

NHS Training for
AHP Support Workers

Workbook 12: Principles of Rehabilitation



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2.1 Aim

The aim of this workbook is to introduce the Healthcare Support Worker (HCSW) to the principles of rehabilitation and to incorporate these principles into practice.

2.2 Learning Outcomes

By the end of this workbook you will be able to:

- Explain the purpose of rehabilitation.
- Describing three components of rehabilitation.
- Identifying from your own practice where rehabilitation principles can be incorporated.
- Demonstrate an appropriate contribution to the setting of realistic rehabilitation goals with selected patients.
- Recognise and provide appropriate information to patients and carers in relation to patient's therapeutic needs and goals.
- Recognise when it is appropriate to involve carers in rehabilitation activities and do so effectively.
- Accurately describe patient progress in meeting goals to appropriate professional standards.

2.3 What is Rehabilitation?

Rehabilitation is a process through which maintenance and restoration of physical and psychological health necessary for independent living is achieved (Brody and Pawlson, 1990).

It involves restoration, to the maximum degree possible, of physical or mental function and role. Roles include what the person does within the family, socially or at work.

Rehabilitation usually requires a mixture of clinical, therapeutic and social interventions that address issues relevant to a person's physical and social environment.

Effective rehabilitation needs to be responsive to users' needs and wishes, be purposeful, involve a number of agencies and disciplines and be available when required.

Restoration of function or role means that rehabilitation is different from prevention of problems or maintenance of current function (Kings Fund, 1998).

2.4 The Process of Rehabilitation

Rehabilitation is a complex process, involving an interdisciplinary team and normally comprises of the following components:

- Assessment
- Goal setting
- Interventions
- Outcome (Squires and Hastings, 2002)

Professionals involved in rehabilitation include nurses, medical practitioners, physiotherapists, occupational therapists, dietitians, speech and language therapists and podiatrists.

Assessment enables professionals to identify what intervention is required, and which members of the team require to be involved in the rehabilitation of individual patients. All members of the multi-disciplinary team have a contribution to make to the assessment process.

Areas that the different professionals are involved in assessing and assisting patients to achieve independence include:

- **Physical activities of daily living** – basic self-care, mobility, coping with domestic tasks
- **Mental health functioning** – cognitive abilities, presence of psychiatric symptoms
- **Psychosocial functioning** – emotional well-being in a social and cultural context
- **Social resources** – family, friends, familiar professional and voluntary helper
- **Communication** – verbal and non verbal

The therapists, as part of the interdisciplinary team, discuss the difficulties the patient is experiencing with the patient and their carers where appropriate. They then assess the patient and jointly identify problems. These problems are usually difficulties the patient presents with, that prevent him / her from being able to function independently.

2.5 Goal Setting

Goals are jointly set with the patient and the team or professional involved. Goals normally address a functional problem and they are the purpose of the proposed intervention. Goals can address problems such as inability to get out of bed independently, balance in sitting or standing or inability to dress or climb stairs independently.

It is very important that all team members work with the patient and their carers towards the achievement of functional goals and the goals are achievable. As a healthcare support worker working with patients to achieve rehabilitation goals, you will be involved with the patient and the multi-disciplinary team in setting these goals. Because you are in the unique position of assistants with tasks or everyday living, you can provide information and feedback to the team about the progress of the patient.

Sometimes the therapy department is an artificial environment and patients perform differently there than on the ward. Your role will be to bridge the gap between the therapy department and the ward and to assist the patient in the setting and achievement of their goals.

Sometimes it is difficult for therapists to speak with relatives and carers because they cannot be on the wards in the evenings. Again because of your unique role, you will at times be able to communicate with relatives and involve them in the rehabilitation activities, as agreed with the therapists.

2.6 Interventions

Each member of the team has a role to play in enabling patients to achieve their goals. Communication between team members is vital and the role of co-ordinator is often assigned to a nurse.

Specialist staff provide intervention within the scope of their professional remit – physiotherapy, speech and language therapy, occupational therapy and podiatry, **but all staff working with the patient can contribute to rehabilitation.**

As healthcare support workers, you will carry out self-care activities, such as washing and dressing with patients, as well as assisting the patient with feeding and mobility tasks. These are key areas in which occupational therapists and physiotherapists work to enable patients to achieve independence.

In your role as healthcare support worker, you are ideally placed to encourage the patient in achieving independence in these tasks, to augment the therapy activities and ensure that the patient continues to practice achieving independence outside the therapy department or ward environment. The key to your role in this is understanding the therapy goals and carrying out appropriate activities with patients in collaboration with the therapists.

Establishing and maintaining good communication and feedback with the therapists is vital. Communication systems are being set up in order to enable you to participate in the setting and monitoring of selected therapy activities for patients in your area of work.

2.7 Outcome

Outcome refers to the effectiveness of the rehabilitation activities in achieving the expected goal. Therapists use various measures to assess the effectiveness of rehabilitation. The Elderly Mobility Scale, for example, measures balance, locomotion and position changes required for more complex activities of daily living and is used as a physiotherapy outcome measure.

For the patient, successful outcome means that the patient can function independently in their own environment doing whatever it is that they want or want to be able to do.



Evidence

As a healthcare support worker working with patients on the ward, you are ideally placed to contribute to achieving and monitoring the outcome of rehabilitation.

Defining Rehabilitation

Explain what is meant by the term Rehabilitation
Describe the four components of the rehabilitation process

Principles of Rehabilitation

Consider the activities that you undertake with patients in your clinical area. Which of those would patients need to do independently in order to be able to function at home?

Identify from your own work as a healthcare support worker activities that your patients would need to perform independently in order to function in their own environment.

How might you be able to incorporate rehabilitation activities into your work to enhance the outcome for the patient?

Goal Setting

Once you have completed the workbook and have been able to apply what you have learned to your practice, provide a description of how you addressed goal setting in rehabilitation with a selected patient.

What contribution did you make to the setting of rehabilitation goals with this patient (describe your discussion with the patient, their therapists and their carers)?

Describe your involvement with the carers. What information did you provide them with in relation to the patient's therapy?

How did you involve the carers in the therapy activities?

How did you describe to the appropriate therapists the progress of the patient towards the goals?

What went well?

What could have gone better and why?

What would you do differently next time?

2.8 Principles of Rehabilitation Workbook Completion

Your mentor / supervisor will sign your portfolio to indicate that you have completed this workbook successfully.

Objective	Supervisors Signature	Date
Explaining the purpose of rehabilitation		
Describing three components of rehabilitation		
Identifying from own practice where rehabilitation principles can be incorporated		
Demonstrating an appropriate contribution to the setting of realistic rehabilitation goals with selected patients		
Recognising and providing appropriate information to patients and carers in relation to patients therapeutic needs and goals		
Recognising when it is appropriate to involve carers in rehabilitation activities and do so effectively		
Actively describing patient progress in meeting goals to appropriate professional standards		

Support worker (name)	<input type="text"/>
Support workers signature	<input type="text"/>
Supervisor (name)	<input type="text"/>
Supervisors signature	<input type="text"/>
Date	<input type="text"/>

2.9 Principles of Rehabilitation Training Reflection

Suggested KSF Dimensions: C1, C5, HWB2, HWB4, HWB6 and G1

This form should be placed in the appropriate section of your portfolio.

What did you learn from this module?

How has this influenced your work?

Date module completed

