



Nursing Service Guideline General

Title: MANAGING THE REHABILITATION NEEDS OF THE CRITICALLY ILL ADULT

Responsibility: Registered Nurse (RN)

Purpose: Nursing care directed toward patients:
Decreasing anxiety
Verbalizing fear, concerns regarding the changes in lifestyle, activity, and body image.
Verbalizing understanding of rehabilitation process in the ICU

Proceure:

<u>Procedure</u>	<u>Points of Emphasis</u>
The nurse will facilitate the following:	
1. Complete assessment II with family if patient is unable.	Identify previous needs.
2. Encourage patient/family to verbalize concerns and questions regarding illness, progress, prognosis, transfer/discharge and future.	The patient may expect nursing care directed towards: <ul style="list-style-type: none">Meeting their concerns and physical needs.Assistance back to a state of normalcy.
3. Assisting with sleep/wake interventions by organizing care to avoid sleep loss.	
4. Range of motion.	
5. Repositioning patient.	
6. Communicating information and education to patient/family regarding the temporary nature of lines, tubes, drains.	
7. Discussion regarding the gradual return to previous level of mobility as follows: <ul style="list-style-type: none">a. initially bedrest with short periods of sitting up in the chair.b. expected number of days until transfer to floor where patient will be ambulated.	
8. Discussion with patient/family regarding the healing process of the medical and/or surgical diagnosis, and initiate education on the recovery process.	
9. Collaborating with other departments through referrals to better organize patient care. <ul style="list-style-type: none">a. Speech therapyb. Occupational therapyc. Rehabilitation service/physical therapyd. Care Coordination	Physician orders needed.

Procedure

Points of Emphasis

10. Providing care directed towards paying special attention to the unique needs of various ages, especially pediatric and geriatric patients.
11. Update or initiate educational forms/care plans

Revised By: Todd Korzec RN

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Revised: 6/2002, 6/2005, 8/2008, 8/2020

References: AACN's Core Curriculum for Critical Care Nursing, Seventh Edition, 2018