

ZIMMET HEALTHCARE SERVICES GROUP, LLC

Restorative Nursing: A Guide for Program Implementation is designed to introduce the concepts of restorative/rehabilitative nursing and to assist in development of a Restorative Nursing Program in a SNF.

The manual provides the user with an overview of current federal guidelines, policies, procedures and job descriptions for nursing staff. The manual includes various forms that we recommend for daily use in implementing and maintaining a successful program.

Rehabilitation/Restorative Nursing is not a new concept, it has been taught in nursing schools for many years. The principles of restorative nursing are now more important to the post-acute care industry than ever before. Recent regulatory and reimbursement developments such as Medicaid payment systems based on acute levels and Medicare's Prospective Payment System (PPS) have economically and clinically justified the formalization of these programs in every Skilled Nursing Facility throughout the country.

TABLE OF CONTENTS

SECTION 1 – INTRODUCTION

SECTION 2 – OVERVIEW OF RESTORATIVE NURSING PROGRAMS

- A. History of Restorative Nursing
- B. Definition of Restorative Nursing
- C. Federal Regulations
- D. Formal Rehabilitation v. Restorative Nursing
- E. Restorative Nursing Services
- F. Coordination Between Nursing and Therapy Services
- G. Reasons for Providing Restorative Nursing
- H. Types of Restorative Nursing Programs
- I. Reimbursement Impact

SECTION 3 – GETTING STARTED

- A. Goals of a Restorative Nursing Program
- B. Staffing Structure
- C. Program Structure
- D. Restorative Nursing Coordinator
- E. Restorative CNA
- F. Assessing and Identifying Restorative Nursing Candidates

SECTION 4 – RESTORATIVE NURSING PROGRAMS

- A. Restorative Nursing Criteria
- B. Restorative Nursing Approaches
- C. Staff Tips to Promote Resident Success
- D. Range of Motion Techniques
- E. Range of Motion Definitions
- F. Range of Motion Guidelines

- G. Conditions Requiring Special Consideration
- H. Passive Range of Motion (PROM) Exercises
- I. Active Range of Motion (AROM) Exercises
- J. Splint or Brace Assistance Technique
- K. Bed Mobility Training and Skill Practice Program
- L. Transfer Training and Skill Practice Program
- M. Walking Training and Skill Practice Program
- N. Dressing and/or Grooming Training and Skill Practice Program
- O. Eating and/or Swallowing Training and Skill Practice Program
- P. Amputation/Prosthesis Care Program
- Q. Communication Program
- R. Toileting Program

SECTION 5 – DOCUMENTATION FOR RESTORATIVE NURSING PROGRAMS

- A. Restorative Nursing Documentation
- B. Maintenance of Documentation Records
- C. Care Plan Documentation
- D. Special Considerations Under RUGs
- E. Quality Assurance and Quality Improvement Plans

SECTION 6 – FORMS

ZIMMET HEALTHCARE SERVICES GROUP, LLC

4006 Route 9 South
Morganville, New Jersey 07751
Toll Free 877-SNF-2001

Telephone (732) 970-0733
Facsimile (732) 970-0736

Restorative Nursing: A Guide for Program Implementation ORDER FORM

Please ship me _____ copy(ies) of Restorative Nursing: A Guide for Program Implementation at \$89.95 plus \$12.50 shipping and handling per manual to:

Billing Address:

Name: *(As it appears on the credit card selected below)*

Personal Card []

Business Card [] Name of Facility: _____

Street Address: _____

City: _____

State: _____ Zip Code: _____ Phone: _____

Shipping Address: (If different from above)

Name: _____

Street Address: _____

City: _____

State: _____ Zip Code: _____

Credit Card: _____Mastercard _____ Visa _____ Discover _____ Amex

CC#: _____

Expiration Date: ____/____

Credit Card Security Code: _____

Signature: _____

Please fax this completed order form to (732) 970-9736 for immediate processing