

Rehabilitation

Definition

- A dynamic , active program that enables an ill and disabled person to achieve his greatest possible level of physical , psychological , mental , social and economic efficiency.
- Rehabilitation has been called the third phase of medicine .
- The first comprehensive program in R.was started in 1947 at the Bellevue Hospital in New York City.

Phases of medicine

- 1. Prevention
- 2. Diagnosis & treatment
- 3. Convalescence & rehabilitation

Modern rehabilitation

- Is a process whereby a patient adjusts to a handicap by learning how to integrate all of his resources and to concentrate more on existing abilities than on the permanent disabilities he must live with .

Rehabilitation Concerns

- 1. Individual
- 2. Nation

Rehabilitation trend

- Rehabilitation trend includes :-
- 1. Physically , mentally , emotionallyhandicapped (including those suffering from cancer).
- 2. The aged and those who are disadvantaged due to poverty or social deprivation.

The rehabilitation team

- Rehabilitation is a creative process requires a team people working together & contributing specialized services for a common goal.

Criteria & function of R. team

1. It represents a variety of disciplines.
2. Each health professional makes a unique contribution.
3. Rehabilitation team members meet in group sessions at frequent intervals to evaluate the patient progress.
4. Collaborates in making plans and necessary program changes.

The R. nurse responsibilities

1. Developing a patient care plan directed toward defined patient goals .
2. Coordinating the actions of other team members toward patient goals.

The R. nurse role

1. Establishing a sustained & supporting relationship with patient.
2. Applies nursing assessment , intervention , evaluation in :-
 - skin care
 - positioning
 - transfer techniques
 - bladder & bowel management
 - nutrition
 - psychosocial support
 - patient & family education

Functions of R. nursing according to ANA Standards of R. Nsg Practice

It specified functions as follows:-

1. Collecting data on the health status of patient.
2. Developing a nursing plan
3. Developing goals for nursing care
4. Prescribing action to meet the goals

5. Implementing the nursing care plan
6. Evaluating the nursing care plan
7. Re assessing & recording priorities & setting new goals

Rehabilitation team professionals

1. Nurse
2. Physicians
3. Psychiatrists
4. Physical therapists
5. Psychologists

6. Occupational therapists
7. Social workers
8. Vocational counselors
9. Rehabilitation engineers
10. Sex counselors

Threats of patient with a prolonged illness or disability

1. Contractures
2. Pressure sores
3. Bladder problems
4. Bowel problems

Contractures

- They result when muscles are not used or joints are not put through their full range of motion.

Contracture : It is actually shortening of the muscle which leads to deformity.

Pressure sores : When tissues do not receive adequate nourishment , circulation , and exercise , they tend to deteriorate and to atrophy.

Bladder & bowel difficulty: They may result from disease , injury , shock ..

Major goals of the nurse in rehabilitation

1. To prevent deformities & complications .
2. To motivate , teach , and support patient during the daily activities of living.
3. To refer patient for proper follow-up care and supervision .

Reasons for changing body position

Unless contraindicated, patient should be turned frequently to :-

1. Prevent contractures
2. Stimulate circulation & help preventing thrombophelibites, pressure sore, and edema of the extremities .

Reasons for changing body position

- 3 . Promote lung expansion
4. Promote drainage of respiratory secretions.
5. Relieve pressure on a body area.

Types of positions

1. Dorsal or supine
2. Lateral position (side lying)
3. Prone position
4. Fowler position
5. Semi fowler position