Q: Rehabilitation Nursing
Major Competency Area: **Q**
Rehabilitation Nursing

Priority: **One**

Competency: **Q-1**
Apply the Rehabilitation Process

Date: September 1, 2005

A Licensed Practical Nurse will:

**Q-1-1** Demonstrate knowledge and ability to apply critical thinking and clinical judgment to adapt the nursing process to rehabilitation nursing.

**Q-1-2** Demonstrate knowledge of the rehabilitation continuum and the progression of the client through an episodic illness or trauma.

**Q-1-3** Demonstrate knowledge of rehabilitation as re-education of one who has been ill or injured.

**Q-1-4** Demonstrate knowledge of the purpose of rehabilitation to return clients to optimal functioning.

**Q-1-5** Demonstrate knowledge of the multiple roles of the rehabilitation nurse such as:
- advocate
- caregiver
- coordinator
- counselor
- educator
- integrator
- researcher.

**Q-1-6** Demonstrate the ability to apply principles of evaluation to the assessment of client and family’s progress toward rehabilitation.
Major Competency Area: Q
Rehabilitation Nursing

Priority: One

Competency: Q-2
Assessment and Provision of Rehabilitation Process

Date: September 1, 2005

A Licensed Practical Nurse will:

Q-2-1 Demonstrate ability to apply the nursing process to the health assessment of the rehabilitation client.

Q-2-2 Demonstrate knowledge and ability to perform full health assessment on the client such as:
- pain
- physical status and changes
- performance of activities of daily living
- neurological changes
- current abilities and strengths
- changes in abilities and strengths
- elimination alternations
- emotional state and response to loss
- nutritional needs
- cultural and religious influences
- sexuality alterations
- ability to follow self medication program
- need for adaptive and environmental aids
- effective use of aids
- response to treatment.

Q-2-3 Demonstrate ability to provide a variety of interventions to assist client and family to deal with physical, cognitive, and perceptual deficits.

Q-2-4 Demonstrate ability to provide for relief of pain through pharmacological and non-pharmacological pain management strategies.
A Licensed Practical Nurse will:

Q-2-5 Demonstrate knowledge and ability to provide specific rehabilitation therapies and safely use equipment and devices to promote self care in activities of daily living.

Q-2-6 Demonstrate knowledge and ability to modify nursing interventions based on objective and subjective assessment of client to facilitate improved coping with functional deficits.

Q-2-7 Demonstrate ability to explore the client’s and family’s perceptions, and concerns regarding functional deficits.

Q-2-8 Demonstrate knowledge and ability to follow the medical treatment / rehabilitation plan and provide nursing care to clients with multiple needs.

Q-2-9 Demonstrate knowledge and ability to provide clients ongoing education regarding the care and rehabilitation related to their specific disorders / injury.
Major Competency Area: Q
Rehabilitation Nursing

Competency: Q-3
Support and Teaching

Priority: Two

Date: September 1, 2005

A Licensed Practical Nurse will:

Q-3-1 Demonstrate ability to assess the learning needs of the client and family.

Q-3-2 Demonstrate ability to use effective communication skills and techniques to establish a therapeutic nurse - client relationship.

Q-3-3 Demonstrate ability to develop a plan to address the learning needs of the client and family considering areas such as:
- knowledge, skills, attitudes
- acceptance of limitations of the disability
- clients optimum level of functioning.

Q-3-4 Demonstrate ability to identify the coping mechanisms being used by the client and family.

Q-3-5 Demonstrate ability to select the appropriate time and place for client teaching, based on readiness, resources, and response.

Q-3-6 Demonstrate the ability to support the client and family as they cope with illness, loss, recovery, and rehabilitation.

Q-3-7 Demonstrate ability to provide emotional and psychological interventions to client and family throughout the rehabilitation process. (See Competency Band M)

Q-3-8 Demonstrate ability to assess on an ongoing basis the client and family response to treatment and care, and adjust teaching and support as required.
A Licensed Practical Nurse will:

Q-4-1 Demonstrate knowledge of the roles of the interdisciplinary team within the rehabilitation setting to facilitate the client’s return to highest level of functioning.

Q-4-2 Demonstrate ability to serve as client advocate making client’s views known to other health team members.

Q-4-3 Demonstrate ability to participate in establishing rehabilitation goals with the client and family and the interdisciplinary team.

Q-4-4 Demonstrate ability to contribute to the successful function of the interdisciplinary team by following through on the planned goals and activities.

Q-4-5 Demonstrate ability to facilitate discussion of client and family concerns within team conferences.

Q-4-6 Demonstrate ability to resolve conflicts among team members through effective use of communication techniques.

Q-4-7 Demonstrate ability to participate in the evaluation of the client’s and family’s progress towards rehabilitation goals.
A Licensed Practical Nurse will:

**Q-5-1** Demonstrate ability to identify the effects of loss and disability on the client and family.

**Q-5-2** Demonstrate ability to assess the transition the client and family must make for the client to return home.

**Q-5-3** Demonstrate ability to work with the interdisciplinary team to prepare the client and family to adapt to the changes / transitions necessary for the client to return home.

**Q-5-4** Demonstrate ability to identify social support systems which may assist client and family at home.

**Q-5-5** Demonstrate ability to participate as a member of the interdisciplinary team to arrange for the discharge of the client.

**Q-5-6** Demonstrate ability to identify and arrange community support and resources for the client upon discharge such as:
- home care
- central placement
- community rehabilitation
- community pharmacy
- Meals on Wheels
- social services.

**Q-5-7** Demonstrate ability to teach the client and family strategies for dealing with behaviours and attitudes they may encounter in the community.