# Answers to Questions in the Workbook, Chapter 39, Caring for People With Rehabilitation Needs

Activity A FILL IN THE BLANKS

1. One of the goals of the health care team is to help patients and residents learn to manage their disabilities and regain as much independence as possible.
2. Many of the patients or residents that you will care for have some degree of disability, or impaired function.
3. The process of helping a person with a disability to return to their highest level of physical, emotional, or economic function is known as rehabilitation.
4. OBRA requires long-term care facilities to provide rehabilitation services that meet the specific needs of the residents who live in the facility.
5. The care provided by all of the members of the health care team that supports the rehabilitation effort is called restorative care.

Activity B TRUE OR FALSE

1. T
2. F. Traumatic injuries that involve the brain and spinal cord are VERY LIKELY to require long-term rehabilitation.
3. F. The rehabilitation effort focuses on the individual needs and capabilities of the PATIENT OR RESIDENT.
4. T

Activity C SHORT ANSWER

Specialized rehabilitation centers provide services for people with brain and spinal cord injuries, stroke, burn injuries, acute mental illness, and drug or alcohol addiction. Students may know of others.

Activity D IDENTIFY THE PHASES

1. C
2. S
3. C
4. A
5. S
6. C

Activity E MATCHING

1. d
2. a
3. b
4. e
5. c

Activity F MULTIPLE CHOICE

1. b
2. d
3. c
4. a
5. b

Activity G SHORT ANSWER

A person with a positive attitude and good coping skills is more likely than a person with a negative attitude and poor coping skills to have a positive rehabilitation outcome.

Activity H CHOOSE THE RIGHT ANSWER

1. X
2. X
3. X

Activity I SHORT ANSWER

* The person’s attitude and coping skills
* The response of family members and caregivers to the person’s disability
* The person’s overall health status
* The person’s age

Activity J CHOOSE THE RIGHT ANSWER

1. X
2. X
4. X

Activity K SHORT ANSWER

1. The holistic approach focuses on the whole person—their needs, well-being, and abilities, not just their disabilities. Mrs. Sanjay has unique emotional, social, and spiritual needs in addition to her physical needs. Rehabilitation, which in some cases can take a very long time, can be very frustrating for the person who is trying to overcome a disability. If you sense that Mrs. Sanjay is becoming depressed, angry, or frustrated, report this to the nurse. The nurse and the other members of the rehabilitation team will be able to help Mrs. Sanjay work through these feelings, so that she can again focus on recovery.
2. Rehabilitation is the process of helping a person with a disability to return to their highest level of physical, emotional, or economic function. Rehabilitation is achieved through restorative care, which includes treatment, education, and the prevention of further disability. As a nursing assistant, you will play a key role in the successful rehabilitation of Mr. Chin. You will observe Mr. Chin for any physical changes, positive or negative, that are related to the rehabilitation. You will reassure, encourage, listen to, and praise Mr. Chin, as he struggles with the challenges that rehabilitation brings.

Activity L MATCHING

1. d
2. e
3. a
4. b
5. c

Activity M FILL IN THE BLANKS

1. Disability is impaired function and can be physical, mental, or emotional.
2. Restorative care is the care provided by the health care team that supports the rehabilitation effort.
3. During the chronic phase of rehabilitation, the health care team focuses on helping the person regain lost function.
4. Rehabilitation involves a team of people working together to address the specific needs of the patient or resident.
5. Physical therapy focuses on helping the person regain or maintain strength, endurance, coordination, balance, posture, and flexibility.
6. Emotional rehabilitation focuses on helping the person come to terms with the disability and cope with loss.
7. Because of the unique relationship that develops between the nursing assistant and the people they care for, the nursing assistant becomes the eyes and ears of the rehabilitation team.
8. Rehabilitation for disorders of the digestive, urinary, and reproductive systems involves measures such as bowel and bladder training.