

## **COURSE OUTLINE** **Restorative Aide**

### **Course Description**

AH 124. Restorative Aide. 2 hours credit. Prerequisite: Certified Nurse Aide in Kansas. This course will enable the student to perform rehabilitative and restorative procedures in adult care homes under the supervision of a registered physical therapist.

### **Course Relevance**

The emphasis of nursing home care is to prevent disability and restore the older client to the highest possible level of functioning. This course expands the role of the certified nurse aide in promoting and maintaining functional independence for the elderly client.

### **Required Materials**

The Kansas Therapy Association. (2002) *Restorative aide manual*. Overland Park, KS.

### **Learning Outcomes**

The intention is for the student to be able to

1. Perform rehabilitative and restorative procedures in adult care homes under the supervision of a registered physical therapist

### **Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course**

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Field-Related Technologies
  - Through the utilization of skills and knowledge learned, the student will demonstrate safe and effective means of using restorative exercises to promote optimal functioning of aging adults.

Secondary skills (developed but not documented):

Time Management  
Teamwork  
Listening  
Nonverbal Communication  
Effective Relationships  
Ethical Conduct  
Problem Solving

### **Major Summative Assessment Task(s)**

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. Completing a clinical performance exam of restorative exercises in the lab

## **Course Content**

- I. Themes – Key recurring concepts that run throughout this course:
  - A. Safety
  - B. Confidentiality
  - C. Team work
  - D. Client independence
  - E. Comparison of relationships of aging, medical conditions, disabilities
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
  - A. Awareness of and understanding of the relationships between physical aging and medical conditions on mobility
  - B. Understanding of body structure, especially bones and muscles
  - C. Respect for the aging client's independence
  - D. Recognition of one's own attitudes about aging
- III. Concepts – Key concepts that must be understood to address the issues:
  - A. Awareness of anatomy and physiology of the musculoskeletal system
  - B. Understanding scope of practice of the restorative nurse aide
  - C. Following the resident's care plan when giving restorative care
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Describe a rehab unit and how it functions
  - B. List effects of aging, inactivity, and disability
  - C. Identify basic anatomy and how the body moves
  - D. Recognize medical problems that interfere with functional independence
  - E. Identify how to help residents in ways that will promote independence
  - F. Describe what to look for when helping someone walk
  - G. Demonstrate how to help someone perform basic exercises
  - H. Identify and use common equipment used in rehabilitation
  - I. Discuss responses and activities to improve balance

## **Learning Units**

- I. Purpose of rehabilitation services
  - A. Maintain
  - B. Improve
- II. The rehabilitation unit
  - A. Team members
  - B. Rehabilitation settings
- III. Types of rehab
  - A. Skilled
  - B. Restorative
  - C. Functional
- IV. Anatomy and Kinesiology
  - A. Anatomical position

- B. Anatomical terms
  - C. Joints
  - D. Upper extremity
  - E. Lower extremity
  - F. Head and neck
  - G. Trunk
- V. Abbreviations common to rehabilitation
- VI. Patient handling
- A. Body mechanics
  - B. Positioning, positioning devices, splints
  - C. Transfers
- VII. Exercise
- A. Range of motion
  - B. Strengthening
  - C. Flexibility
  - D. Balance
  - E. Cardiovascular
  - F. Ambulation
- VIII. Common conditions
- A. Alzheimer's disease
  - B. Amputation
  - C. Arthritis
  - D. Hip fracture, total hip replacement
  - E. Total knee replacement
  - F. Osteoporosis
  - G. Compression fractures
  - H. Diabetes, diabetic foot care
  - I. Multiple Sclerosis
  - J. Organic brain syndrome
  - K. Parkinson's disease
  - L. Pulmonary or breathing disorders
  - M. Skin ulcerations
  - N. Stroke, brain attack
- IX. Therapy equipment
- A. Wheelchair considerations
  - B. Modalities
- X. Therapy dogs
- A. Therapeutic results
  - B. Training and handling

C. Motivation

XI. Bowel and bladder routines

A. Retraining

B. Toileting

XII. Documentation

A. The resident's medical record

B. The resident's nursing care plan

C. Legal aspects

### **Learning Activities**

Independent and collaborative learning activities will assist the student to achieve the intended learning outcomes. The student must attend all four class sessions, plan and execute one in-service presentation, write a restorative aide note, and prepare an overall care plan. The following teaching/learning activities will assist the student to achieve course outcomes: lecture, audio-visual aids, class discussion, unit tests, demonstration, return demonstration, supervised experience in simulated lab, and in-service presentations.

### **Grade Determination**

The student will be graded on assessment tasks, class participation and discussion as well as other methods of evaluation at the discretion of the instructor. The student must complete the required activities and successfully demonstrate all skills requested by the instructor.