

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 shear 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

Barbara Acello



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