

# Nursing Restorative Program Examples

- **Bed Mobility**
  - Instructions
    - Encourage/cue patient to help with turning/rolling side to side in bed as able.
    - Encourage/assist with repositioning every 2 hrs.
    - If able have patient use arms and bend knees to push with foot to move up in bed, being mindful to lift buttocks area to prevent friction/tear and causing skin breakdown.
    - Have patient use side rails to aid in repositioning.
  - Frequency
    - 3-5 times per shift
  - Goal
    - Patient will regain baseline independence in bed mobility (turning side to side, repositioning self in bed, and moving from laying to sitting position)
- **Lower Body Dressing**
  - Instructions: Please assist patient with lower body dressing in the following ways to support progress with independence:
    - Lower Body Dress seated at EOB:
      - Setup assist of all clothing, reacher, long-handled shoe horn, and sock pull.
      - SBA with Min A as needed for dressing of brief, pants, socks, slippers or shoes
      - Cue to dress effected limb first (right)
      - Cue to adhere to hip precautions.
  - Frequency
    - Daily
  - Goal
    - Patient will improve independence with lower body dressing, requiring SBA while adhering to hip precautions
- **Feeding/Eating**
  - Instructions: Please assist patient with feeding in the following ways to support progress with independence:
    - Have patient up in wheelchair or at 90 degrees in bed
    - Set-up tray and have food/drinks/utensils within patient's reach
    - Cue to pick up and hold utensil or food and bring to mouth
  - Frequency
    - 3-4 times a day for all meals and snacks
  - Goal
    - Improve ability to feed oneself by being able to hold feeding utensils, cups, food, etc. and bringing to mouth independently.
- **Free Water Protocol**
  - Instructions
    - Oral care before offering water.
    - Patient may have up to 180cc thin water between meals.
    - No other thin fluids. NO food allowed while drinking thin fluids.
    - Bolt upright at 90 degrees. No straws.
    - If wet voicing occurs cue to clear throat or cough then dry swallow.
  - Frequency
    - 3-4 times per day
  - Goal

# Sample Restorative Nursing Programs

**Jicheng Xie**



## **Sample Restorative Nursing Programs:**

## Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Sample Restorative Nursing Programs**

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