**Suggested Answers to Assignments, Chapter 39, Caring for People With Rehabilitation Needs**

| Written Assignment | Learning Objectives |
| --- | --- |
| Assignment #1. Students will complete Chapter 39 of *Lippincott Workbook for Nursing Assistants.* | 1– 10 |

| Group Assignments | Learning Objective |
| --- | --- |
| Assignment #1. Students will divide into groups and each group will be assigned a phase of the rehabilitation process.   * Acute phase * Subacute phase * Chronic phase   Characteristics of each phase should include:   * Acute   + First 24 hours   + Goal is to keep the person alive * Subacute phase   + The first week after the acute phase   + Stabilizing the medical condition   + Preventing complications associated with immobility * Chronic phase   + Intense rehabilitation begins as soon as the person is stabilized   + Restoration of independence, communication, cognitive skills, mental health, vocational skills   + Provide education to prevent future complications | 4 |
| Assignment #2. Students’ discussion should include:   * Responsible for encouraging patients and residents to practice skills and techniques learned in rehabilitation * Responsible for carrying out many actions specified in the person’s care plan * Know how to use any special equipment and how to assist the person to use it * Observe for and report any changes, positive or negative, related to restorative or rehabilitation care   + Changes in vital signs during or after restorative or rehabilitative care   + Pain, swelling, redness, or signs of infection around supportive or prosthetic devices   + Signs of depression or excessive frustration   + Excessive difficulty with a new rehabilitation technique or treatment | 8 |

| Clinical Assignments | Learning Objective(s) |
| --- | --- |
| Assignment #1. Arrange for the students to tour a rehabilitation unit. A therapist speaker might include:   * Physical therapy * Occupational therapy * Cardiac rehabilitation * Dietary * Speech--language pathology * Emotional therapy and coping strategies * Devices used—supportive, assistive, prostheses * Goals of certain types of rehabilitation * The three phases of the rehabilitation process * Responsibilities of key members of the rehabilitation team * Factors that can affect the outcome * Vocational rehabilitation | 6,7, 8 |
| Assignment #2. Arrange for a person who has experienced a disabling illness or injury to talk with the class about his or her experience. Request the person to include:   * Initial awareness of disability * Emotional response to disability * Rehabilitation process * Members of the health care rehabilitation team * Coping strategies | 3,5, 7, 8,9,10 |
| Assignment #3. Students will observe the occupational therapy activities and will discuss these activities with the clinical group. Discussion will include:   * Occupational therapy that focuses on maintaining or improving skills that involve smaller muscles and smaller movements * Focuses on restoring or attaining maximum ability to do the activities of daily living * Supportive and assistive devices * Exercises | 6 |

| Web Assignment | Learning Objective |
| --- | --- |
| Assignment #1. Students can enter “stroke recovery statistics” to locate websites such as:  <http://stroke.about.com/od/strokestatistics/a/StrokeStats.htm> | 10 |