**Guided Lecture Notes, Chapter 39, Caring for People With Rehabilitation Needs**

Learning Objective 1. Define the terms *rehabilitation* and *restorative care*. (Refer to PowerPoint slides 2 to 4.)

* Define rehabilitation and restorative care.
* Provide examples of each.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 2. Explain why a person may require rehabilitation services, restorative care, or both. (Refer to PowerPoint slide 5.)

* Discuss the role trauma places in the need for both rehabilitation and restorative care.
* Identify sources of trauma such as accidental injury (falls), surgical procedures, and degenerative disorders (arthritis).
* Discuss how mental illness and substance and alcohol abuse can also be addressed with rehabilitation.
* Discuss how military injuries have put a new emphasis on rehabilitation and restorative therapy for injuries, such as missing limbs, head injuries, and posttraumatic stress disorder.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 3. Describe the major goals of rehabilitation and settings where it can take place. (Refer to PowerPoint slides 6 to 10.)

* Discuss the goal of reaching or maintaining an individual’s highest level of physical, emotional, and economic function.
* Discuss the importance of function on an individual’s quality of life.
* Discuss how best to assist an individual adjust to permanent changes resulting from trauma and/or disease to include new skills and/or equipment.
* Identify the various locations where rehabilitation services can be accessed: acute care, long-term care, short-term care, and outpatient facilities, as well as in the patient’s home.
* Discuss the primary focus of each.
* Emphasis how each individual's nursing care plan is highly individualized.
* Provide local examples of each.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 4. List and define the three phases of the rehabilitation process. (Refer to PowerPoint slides 11 to 13.)

* Identify and compare the phases of the rehabilitative process: acute, subacute, and chronic.
* Provide examples of each.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 5. Describe the responsibilities of the key members of the rehabilitation team. (Refer to PowerPoint slide 14.)

* Identify and discuss the role of each potential member of the rehabilitation team.
* Refer to Table 39-1.
* Discuss the needs of various patients and the health care specialties that should be represented on their rehabilitation team.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 6. Describe different types of rehabilitation that may be used in a rehabilitation program. (Refer to PowerPoint slides 15 to 21.)

* Discuss the focus of the various types of rehabilitation including:
* Physical therapy
* Occupation therapy
* Emotional rehabilitation
* Speech-language pathology
* Vocational rehabilitation
* Bring examples of the various devices to class and demonstrate their use; allow students to try using.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 7. Identify factors that can affect the outcome of the rehabilitation effort. (Refer to PowerPoint slides 22 and 23.)

* Discuss and provide examples of the impact that the following have on an individual’s rehabilitation:
* Attitude and coping skills
* Response of family/caregivers to disability
* Overall health status
* Age
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 8. Discuss the nursing assistant’s role in rehabilitation and restorative care. (Refer to PowerPoint slides 24 to 29.)

* Refer to Guidelines Box 39-1.
* Discuss the various responsibilities identified.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 9. Describe how the concept of humanistic care applies to rehabilitation and restorative care. (Refer to PowerPoint slides 30 and 31.)

* Clarify that spiritual, social, and emotional support are equally as important as physical care to the rehabilitation and restoration processes.
* Discuss examples of encouraging a patient without instilling false hope regarding their long-term progress.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 10. Identify rehabilitation measures that are commonly used for different body systems. (Refer to PowerPoint slides 33 to 38.)

* Discuss the various body systems and provide examples of rehabilitative measures appropriate to each system:
* Integumentary
* Musculoskeletal
* Cardiovascular
* Nervous
* Endocrine
* Urinary
* Reproductive
* Digestive
* Have learners refer to learning activities located at the end of the chapter.