



# Role of Restorative Nursing Aids (RNA) & Guidelines for Use

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# Restorative Nursing Aide/Assistant (RNA)

- ▶ **Health-care professionals** who are responsible for providing restorative and rehabilitation care for residents/patients to **maintain or regain physical, mental and emotional well-being**.
  - ▶ Prevents or slows loss of function
  - ▶ Decrease falls and increase strength
  - ▶ Minimizes depression, social isolation & complications of immobility.
- ▶ Resources for RNA training after the references.





# RNAs Follow a Measurable, Objective Nursing Plan of Care

*Goal: Resident will participate in supervised dressing and grooming program 5x/week for 30 min with stand by assistance to maintain self-care skills.*

- ▶ Initiated by therapy or nursing but in either case is ultimately supervised by nursing.
- ▶ Reassessment should include progress, frequency/duration as part of the care planning process.
- ▶ If a therapist that establishes a program leaves, the nursing supervisor can continue the program.



## O0500: Restorative Nursing Programs

### O0500. Restorative Nursing Programs

Record the **number of days** each of the following restorative programs was performed (for at least 15 minutes a day) in the last 7 calendar days (enter 0 if none or less than 15 minutes daily)

Number of Days	Technique
<input type="checkbox"/>	A. Range of motion (passive)
<input type="checkbox"/>	B. Range of motion (active)
<input type="checkbox"/>	C. Splint or brace assistance
Number of Days	Training and Skill Practice In:
<input type="checkbox"/>	D. Bed mobility
<input type="checkbox"/>	E. Transfer
<input type="checkbox"/>	F. Walking
<input type="checkbox"/>	G. Dressing and/or grooming
<input type="checkbox"/>	H. Eating and/or swallowing
<input type="checkbox"/>	I. Amputation/prostheses care
<input type="checkbox"/>	J. Communication

### Nursing Home Care Act of Oklahoma (included but not limited to):

- bowel and bladder training,
  - behav modification,
  - remotivation,
  - reality orientation,
  - reminiscent therapy

OK State Dept of Health Chap 675



# Point of Care

- ▶ **Admission**, if not a candidate for rehab
- ▶ When restorative needs arise during a long term stay.
- ▶ In **conjunction with formal rehab**
  - ▶ “Generally” initiated when a resident is discharged from OT, PT or SLP.





# Range of Motion

## Active Range of Motion

- ▶ Cueing, supervision or physical assistant to follow an established program which includes intensity, frequency, and duration (10 reps, 3x/day for 8 weeks).



## Passive Range of Motion

- ▶ RNA does the movements for the client.
- ▶ Established programs should include:
  - ▶ How to recognize/manage pain
  - ▶ Intensity, frequency & duration
  - ▶ Need for cleaning during stretch (hand)



# Splint Management

- ▶ RNA follows therapy or nurse schedule for wearing a splint.
- ▶ Removing the splint should include:
  - ▶ Assess for pressure/pain/redness & swelling
    - ▶ Verbal & non-verbal pain responses
  - ▶ Cleaning hand & splint
  - ▶ Position hand/arm comfortably.
- ▶ Putting on Splint should include
  - ▶ Appropriate placement of spl & straps
  - ▶ Position hand/arm comfortably
- ▶ Document wear and report complications.



# Self-Care Programs



Dressing

Bathing &  
Grooming

Eating &  
Swallowing

- ▶ When possible, **we are to consider individual or cultural preferences.**
  - ▶ Bathe in afternoon vs. morning
  - ▶ Dress & groom before breakfast
  - ▶ Eat all of one food, then the next food.
  - ▶ **Document this in the plan** to demonstrate patient-centered care.



# Behavioral Modification

- ▶ Use established care plan to minimize negative behavior (and reduce use of medications)
  - ▶ Massage, music, garden at **specific time**, or **at first sign of behavior**.
  - ▶ Encourage meaningful activity





# Case Study



- ▶ Mrs. M had a **left stroke** resulting in R side paralysis **2 weeks ago**. She has been admitted to your SNF for evaluation. She has limited endurance and is maximal assistance for all self-care and wheelchair mobility and presents with expressive aphasia. Should you?:
- ▶ A. Refer to OT, PT and SLP for skilled therapy.
- ▶ B. Develop a restorative nursing program for non-skilled services.



# Case Study: Mrs. M 4 weeks later

Mrs. M is steadily progressing with self-care, mobility and speech.

- ▶ OT made Mrs. M a **R hand splint** which should be worn 2 hours daily but it is **difficult to follow-through on the schedule**.
- ▶ She continues to have need for **PROM in her UEs** but it is **not considered skilled therapy** at this point.

How could the facility manage these issues?

- ▶ A. Continue to have OT and PT do PROM, even if not skilled.
- ▶ B. Develop a restorative nursing program for PROM and splint wear with feedback on intensity, frequency and duration from rehab therapists.



# Case Study- Mrs. M 12 weeks later.

Mrs. M has been in rehab therapies for 12 weeks and is no longer making significant progress in skilled therapy. Current status is:

- ▶ Min assist and cues for all self-care and cues to use weak hand in activity
- ▶ Walking with rolling walker and AFO for foot with SBA and cues.
- ▶ Performs exercise for arms and legs with min assist and verbal cues
- ▶ Continues to have need for splint wear.

Which restorative nursing programs would Mrs. M benefit from?

How can you individualize the program for Mrs. M?



# References

- ▶ TITLE 310. OKLAHOMA STATE DEPARTMENT OF HEALTH CHAPTER 675. NURSING AND SPECIALIZED FACILITIES "Unofficial Version" Retrieved from Oklahoma Secretary of State Administrative Rules, Administrative Rules Search, <https://rules.ok.gov/code>, Accessed 11 July 2022.
- ▶ CMS LTC Facility Resident Assessment Instrument 3.0 (version 1.17.1) [https://downloads.cms.gov/files/mds-3.0-rai-manual-v1.17.1\\_october\\_2019.pdf](https://downloads.cms.gov/files/mds-3.0-rai-manual-v1.17.1_october_2019.pdf), Accessed Jan 2023.



# Resources for Training the RNA

- ▶ Care Providers of Oklahoma
- ▶ Feb 27, 2023
- ▶ Structuring Restorative & Restorative Nursing Program
  
- ▶ Feb 28<sup>th</sup>
- ▶ RNA training 8-5



# Resources for Training the RNA

Wecareonlineclasses.com (32 hours of online classes)

- ▶ What a rehabilitation unit is and how it functions.
- ▶ **Effects of aging, inactivity, and disability.**
- ▶ Basic **anatomy and how the body moves.**
- ▶ Medical problems that will interfere with functional independence.
- ▶ How to help residents in ways that will **promote independence.**
- ▶ What to look for when **helping someone walk.**
- ▶ How to help someone perform **basic exercise.**
- ▶ **Common equipment** used in rehabilitation.
- ▶ Basic **balance responses** and activities to improve balance.
- ▶ **Ways to interact** with residents.