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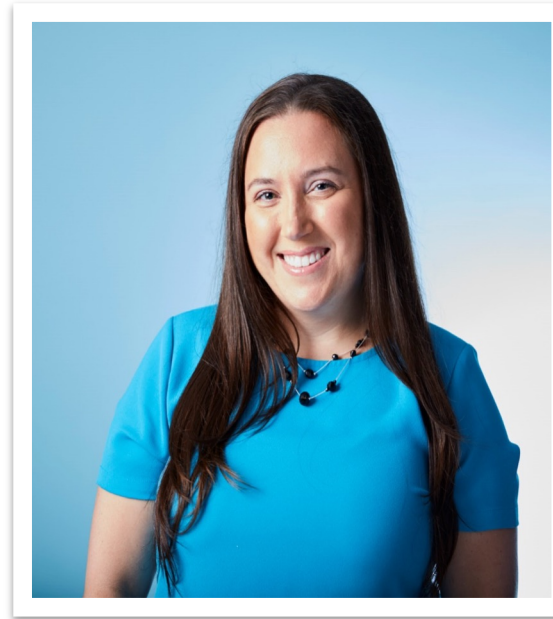
Best Practice Considerations for Aging Services - Pros

Restorative Care to Maintain and Improve Function

Let's Connect!



Sue LaGrange, RN, BSN, NHA
Chief Nursing Officer
Pathway Health



Tiffany Robinson, BSW
Training Specialist
ComForCare Franchise Systems

Objectives

Upon completion of this presentation, participants should be able to:

1. Identify the basic components of nursing restorative care and services
2. Discuss strategies to educate caregivers for implementation
3. Describe the benefits of restorative care and services



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Importance of Restorative Nursing– Care Continuum

The Last Several Years.....

- Individuals were less mobile during the Pandemic
- Focus on Infection Prevention and Control
- Staffing challenges
- Some individual's function may have declined
- New staff
- Agency staff



Purpose of Restorative Nursing

The purposes of having a Restorative Nursing program are multifaceted. The successful restorative program assists the patients/customers to:

- Attain and maintain their highest level of function
- Maintain or re-attain the dignity and self worth
- Prevent complications of chronic conditions
- Prevent deterioration
- Reduce level of care required to perform daily tasks

Getting Back to the Basics!

Restorative Nursing Should Be.....

1. Based on the individual's identified needs and preferences
2. Coordinated with formal therapy
3. Need to be planned, organized and documented (not part of routine care)
4. Programs aimed towards improving or maintaining function
5. Care Planning should identify individualized goals and interventions (ongoing review for revisions)



Promoting Function



Promoting a higher level of function requires:

- Identification of what the individual actually does for him/herself
- Identification of assistance needed and what level
- 24/7 view must be considered – as function may vary
- Multiple sources are required in the assessment

Potential Causes – Loss of Functional Ability

- Cognitive deficits
- Physical/neurological deficits
- Stamina
- Muscle tone
- Balance
- Bone strength
- Side effect of medications





Individuals admitted to your services, may have received restorative nursing in a Long-Term Care Facility



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Basic Components of Nursing Restorative Care and Services

Restorative Nursing Programs

Urinary Toileting
Program and/or
Bowel Toileting
Program

Passive Range of
Motion (PROM)

Active Range of
Motion (AROM)

Splint or Brace
Assistance

Bed Mobility

Transfer

Walking

Dressing and/or
Grooming

Eating and/or
Swallowing

Amputation or
Prostheses Care

Communication

Determining an Individual's Need for a Restorative Nursing



Assessment Process

- Client history
- Client's goals and desire to improve function
- Diagnoses
- Functional assessment
- Collaboration with formal therapy
- Development of a person-centered plan of care



Elements of a Solid Restorative Program

- Policies and Procedures
 - Best Practice approach
 - Regulatory Compliance
- Staff Education
- Relationship with Formal Therapy
- Program Implementation
- Oversight and Evaluation
- Revisions to the Program



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Strategies to Educate Caregivers for Implementation

EDUCATIONAL NEEDS OF THE NURSING STAFF

Ongoing Training

- How often do we have educational opportunities?
- Are we only doing the “required” training?
- Are we PROACTIVE or REACTIVE?
- How are we verifying competency?



Training Implementation

- The importance of planning and preparation (required and beyond).
- How to be successful (moving into the virtual training world).
- Visiting In-person training options.
- Emphasizing a change in perspective on care (restoring independence!).
- Ongoing surveillance and maintenance.
- Equipped with ongoing tools for success



“Well-trained and dedicated employees are the only sustainable source of competitive strength”

- Robert Reich

Example of a Restorative Program in Action

Client/Patient Example:

- Condition, highest level of function.
- Long-term, ongoing process.
- Consistency of level of services being provided.
- Increased independence.



Professional Care Team Training:

- How is training provided?
- How are skills tested/maintained?
- What is gained in a long term program?



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Benefits of Restorative Care and Services

BENEFITS of a Restorative Program

Customer Benefits

- Attain functional goals
- Promote dignity and feelings of self-worth
- Promote adaptation to physical and medical changes
- Maintain independence
- Prevent functional decline



BENEFITS of a Restorative Program

Organization Benefits:

- Delivery of quality care
- Remaining competitive in the industry



BENEFITS of a Restorative Program

Employee Benefits:

- Enhancement of relationship between clients and care provider.
- Motivation and job satisfaction.
- Boost communication.
- Professional growth.



Best Practices In Action

- Identify individual's needs based upon assessment and preferences
- Develop a person-centered plan of care
- Evaluate individual's response to interventions
- Revise plan as necessary



Best Practices Across the Care Continuum



- Preparation
 - Preadmission Assessment Tool
- Communication—both ways
 - Ask the right questions
 - Dig a little deeper
 - What Restorative Programs were successful?
 - What interventions are reasonable and effective to reinforce?
 - Are there strategies to prevent decline?

Takeaways, Tips and Resources

- The importance of function is crucial
- Client involvement in the plan of care to strive for optimal outcomes
- Transition of care communication is essential for success
- The importance of the role of function in overall health





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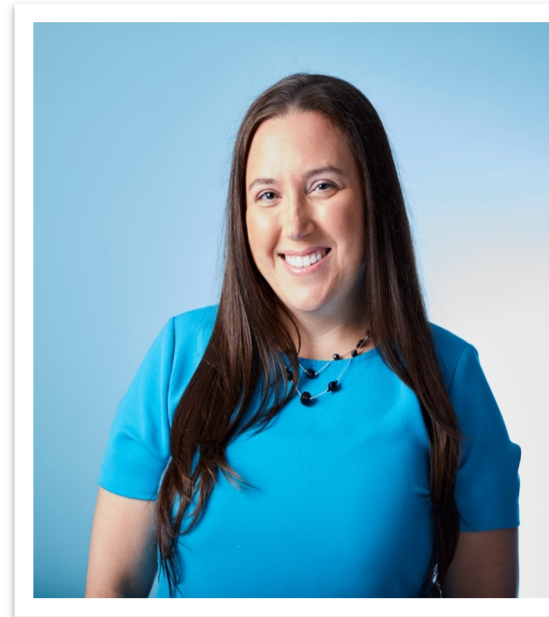
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Question and Answers

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Thank You!



Helpful Resources

Centers for Medicare & Medicaid Services. State Operations Manual, Appendix pp, Guidance to Surveyors for Long Term Care Facilities. (Rev. 173, 11-22-17). Baltimore: Author.
https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltc_f.pdf

Centers for Medicare & Medicaid Services. MDS 3.0 RAI Manual:
<https://www.cms.gov/medicare/quality/nursing-home-improvement/resident-assessment-instrument-manual>

Aegis Therapies. Restorative Care vs. Rehabilitation, June 29, 2023:
<https://aegistherapies.com/blog/restorative-care-versus-rehabilitation/>

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