

# 16

## Rehabilitation and Restorative Care

### 1. Discuss rehabilitation and restorative care

#### Short Answer

1. List four goals of a rehabilitative program.

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2. What is the goal of restorative care?

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### 2. Explain the home care rehabilitation model

#### Short Answer

1. List five members of the team who may participate in a client's restorative care.

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### 3. Describe guidelines for assisting with rehabilitation and restorative care

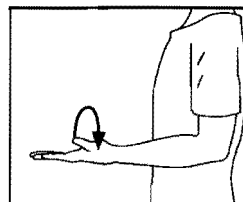
#### True or False

1. \_\_\_\_ The HHA should ignore any setbacks a client experiences so the client does not become discouraged.
2. \_\_\_\_ All clients will enjoy being encouraged in an obvious way.
3. \_\_\_\_ The home health aide should do everything for the client, rather than having him try to do it himself. Doing this will help speed recovery.
4. \_\_\_\_ The HHA should not report any decline in a client's ability because all clients in restorative care will have a decline in ability.
5. \_\_\_\_ Family members and clients will take cues from the home health aide on how to behave.
6. \_\_\_\_ The HHA should break tasks down into small steps.
7. \_\_\_\_ It is important for the home health aide to report any signs of depression or mood changes in a client.

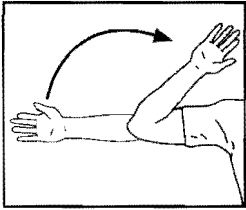
### 4. Describe how to assist with range of motion exercises

#### Labeling

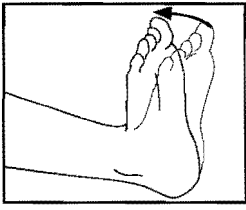
For the following illustrations, write the correct term for each body movement.



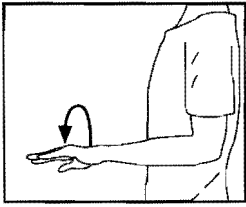
1. \_\_\_\_\_



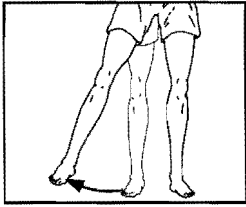
2. \_\_\_\_\_



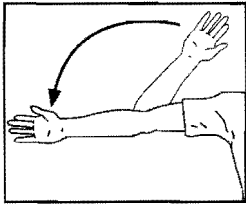
3. \_\_\_\_\_



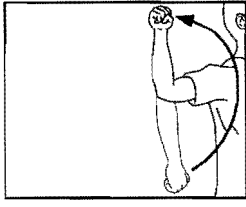
4. \_\_\_\_\_



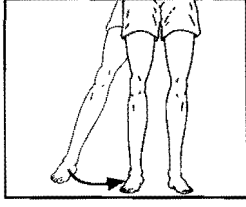
5. \_\_\_\_\_



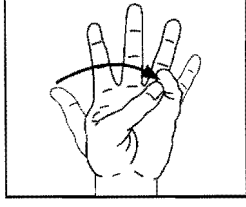
6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_

Name: \_\_\_\_\_

**Multiple Choice**

10. In what order should the HHA perform range of motion (ROM) exercises?
- (A) He should start from the feet and work upward.
  - (B) He should start from the shoulders and work downward.
  - (C) He should start at the hands and work inward.
  - (D) He should exercise the arms last.
11. If a client reports pain during ROM exercises, the home health aide should
- (A) Continue with the exercises as planned
  - (B) Continue, but perform the motion that caused pain more gently
  - (C) Stop the exercises and report the pain to his supervisor
  - (D) Stop the motion for one minute before starting again
12. How many times should each ROM exercise be repeated?
- (A) At least 6 times
  - (B) At least 10 times
  - (C) At least 12 times
  - (D) At least 3 times

**5. Explain guidelines for maintaining proper body alignment****Fill in the Blank**

1. Observe principles of body \_\_\_\_\_. Remember that proper alignment is based on straight \_\_\_\_\_. \_\_\_\_\_ or rolled or folded \_\_\_\_\_ may be needed to support the small of the back and raise the knees or head in the supine position.
2. Keep body parts in natural \_\_\_\_\_. In a natural hand position, the fingers are slightly \_\_\_\_\_. Use \_\_\_\_\_ to keep covers from resting on feet for clients in the supine position.

3. Prevent external rotation of \_\_\_\_\_ . Change \_\_\_\_\_ frequently to prevent muscle stiffness and pressure injuries. This should be done at least every \_\_\_\_\_ hours.

### 6. List guidelines for providing basic skin care and preventing pressure injuries

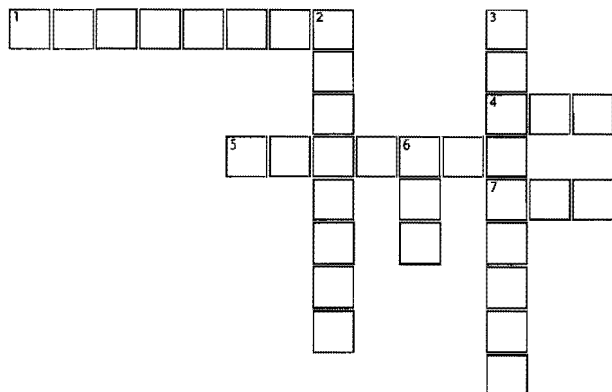
#### Crossword

##### Across

- What the bottom sheet on a client's bed must be kept free from
- Skin should be kept clean and \_\_\_\_.
- One type of material that prevents air from circulating, causing the skin to sweat
- Skin this color should not be massaged

##### Down

- May be caused by pulling a client across the sheet when transferring him
- Keeps top sheets from resting on the legs and feet
- At a minimum, the number of hours at which immobile clients should be repositioned



### 7. Describe the guidelines for caring for clients who have fractures or casts

#### Multiple Choice

- When caring for a client who has a cast, \_\_\_\_\_ the extremity that is in a cast to help stop swelling.
  - Lower
  - Double bandage
  - Elevate
  - Shake
- Keep the cast \_\_\_\_\_ at all times.
  - Dry
  - Wet
  - Hot
  - Pointed
- Osteoporosis occurs more frequently in \_\_\_\_\_ people.
  - Young
  - Active
  - Elderly
  - Diabetic
- Signs and symptoms of a fracture include
  - Moistness at the site
  - Cold area at the site
  - Swelling at the site
  - Dryness at the site
- Fractures are broken bones and may be caused by
  - Excessive fiber
  - Asthma
  - Osteoporosis
  - Too much progesterone
- Casts that are made of fiberglass are
  - Heavy
  - Unable to dry properly
  - Lightweight
  - Less reliable than other types of casts
- When should a client insert something inside the cast?
  - When skin itches
  - After the cast dries
  - When the cast is wet
  - Never

## 8. List the guidelines for caring for clients who have had a hip replacement

### True or False

1. \_\_\_\_ Most fractured hips require surgery.
2. \_\_\_\_ The home health aide should perform range of motion exercises on the operative leg to help with healing.
3. \_\_\_\_ Preventing falls is an important part of preventing hip fractures.
4. \_\_\_\_ Elderly people heal slowly.
5. \_\_\_\_ Home health aides may disconnect a traction assembly if the client requests it.
6. \_\_\_\_ When transferring a client from the bed, a pillow should be used between the thighs to keep the legs separated.
7. \_\_\_\_ The home health aide should begin with the unaffected, or stronger, side first when dressing a client who is recovering from a hip replacement.
8. \_\_\_\_ The stronger side always leads in standing, pivoting, and sitting.

### Multiple Choice

9. Which side should clients recovering from hip replacements dress first?
  - (A) Affected/weaker side
  - (B) Right side
  - (C) Unaffected/stronger side
  - (D) Left side
10. What does the abbreviation *PWB* stand for?
  - (A) Previously-weakened bones
  - (B) Partial weight-bearing
  - (C) Patient's weight before
  - (D) Patient wants baths
11. If a home health aide sees *NWB* on a client's care plan, the client
  - (A) Can support 100 percent of his body weight on a step
  - (B) Can support some weight, but not all, on one or both legs
  - (C) Is unable to support any weight on one or both legs
  - (D) Can use stairs without assistance

Name: \_\_\_\_\_

## 9. List ways to adapt the environment for people with physical limitations

### Short Answer

Choose an assistive device from Figure 16-27 in the textbook (one you did not choose to answer question 14 in the Chapter Review). Describe how it might help a client who is recovering from or adapting to a physical condition.

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## 10. Identify reasons clients lose bowel or bladder control

### Fill in the Blank

1. When people cannot control the muscles of the bowel or bladder, they are said to be \_\_\_\_\_.
2. A(n) \_\_\_\_\_ placed on the bed helps protect the bed.
3. Clients who are incontinent need to be kept \_\_\_\_\_, \_\_\_\_\_, and free from odor.
4. Urine and feces need to be washed off completely by bathing and proper \_\_\_\_\_ care.
5. Home health aides should not refer to incontinence briefs or pads as \_\_\_\_\_ because clients are not infants.

6. Clients who are incontinent need \_\_\_\_\_, understanding, and empathy from home health aides.

## 11. Explain the guidelines for assisting with bowel or bladder retraining

### Scenarios

Ms. Potter has been recovering from a broken hip. Her recovery is proceeding well, but she has had a problem with urinary incontinence since her injury. Her doctor asked that bladder retraining be added into her care plan. Below are examples of how three home health aides help Ms. Potter with retraining. Read each one and state what the HHA is doing well and/or what he or she should do differently.

1. Hannah, a new HHA, wants to be very professional about the episodes of incontinence. While she is cleaning the bed, she remains very upbeat and friendly and does not mention the incontinence unless Ms. Potter brings it up.

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2. Greta senses Ms. Potter's acute embarrassment, and it makes her nervous. Whenever she has to assist Ms. Potter with retraining efforts, she speaks very little and does not make eye contact with her. She tries to finish her work as quickly as possible to limit Ms. Potter's discomfort.

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3. Pete has been very encouraging and positive with Ms. Potter. He has charted her bathroom schedule. He encourages her to drink more fluids. He makes sure he is nearby to help her during the usual times that she needs to go to the bathroom.

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## 12. Describe the benefits of deep breathing exercises

### Short Answer

What can deep breathing exercises help?

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