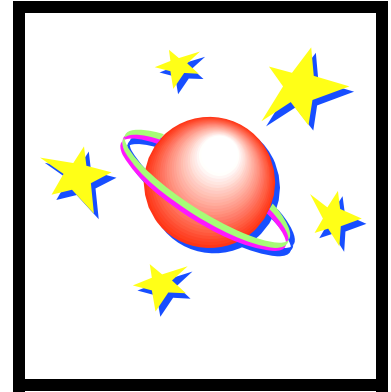


CHKD Inpatient Rehabilitation Unit FACT SHEET



Welcome to the Inpatient Rehabilitation Unit at Children's Hospital of The King's Daughters! The following information is provided to help prepare you for clinical practice in this unit. You are encouraged to become familiar with the diagnoses, medications, procedures, and pediatric concepts identified on this sheet. Though you will receive much of the information during your orientation, you may wish to pursue these topics independently in order to feel more comfortable in your new role. Several reference materials on Rehabilitation Nursing are available in the unit "cubby" and the Health Science Library at Sentara Norfolk General Hospital.

SCOPE OF PRACTICE

The Inpatient Rehabilitation Unit is an 8- bed unit specializing in the care of patients from infancy to adolescence with pediatric acute rehabilitative needs. An interdisciplinary approach is utilized to provide quality patient care to meet the physical, emotional, social, developmental, and educational needs of the patients and their families. 7B also provides care for 'overflow' patients with a variety of medical and surgical diagnoses, depending on bed availability within the hospital. Nursing care is delivered by registered nurses (RN's) with the support of Clinician I's and a Unit Secretary.

The unit's primary focus is to care for patients with rehabilitation needs from a variety of causes. These patients are in a state of stable health. They get dressed in the morning and attend various therapy sessions through the day with nursing support and assistance. It is important that nursing activities foster getting patients to their therapy sessions on time! Nursing activities should promote independence and work toward meeting the goals set for each week. Nursing students assigned to the rehab unit should be prepared to assist their patients with ADL's, meals, and should plan to attend at least one therapy session with their patient.

UNIT ROUTINES

- Routine vital signs are daily around 0700, or Q shift (0700 & 1900).
- Overflow general med/surg patients have VS and assessments every 4 hours.
- Routine assessments are in the morning (0700), late afternoon (around 1500), and then evening (around 1900), then a reassessment at the patient goes to bed.
- Weights may be ordered weekly (Sundays) or twice a week (Sunday/Wednesday), or daily. Daily weights are done each evening immediately after dinner.

CHKD REHABILITATIVE TEAM

- Nursing
- Psychiatrist (MD)
- Rehabilitation Resident
- Physical Therapy/Occupational Therapy
- Speech Therapy
- Recreational Therapy
- Child Life Therapy
- Clinical Nutrition
- School Teacher
- Child Psychiatrist (PRN)
- Social Worker
- Rehabilitation Coordinator

MOST COMMON DIAGNOSES

- Oral Aversion/Dysphagia
- Traumatic Brain Injury (TBI)
- Cerebral Palsy
- Muscular Dystrophy
- Spina Bifida
- Guillain-Barre Syndrome
- Spinal Cord Injury
- Cerebral Vascular Accident (Stroke)
- Multiple Sclerosis
- Burns
- Developmental Delay
- Orthopedic Problems & Interventions
- Post-Rhizotomy
- Other disease states and injuries requiring cognitive and motor retraining

PEDIATRIC CONCEPTS

- Pediatric Growth & Development
- Pediatric Assessment
- Pediatric Med Administration
- Pediatric Rehabilitation Concepts
- Pain Assessment/Management
- Patient/Family Teaching--Adult Learning Principles

MOST COMMON DIAGNOSTIC PROCEDURES

- Chest X-ray
- Basal Auditory Evoked Response (BAER)
- Visual Evoked Response (VER)
- EEG
- Upper GI Series/Barium Swallow
- MRI
- VSS

MOST COMMON PROCEDURES

- Peripheral IV Insertion
- Blood Specimen Collection
- Range-of-Motion Exercises
- Splint Management
- Patient Transfer Procedures
- Bowel/Bladder Training
- Memory Training
- Botox Injections (Spasticity)

MOST COMMON EQUIPMENT

- Nellcor® Pulse Oximeters
- Kangaroo® Feeding Pumps
- IVION® IV Infusion Pumps
- Medfusion® Syringe Pumps
- Dinamapp® BP Devices
- Oxygen Delivery Devices
- Self-Inflating Ambu Bag
- Cardiac/Respiratory Monitor
- Hoyer Lift
- Adaptive Devices
- Vail Bed
- Wheelchair Scale
- Prone-Stander
- Power wheelchairs

MOST COMMON MEDICATIONS

- Acetaminophen (Tylenol®)
- IV Antibiotics
- Chloral Hydrate
- Lorazepam (Ativan®)
- Phenobarbital
- Ranitidine (Zantac®)
- Carafate (Sucralfate®)
- Baclofen
- Dulcolox
- Colace
- Morphine Sulfate
- Botox
- Multivitamins