

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.**

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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.**

Competency: **Q-2**

**Assessment and Provision of
Rehabilitation Process**

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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

Priority: **Two**

Competency: **Q-3**
Support and Teaching

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.**

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Competency: **Q-4**
Collaboration

Date: September 1, 2005

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.**

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Priority: **Two**

Competency: **Q-5**
Discharge Planning

Date: September 1, 2005

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.**