAC/12/Quiz.pdf> -This is a sample restorative care quiz

Attachments for Assessment(s):



Sequence of Instruction

1. Identify the Standards. Standards should be posted in the classroom for each lesson.

HS-NE-13: The student will demonstrate nursing assistant skills which incorporate the principles of restorative nursing.

- i. Describe the role of the nursing assistant in restorative care.
- j. Identify ways to promote a resident's/patient's/client's independence.
- k. Demonstrate the use of assistive devices and equipment in transferring and ambulation.
- l. Demonstrate range of motion exercises for the resident/patient/client.
- m. Assist the resident/patient/client with ambulation with and without a gait belt.
- n. Assist the resident/patient/client with bowel and bladder training.
- o. Demonstrate the care and use of prosthetic and orthotic devices.

- p. Use techniques to prevent pressure sores and contractures.

2. Review Essential Questions.

- What nursing assistant skill techniques are essential in providing restorative care to patients/clients/residents?
- How do I provide for the safety of the resident and myself in performing restorative care procedures?
- What techniques can I use to promote resident independence and mobility?

3. Identify and review the unit vocabulary.

4. Assessment Activity.

Learning Activities:

- a) Discuss NA role in the restorative services care process
- b) Explain ways to promote residents/patient/clients independence
- c) Discuss prosthetic devices such as hearing aid, artificial eye, artificial limb
- d) Demonstration of assistive devices and equipment usage in transferring and ambulation of resident/patient/client
- e) Describe and demonstrate range of motion for resident/patient/client
- f) Demonstrate assisting the resident/patient/client with ambulation with and without a gait belt.
- g) Simulate resident/patient/client needing bowel and bladder training
- h) Interactive lecture on the use of prosthetic and orthotic devices
- i) Describe prevention techniques to alleviate pressure sores and contractures
- j) After students have had the opportunity to practice skills, provide with scenarios of residents with impairments such as stroke with paralysis on one side, contracture of extremity, paraplegia, quadriplegia, comatose, skin breakdown in a given area and have them provide restorative care.

Students will:

- a) Identify key terms in restorative services
- b) Identify NA role in the restorative services care process
- c) Differentiate between rehabilitation and restorative care
- d) Identify goals of both rehabilitation and restorative care
- e) Identify types of restorative programs available
- f) Discuss local agency's policies and procedures when providing resident care (handouts)
- g) Watch , practice and return demonstration of transferring resident to a chair & wheelchair with and without a gait belt, transferring to a stretcher, transfer using mechanical lift, assisting with ambulation with and without a gait belt, walker, crutches, canes and ROM exercises

Attachments for Learning Experiences:

Notes & Reflections:

For state approved nursing assistant training programs, use the approved procedure skills evaluation sheets for your program. For r this lesson it would be good to obtain a local facility policy regarding restorative care. Procedures for transferring residents from the bed to a stretcher and using the mechanical lift may be taught at the facility if equipment is not available. Discuss the safety procedures for these type of transfers and show students pictures of the equipment.



CULMINATING PERFORMANCE TASK (Optional)

Culminating Unit Performance Task Title: Restorative Care Skills

Culminating Unit Performance Task Description/Directions/Differentiated

1. Demonstrate safe use of assistive devices, techniques and equipment in transferring and ambulation of the resident/client/patient.
 - a. Walker
 - b. Crutches
 - c. Canes
 - d. Gait belt
2. Demonstrate ROM techniques to prevent contractures in resident/client/patient care.
3. Demonstrate techniques used to prevent pressure sores on the resident/client/patient. (i.e.: positioning)
4. Verbalize/demonstrate care and use of prosthetic/orthotic devices by the resident/client/patient
5. Demonstrate transferring from bed to chair, wheelchair and stretcher
6. Demonstrate use of mechanical lift

Attachments for Culminating Performance Task

- [Gait belt](#)
- [Walker](#)
- [Canes](#)
- [Crutches](#)
- [Positioning in wheelchair](#)
- [ROM](#)
- [Transferring to stretcher](#)

- [Transferring to car](#)
- [Transferring to wheelchair](#)
- [Transferring with a mechanical lift](#)



UNIT RESOURCES

Web Resources:

- <http://www.ed.psu.edu/tte/resources/NAC/12/Quiz.pdf> -This is a sample restorative care quiz

Attachment(s):

Materials & Equipment:

- Textbook
- Skill rubrics
- Video/DVD?
- Restorative Care quiz at <http://www.ed.psu.edu/tte/resources/NAC/12/Quiz.pdf>
- Equipment:
 - Walker
 - Canes
 - Crutches
 - Wheelchair
 - Gait belt

<http://www.gavilan.edu/library/nursing/ah180/documents/module14.pdf> -This is a good restorative care multimedia presentation

What 21st Century Technology was used in this unit:

<input type="checkbox"/>	Slide Show Software	<input type="checkbox"/>	Graphing Software	<input type="checkbox"/>	Audio File(s)
<input type="checkbox"/>	Interactive Whiteboard	<input type="checkbox"/>	Calculator	<input type="checkbox"/>	Graphic Organizer
<input type="checkbox"/>	Student Response System	<input type="checkbox"/>	Desktop Publishing	<input type="checkbox"/>	Image File(s)
<input type="checkbox"/>	Web Design Software	<input type="checkbox"/>	Blog	<input type="checkbox"/>	Video
<input type="checkbox"/>	Animation Software	<input type="checkbox"/>	Wiki	<input type="checkbox"/>	Electronic Game or Puzzle Maker
<input type="checkbox"/>	Email	<input checked="" type="checkbox"/>	Website		