

Restorative Nursing Documentation Examples

NURSING RESTORATIVE PROGRAMS

The Patient-Driven Payment Model (PDPM) is the Medicare payment rule for skilled nursing facilities.

Restorative programs are interventions that enable nursing home residents to reach their highest level of functional abilities to encourage independence and to prevent functional decline.

Restorative programs can be started on admission and at any time when a resident needs assistance with something and has a goal or the potential to maintain or improve function.

Both nurses and therapists are able to set up restorative programs when appropriate. However, it is the nurses that are responsible for monitoring and documentation of progress toward goals. Evaluation or resident participation and progress should be documented by nurses at least weekly.

To be successful and to qualify as a restorative program for MDS purposes, the program must include:

- Determine which restorative program would be appropriate for the individual resident
- Update careplan and orders for completion by aides and assessment by nurses
- Measurable and objective goals
- Evidence of periodic evaluation by licensed nurse
- Supervision by a licensed nurse to ensure completion of at least 15 minutes a day
- Daily charting of completed time by nurses and aides

Restorative plans as indicated on the MDS include the following:

- **Ambulation/Walking**
 - Walking with or without assistive devices
- **Amputation and Prostheses Care**
 - Putting on, removing, and caring for prosthesis; hygiene and care for amputation site
- **Bathing and Washing**
- **Bed Mobility**
 - Moving to and from a lying position, scooting up or down, turning side to side, positioning self in bed
- **Brace/Splint Assistance**
 - Guidance and directions for application and care or scheduled program or application and removal. Splints and braces may include the following: AFO, arm sling, CAM boot, cast shoe, cervical collar, leg/knee immobilizer, lumbar support brace, palm guards hand splint, resting hand splint, TLSO, etc.
- **Communication**
 - Functional skills or assisting resident in using skills or adaptive devices
- **Dressing and Undressing**
- **Eating and/or Swallowing**
 - Feeding oneself or activities to improve or maintain residents ingestion and hydration
- **Grooming**
 - Personal hygiene tasks
- **Range of Motion (Active or Passive)**
 - Maintain flexibility, useful motion, and strength in the joints of the body
- **Toileting Program**
- **Transfers**
 - Moving between surfaces or planes either with or without assistance devices

RESTORATIVE NURSING DOCUMENTATION EXAMPLES ARE ESSENTIAL TOOLS THAT ENSURE EFFECTIVE COMMUNICATION AMONG HEALTHCARE PROVIDERS, ENHANCE PATIENT CARE, AND SUPPORT THE OVERALL GOALS OF RESTORATIVE NURSING. RESTORATIVE NURSING FOCUSES ON PROMOTING THE HIGHEST LEVEL OF INDEPENDENCE AND WELL-BEING FOR PATIENTS, PARTICULARLY THOSE IN REHABILITATION SETTINGS OR LONG-TERM CARE. ACCURATE AND COMPREHENSIVE DOCUMENTATION IS CRITICAL IN THIS PROCESS, ALLOWING NURSES TO TRACK PROGRESS, ASSESS INTERVENTIONS, AND INVOLVE THE INTERDISCIPLINARY TEAM IN PATIENT CARE. THIS ARTICLE EXPLORES VARIOUS ASPECTS OF RESTORATIVE NURSING DOCUMENTATION, INCLUDING ITS IMPORTANCE, KEY COMPONENTS, TYPES OF DOCUMENTATION, AND EXAMPLES.

IMPORTANCE OF RESTORATIVE NURSING DOCUMENTATION

DOCUMENTATION IN RESTORATIVE NURSING SERVES SEVERAL CRUCIAL PURPOSES:

1. **COMMUNICATION:** IT FACILITATES CLEAR COMMUNICATION AMONG HEALTHCARE PROVIDERS, ENSURING THAT EVERYONE INVOLVED IN A PATIENT'S CARE IS INFORMED ABOUT THEIR PROGRESS AND NEEDS.
2. **CONTINUITY OF CARE:** PROPER DOCUMENTATION ALLOWS FOR CONTINUITY OF CARE, ESPECIALLY WHEN PATIENTS TRANSITION BETWEEN DIFFERENT LEVELS OF CARE OR HEALTHCARE PROVIDERS.
3. **LEGAL PROTECTION:** COMPREHENSIVE AND ACCURATE DOCUMENTATION SERVES AS LEGAL PROTECTION FOR NURSING STAFF, DEMONSTRATING THAT THEY HAVE FOLLOWED APPROPRIATE STANDARDS OF CARE.
4. **QUALITY IMPROVEMENT:** BY REVIEWING DOCUMENTATION, HEALTHCARE FACILITIES CAN IDENTIFY TRENDS, OUTCOMES, AND AREAS FOR IMPROVEMENT IN PATIENT CARE.
5. **PATIENT INVOLVEMENT:** EFFECTIVE DOCUMENTATION ENCOURAGES PATIENT INVOLVEMENT BY PROVIDING A CLEAR RECORD OF THEIR CARE AND PROGRESS, FOSTERING A SENSE OF OWNERSHIP IN THEIR RECOVERY PROCESS.

KEY COMPONENTS OF RESTORATIVE NURSING DOCUMENTATION

FOR RESTORATIVE NURSING DOCUMENTATION TO BE EFFECTIVE, IT SHOULD INCLUDE SEVERAL KEY COMPONENTS:

1. PATIENT INFORMATION

- **DEMOGRAPHICS:** NAME, AGE, GENDER, MEDICAL RECORD NUMBER, AND DATE OF ADMISSION.
- **MEDICAL HISTORY:** RELEVANT MEDICAL HISTORY THAT IMPACTS THE PATIENT'S RESTORATIVE NURSING PLAN.

2. ASSESSMENT DATA

- **PHYSICAL ASSESSMENT:** DETAILED FINDINGS RELATED TO MOBILITY, STRENGTH, BALANCE, AND ANY PHYSICAL LIMITATIONS.
- **FUNCTIONAL ASSESSMENT:** ASSESSMENT OF THE PATIENT'S ABILITY TO PERFORM DAILY LIVING ACTIVITIES (ADLS), SUCH AS BATHING, DRESSING, EATING, AND TOILETING.

3. GOALS AND OBJECTIVES

- **SHORT-TERM GOALS:** SPECIFIC, MEASURABLE GOALS THAT ARE ACHIEVABLE WITHIN A SHORT TIME FRAME (E.G., WITHIN ONE WEEK).
- **LONG-TERM GOALS:** BROADER OBJECTIVES THAT MAY TAKE LONGER TO ACHIEVE (E.G., IMPROVING OVERALL MOBILITY OVER THREE MONTHS).

4. INTERVENTIONS AND CARE PLANS

- **NURSING INTERVENTIONS:** SPECIFIC ACTIONS TAKEN BY NURSING STAFF TO ASSIST THE PATIENT IN ACHIEVING THEIR GOALS (E.G., PHYSICAL THERAPY EXERCISES, MOBILITY ASSISTANCE).
- **CARE PLANS:** A COMPREHENSIVE PLAN OUTLINING THE PATIENT'S NEEDS, INTERVENTIONS, RESPONSIBLE PARTIES, AND TIMELINES FOR EVALUATION.

5. PROGRESS NOTES

- **DAILY DOCUMENTATION:** SUMMARY OF PATIENT PROGRESS, CHALLENGES ENCOUNTERED, AND ANY CHANGES TO THE CARE PLAN.
- **PATIENT RESPONSE:** OBSERVATIONS ABOUT HOW THE PATIENT RESPONDS TO INTERVENTIONS AND ANY FEEDBACK FROM THE PATIENT REGARDING THEIR CARE.

TYPES OF RESTORATIVE NURSING DOCUMENTATION

THERE ARE VARIOUS TYPES OF DOCUMENTATION USED IN RESTORATIVE NURSING, EACH SERVING A SPECIFIC PURPOSE:

1. ADMISSION ASSESSMENT

THIS INITIAL DOCUMENTATION CAPTURES THE PATIENT'S BASELINE STATUS UPON ADMISSION. IT INCLUDES COMPREHENSIVE DATA REGARDING MEDICAL HISTORY, CURRENT HEALTH STATUS, AND INITIAL FUNCTIONAL ABILITIES.

EXAMPLE FORMAT:

- PATIENT NAME: JOHN DOE
- DATE OF ADMISSION: 01/10/2023
- PRIMARY DIAGNOSIS: STROKE
- MOBILITY LEVEL: REQUIRES ASSISTANCE WITH TRANSFERS
- BASELINE FUNCTIONAL STATUS: INDEPENDENT WITH EATING, REQUIRES ASSISTANCE WITH BATHING

2. CARE PLANS

CARE PLANS OUTLINE THE STRATEGIES FOR ACHIEVING THE PATIENT'S GOALS AND INCLUDE MEASURABLE OBJECTIVES AND SPECIFIC NURSING INTERVENTIONS.

EXAMPLE CARE PLAN:

- GOAL: INCREASE INDEPENDENCE IN TRANSFERS FROM BED TO WHEELCHAIR.
- INTERVENTIONS:
 - PHYSICAL THERAPY SESSIONS THREE TIMES A WEEK.
 - DAILY PRACTICE OF TRANSFERS WITH NURSING STAFF SUPPORT.
 - ASSESS PROGRESS WEEKLY.

3. PROGRESS NOTES

PROGRESS NOTES ARE WRITTEN ON A DAILY BASIS TO MONITOR THE PATIENT'S DEVELOPMENT AND DOCUMENT ANY CHANGES OR CHALLENGES.

EXAMPLE PROGRESS NOTE:

- DATE: 01/15/2023
- PATIENT RESPONSE: JOHN DEMONSTRATED IMPROVED STRENGTH TODAY AND MANAGED TO TRANSFER FROM THE BED TO THE WHEELCHAIR WITH MINIMAL ASSISTANCE.
- CHALLENGES: FATIGUE NOTED AFTER THE EXERCISE.
- PLAN: CONTINUE WITH CURRENT INTERVENTIONS AND REASSESS IN ONE WEEK.

4. DISCHARGE SUMMARY

THE DISCHARGE SUMMARY PROVIDES A COMPREHENSIVE OVERVIEW OF THE PATIENT'S PROGRESS THROUGHOUT THEIR STAY AND OUTLINES FOLLOW-UP PLANS.

EXAMPLE DISCHARGE SUMMARY:

- PATIENT NAME: JOHN DOE
- DATE OF DISCHARGE: 02/10/2023
- SUMMARY OF CARE: PATIENT SHOWED SIGNIFICANT IMPROVEMENT IN MOBILITY, NOW ABLE TO TRANSFER INDEPENDENTLY.
- FOLLOW-UP PLAN: OUTPATIENT PHYSICAL THERAPY TWICE A WEEK FOR ONE MONTH.

EXAMPLES OF EFFECTIVE RESTORATIVE NURSING DOCUMENTATION

TO ILLUSTRATE EFFECTIVE RESTORATIVE NURSING DOCUMENTATION, HERE ARE A FEW DETAILED EXAMPLES:

EXAMPLE 1: ADMISSION ASSESSMENT

- PATIENT NAME: MARY SMITH
- DATE: 01/08/2023
- CHIEF COMPLAINT: DIFFICULTY WALKING FOLLOWING HIP REPLACEMENT SURGERY.
- PHYSICAL ASSESSMENT:
- VITAL SIGNS: BP 120/80, HR 78, TEMP 98.6°F
- MOBILITY: LIMITED RANGE OF MOTION IN RIGHT HIP, REQUIRES WALKER FOR AMBULATION.
- FUNCTIONAL CAPACITY:
- BATHING: NEEDS ASSISTANCE
- DRESSING: INDEPENDENT WITH ASSISTIVE DEVICES
- EATING: INDEPENDENT

EXAMPLE 2: GOAL SETTING AND CARE PLAN

- PATIENT NAME: TOM BROWN
- DATE: 01/10/2023
- SHORT-TERM GOAL: PATIENT WILL AMBULATE 50 FEET WITH A WALKER BY 01/17/2023.
- LONG-TERM GOAL: PATIENT WILL ACHIEVE INDEPENDENT AMBULATION BY 02/01/2023.
- INTERVENTIONS:
- ENCOURAGE AMBULATION EVERY SHIFT.
- COLLABORATE WITH PHYSICAL THERAPY FOR TAILORED EXERCISES.
- MONITOR VITALS BEFORE AND AFTER AMBULATION SESSIONS.

EXAMPLE 3: PROGRESS NOTE

- DATE: 01/15/2023
- PATIENT NAME: TOM BROWN
- PROGRESS: PATIENT AMBULATED 30 FEET TODAY WITH A WALKER AND REQUIRED MODERATE ASSISTANCE.
- RESPONSE TO INTERVENTIONS: PATIENT REPORTED FEELING MORE CONFIDENT BUT STILL EXPERIENCES SOME DISCOMFORT.
- PLAN: CONTINUE PHYSICAL THERAPY INTERVENTIONS AND REASSESS AMBULATION DISTANCE NEXT WEEK.

EXAMPLE 4: DISCHARGE SUMMARY

- PATIENT NAME: MARY SMITH
- DATE OF DISCHARGE: 02/05/2023
- SUMMARY OF CARE: MADE SIGNIFICANT IMPROVEMENTS, AMBULATING INDEPENDENTLY WITH NO ASSISTIVE DEVICES.
- FOLLOW-UP CARE: OUTPATIENT PHYSICAL THERAPY FOR STRENGTHENING EXERCISES, FOLLOW-UP APPOINTMENT WITH ORTHOPEDIC SURGEON IN TWO WEEKS.

CONCLUSION

EFFECTIVE RESTORATIVE NURSING DOCUMENTATION EXAMPLES ARE VITAL IN ENHANCING PATIENT CARE AND ENSURING A COMPREHENSIVE APPROACH TO RECOVERY. BY MAINTAINING ACCURATE RECORDS, HEALTHCARE PROVIDERS CAN IMPROVE COMMUNICATION, ENSURE CONTINUITY OF CARE, AND FACILITATE THE EFFECTIVE DELIVERY OF RESTORATIVE NURSING INTERVENTIONS. THROUGH WELL-STRUCTURED DOCUMENTATION, HEALTHCARE TEAMS CAN TRACK PATIENT PROGRESS, ADAPT CARE PLANS, AND ULTIMATELY SUPPORT PATIENTS IN ACHIEVING THEIR MAXIMUM LEVEL OF INDEPENDENCE AND QUALITY OF LIFE. THE IMPORTANCE OF DILIGENCE IN DOCUMENTATION CANNOT BE OVERSTATED; IT LAYS THE GROUNDWORK FOR EFFECTIVE PATIENT-CENTERED CARE AND FOSTERS A CULTURE OF ACCOUNTABILITY AND QUALITY WITHIN HEALTHCARE SETTINGS.

FREQUENTLY ASKED QUESTIONS

WHAT IS RESTORATIVE NURSING DOCUMENTATION?

RESTORATIVE NURSING DOCUMENTATION REFERS TO THE SYSTEMATIC RECORDING OF PATIENT CARE ACTIVITIES AIMED AT PROMOTING RECOVERY AND MAINTAINING FUNCTIONAL ABILITIES. IT INCLUDES ASSESSMENTS, INTERVENTIONS, OUTCOMES, AND PATIENT RESPONSES RELATED TO RESTORATIVE NURSING PRACTICES.

WHY IS ACCURATE DOCUMENTATION IMPORTANT IN RESTORATIVE NURSING?

ACCURATE DOCUMENTATION IS VITAL IN RESTORATIVE NURSING BECAUSE IT ENSURES CONTINUITY OF CARE, PROVIDES A LEGAL RECORD OF PATIENT INTERACTIONS, SUPPORTS QUALITY IMPROVEMENT INITIATIVES, AND HELPS IN ASSESSING THE EFFECTIVENESS OF INTERVENTIONS.

WHAT ARE SOME KEY COMPONENTS TO INCLUDE IN RESTORATIVE NURSING DOCUMENTATION?

KEY COMPONENTS INCLUDE PATIENT ASSESSMENTS, INDIVIDUALIZED CARE PLANS, INTERVENTIONS PROVIDED, PATIENT PROGRESS NOTES, AND ANY CHANGES IN PATIENT STATUS OR RESPONSE TO TREATMENTS.

CAN YOU PROVIDE AN EXAMPLE OF RESTORATIVE NURSING DOCUMENTATION?

AN EXAMPLE MIGHT INCLUDE: 'PATIENT PARTICIPATED IN 30 MINUTES OF PHYSICAL THERAPY FOCUSING ON STRENGTHENING LOWER EXTREMITIES; DEMONSTRATED 80% COMPLIANCE WITH EXERCISES. GOAL: IMPROVE AMBULATION BY 20% OVER FOUR WEEKS.'

HOW CAN TECHNOLOGY AID RESTORATIVE NURSING DOCUMENTATION?

TECHNOLOGY CAN AID RESTORATIVE NURSING DOCUMENTATION THROUGH ELECTRONIC HEALTH RECORDS (EHRs) THAT ALLOW FOR REAL-TIME UPDATES, EASIER DATA RETRIEVAL, AND IMPROVED COMMUNICATION AMONG HEALTHCARE PROVIDERS.

WHAT CHALLENGES MIGHT NURSES FACE IN RESTORATIVE NURSING DOCUMENTATION?

CHALLENGES MAY INCLUDE TIME CONSTRAINTS, THE NEED FOR THOROUGHNESS AMIDST BUSY SCHEDULES, UNDERSTANDING REGULATORY REQUIREMENTS, AND ENSURING CONSISTENT LANGUAGE AND TERMINOLOGY ACROSS DOCUMENTATION.

HOW OFTEN SHOULD RESTORATIVE NURSING DOCUMENTATION BE UPDATED?

RESTORATIVE NURSING DOCUMENTATION SHOULD BE UPDATED REGULARLY, IDEALLY AFTER EACH INTERACTION OR INTERVENTION, AND WHENEVER THERE IS A SIGNIFICANT CHANGE IN THE PATIENT'S CONDITION OR CARE PLAN.

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