

## Restorative Nursing Programs Tips

February 19, 2015

The intent of an RNP is to promote the residents ability to adapt and adjust to living as independently and safely as possible.

Residents who are on an RNP must have a restorative need. In other words, a resident who is independent in ADLs usually would not be a candidate for an RNP.

RNP's teach the resident to be as independent as possible and prevent declines in function.

To determine an appropriate measurable goal staff must first identify the problem, what is causing the problem, and the effect the problem has on the resident and/or the resident's baseline level of function.

### **Sample Problem Format-**

The resident is unable to...

related to...

as evidenced by...

A measurable goal is a smart goal. A smart goal has five components. A smart goal is specific, measurable, attainable, relevant, and time bound.

A measurable goal identifies exactly what the resident is expected to accomplish with the RNP.

### **Goal Format-**

The resident will...

Interventions are not goals. Interventions are the means to assist the resident to reach their goal.

Simply put, the problem statement explains what the resident cannot do and why they cannot do it and the goal statement identifies what you want the resident to be able to do.

### **Additional Tips-**

ROM problems need to have ROM goals

When developing the care plan, do not mix Technique Programs and Training and Skill Practice Programs.

Keep it simple, direct, and to the point. More words do not make a care plan better.

Start small and expand your goals as the resident makes progress towards the goal.

If a resident is on both a Bowel and Bladder Toileting Program, each program must have a specific goal.

An RNP evaluation must explain the resident's progress towards the goal and if the resident is not reaching their goal, what are the barriers that are preventing the resident from reaching their goal.

The information in this document is provided to assist with the development of a RNP care plan. The MDS 3.0 RAI User's Manual remains the final authority and should be consulted for MDS coding purposes.

