

Considerations for Training



Preparing for the next steps can be very stressful and overwhelming. There is a lot of information to take in and skills to learn. As you prepare for your next steps, here are a number of items you may want to consider being trained on by the people taking care of your loved one. If you are unable to complete the training, consider being knowledgeable about the below areas to help prepare you to advocate for your loved ones care.

NURSING & MEDICAL

BOWEL AND BLADDER

- Identifies/Verbalizes current bowel and bladder program
- Demonstrates proper condom catheter placement and removal if applicable
- Demonstrates application of catheter bag/leg bag
- Reviews changes in amount and/or appearance that would warrant reporting to MD
- Demonstrates appropriate/thorough cleaning techniques for bowel movement management
- Demonstrate application of depends
- Demonstrate application of suppository if applicable
- Review changes in skin appearance and/or bowel frequency/appearance that would warrant reporting to MD

SKIN CARE

- Demonstrate accurate skin checks at all boney prominences/skin risk areas
- Review skin breakdown prevention techniques (turning, weight shifting, padding/positioning, monitoring)
- Discuss turn schedule while patient is in bed
- Demonstrate appropriate padding and positioning relative to patient's individual needs
- Demonstrate wound management if applicable (including cleansing, application of medication, and dressing)

NUTRITION/TUBE FEEDING

- Identify current tube feeding regimen including feeding times/rate, formula type, and average residuals
- Deliver tube feeding via bolus or connecting cyclic feeding
- Obtain residuals and verbalize measurements
- Identify appropriate caloric intake to meet nutritional needs
- Clean and maintain tube feeding equipment as needed
- Identify and utilize settings on feeding pump as applicable
- Discuss future information regarding adjusting tube feedings should oral eating start

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RESPIRATORY CARE

- Clean and maintain tracheostomy site (including but not limited to: remove old dressing, clean around site, apply new dressing and replace inner cannula, replace hydro-filter)
- Demonstrate appropriate deep suctioning techniques
- Demonstrate use of Yankauer tube for oral suctioning and surface tracheal suctioning
- Clean/replace suctioning equipment as needed
- Take CPR class provided by Shepherd Center prior to discharge

MEDICATIONS

- Review and verbalize names, reason, and dosages of medications
- Review side effects of medications
- Administer all medications via oral or PEG tube

GENERAL MEDICAL

- Obtain vital signs
- Review and verbalize signs/symptoms and management techniques of storming episodes
- Review and verbalize signs/symptoms and management techniques of seizures
- Review and verbalize non-verbal signs/symptoms and management techniques of pain issues

THERAPY RELATED

- Review vendor information, obtain contact information.

TRANSFERS

- Review body mechanics for safe lifting
- Review hoyer transfer and equipment use
- Demonstrate application and removal of hoyer sling
- Demonstrate manual hoyer transfer to chair, bed, and vehicle if applicable with appropriate positioning of patient

RANGE OF MOTION

- Verbalize reasoning for and importance of range of motion exercises in all 4 extremities
- Train with PT/OT via hands on experience and return demonstration in ranging all 4 extremities
- Identify spasticity/tone and give appropriate measurements after explanation and demonstration by PT/OT

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SPLINTS/CASTS

- Apply and remove splints as applicable with appropriate alignment/fit
- Complete skin checks after removal of splints with good recognition of any changes in skin
- Verbalize splint schedule
- Review possible changes in splint fitting that would warrant reporting to MD (i.e. increase/decrease in tone, wound development, storming, etc.)

SKIN ISSUES

- Verbally review boney prominence areas / areas more susceptible to skin breakdown
- Verbalize importance of and return demonstrate weight shifts with patient in wheelchair
- Demonstrate appropriate padding/positioning of patient in wheelchair (review bed if nursing has not)
- See nursing for wound management

MANUAL WHEELCHAIR

- Review and demonstrate cushion care / cleaning
- Review and demonstrate wheelchair breakdown / transporting chair
- Review mechanics of wheelchair (i.e. breaks, tilt bars, etc.)
- Review general wheelchair safety for community and/or home mobility

HOME MODIFICATIONS

- Review general information regarding recommendations (i.e. door widths, bathroom accessibility, home accessibility, etc.)

SELF-CARE OR ACTIVITIES OF DAILY LIVING

- Observe and return demonstrate occupational therapy recommended bathing techniques (i.e. bed-bath, tub/shower, etc.)
- Observe and return demonstrate tub/shower transfers if applicable
- Review and utilize assigned equipment needed to complete activities of daily living
- Observe and return demonstrate appropriate dressing techniques
- Observe and return demonstrate recommended feeding techniques if your loved one is an oral eater
- Observe and return demonstrate facilitating functional object use during activities of daily living activities

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OTHER OCCUPATIONAL THERAPY ISSUES

- Review any applicable visual perceptual information
Complete dependent passenger course/evaluation

D/C EQUIPMENT REVIEW

- Wheelchair
- Tub/shower equipment
- Toilet equipment
- Bed
- Hoyer Lift
- Vendor Information

SPEECH THERAPY

- Review instructions for oral care
- Observe and return demonstrate oral care techniques
- Review CRS-R material, observe evaluation, and assign appropriate scoring
- Review communication options (i.e. yes/no response methods, low-tech augmentative communication, etc.)
- Observe and demonstrate appropriate cognitive-linguistic stimulation
- Review cognitive-linguistic opportunities in the home environment (identifying ADL objects, providing choices, encouraging language, etc.)
- Review return to school information and opportunities if applicable (obtain contact info and transcripts)
- Review aspiration precautions and safe swallowing guidelines
- Return demonstrate safe feeding and implement swallow strategies as recommended

COMMUNITY

- Review Americans with Disabilities Act (ADA)
- Review information for local area support groups
- Review and discuss community mobility / accessibility issues
- Complete community outing if possible and if discharging to the home setting