



# INPATIENT REHABILITATION TEACHING BOOKLET



HEALTH CARE  
Rehabilitation Services



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# INTRODUCTION

**WELCOME TO REHAB!** We are McLaren Bay Regions Inpatient Rehabilitation Unit. Our goal is to help you to become as independent as your condition will allow. With this information, we hope to give you and your family the information you need to feel more comfortable when returning home. We will help you by assessing and setting up nursing care, equipment, or continued therapy before you go home.

We hope this booklet will help to ease some of your apprehension and provide you and your family the comfort of knowing you are not alone.

This booklet was developed for two (2) reasons:

1. To help the nursing staff be sure to cover all aspects of your care in their instructions.
2. To give you and your family a visual reference of all the information you will be receiving that you can review as often as you need.

***PLEASE, IF YOU HAVE ANY QUESTIONS, DON'T HESITATE TO ASK. WE ARE HERE TO HELP YOU.***

# BOWEL CARE

Bowel function is to remove solid waste from your body. Regular bowel movements are essential to maintain good health. Your nurse will discuss your bowel pattern with you and address any problems with your doctor.

Things that can affect regularity are:

1. Diet
2. Fluids
3. Activity
4. Medications

Things that help with regularity are:

1. Fiber in your diet; fresh fruit, vegetables, cereal, and grains.
2. Adequate amounts of fluid: the best being water.

**IT IS IMPORTANT THAT YOU DISCUSS WITH YOUR NURSE, OR DOCTOR ABOUT ANY CONCERNS THAT YOU HAVE REGARDING YOUR BOWELS.**

Other things you can do:

1. Be sure to go to the bathroom when you feel the urge to move your bowels. Waiting can contribute to constipation.
2. Increase your exercise or activity.
3. Monitor foods that maybe effecting your elimination pattern.

## SPECIAL INSTRUCTIONS

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# BLADDER CARE

The urinary bladder collects liquid waste from the kidneys to be eliminated from the body through urination or voiding (as the nurses refer to it).

As with the bowel there are many things that can affect how the bladder and kidneys work.

1. Drinking plenty of fluids in the most important thing you can do. This helps the system keep the impurities flushed from the body.
2. Urinating when you have the urge. Waiting too long can cause problems such as infection and retention.
3. Good hygiene. This decreases bacteria, which contributes to skin irritation and rashes.

Some people have difficulty urinating on their own and will need the assistance of a catheter to drain the urine from the bladder. If you need the use of a catheter or similar device the nurse will give you detailed instructions for their use. Please feel free to ask any of the nursing staff or doctor any question you have.

## SPECIAL INSTRUCTIONS

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# NUTRITION AND DYSPHAGIA MANAGEMENT

Proper nutrition is one of the best ways to promote healing and wellness. All the systems of the body depend on a good balanced diet to function and maintain good health.

If you will be going home on a new or special diet, then the dietitian will instruct and give you the information you will need to continue it at home.

Many times, an illness or change in health status, such as a stroke, will bring about the need for a change in diet. Some people develop difficulty-swallowing food. This is called dysphagia (dis-fau-gia). This may result in a diet in which the consistency of the food is restricted to mechanical soft, pureed, or liquid. If this is something you have a speech therapist and dietitian will work with you.

## **SPECIAL INSTRUCTIONS**

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# SKIN

The skin is the largest organ of the body. Among other things, it serves as a protection from invading organisms and bacteria. It helps to maintain body temperature and fluid balance. The skin needs to be kept clean and dry. Cleansing with a mild soap and water and completely drying is required to maintain good skin condition.

Areas that require special attention include:

1. Groin
2. Under arms
3. Under breasts and between skin folds
4. Feet

## SKIN PROBLEMS:

1. Pressure sores known as bedsores – A pressure sore develops when continuous pressure is applied to one area of the body for an extended period of time. Common pressure areas include:
  - Buttocks
  - Tailbone
  - Elbow
  - Feet (from ill fitting shoes)
  - Under splints or braces
1. Swelling or edema can cause your skin to be more easily damaged or cause pressure areas of its own.

## WARNING SIGNS OF A PRESSURE AREA

1. A reddened area that does not go away after removal of the pressure for at least thirty (30) minutes.
  - If the skin is not open, then keep the pressure off the area
  - If the skin is open notify the nurse or your doctor
1. Swelling and edema can cause your skin to be more easily damaged.
  - If doctor has prescribed antiembolitic stockings it is important to wear them.
  - Elevate the leg and/or arm that is swollen. If the swelling is in the legs do “foot pumps”. This is done by pointing your foot straight out, then bring your foot back so the toes are pointing up toward the ceiling. This pumps the blood/fluids back up to the heart.



# THE BEST CURE IS PREVENTION

1. CHANGE YOUR POSITION FREQUENTLY. No more than two (2) hours in one position.
2. If you are sitting, SHIFT YOUR WEIGHT FROM SIDE TO SIDE.
3. If possible, STAND FOR A FEW MINUTES.
4. DRINK PLENTY OF FLUIDS AND FOLLOW A WELL-BALANCED DIET.

## **NOTIFY YOUR NURSE AND/OR DOCTOR OF:**

1. ANY OPEN OR SORE AREAS
2. ANY NEW OR INCREASED SWELLING

## **SPECIAL INSTRUCTIONS**

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# RESPIRATORY CARE

It is not uncommon for someone who is less active or has been hospitalized, to develop some level of lung congestion.

Encourage good lung care by:

- Regular exercise
- Adequate fluid intake
- Avoid smoking
- Practice deep breathing and coughing: this involves taking five (5) to six (6) slow deep breaths and when reaching the last deep breath, instead of simply exhaling you cough. Do this several times a day.
- Incentive Spirometer: this is a device that will help you see how deep of a breath you are taking

Whether changes such as humidity or extreme cold, can make breathing more difficult.

## **COMMON SYMPTOMS OF LUNG PROBLEMS:**

1. CHEST PAIN
2. DIFFICULTY BREATHING
3. COUGHING THAT MAY OR MAYNOT BRING UP MUCOUS
4. INCREASED LUNG CONGESTION





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