**Restorative Nursing**

**Competency**

General Information

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**General Information**

F675 Quality of Life from the CMS State Operations Manual, Appendix PP, indicates, “Each resident must receive, and the facility must provide the necessary care and services to attain or maintain the highest practicable physical, mental, and psychosocial well-being, consistent with the resident’s comprehensive assessment and plan of care.”[[1]](#footnote-1)

**Description**

“Restorative nursing program refers to nursing interventions that promote the resident’s ability to adapt and adjust to living as independently and safely as possible. This concept actively focuses on achieving and maintaining optimal physical, mental, and psychosocial functioning.”[[2]](#footnote-2)

Restorative Nursing Programs are formal, planned and organized programs. These programs are coded in the MDS 3.0, Section O0500 when criteria are met include:

1. Range of Motion
   1. Passive or PROM
   2. Active or AROM and Active-Assisted or AAROM
2. Splint or Brace Assistance
3. Bed Mobility
4. Transfer
5. Walking
6. Dressing and/or Grooming
7. Eating and/or Swallowing
8. Amputation/Prosthesis Care
9. Communication
10. Toileting Programs are also included in the Restorative Program but are coded in Section H of the MDS 3.0.

Restorative Nursing Programs are designed as individualized programs, under the direction of a nurse, for a resident to achieve or maintain optimal level of independence as possible.

**Suggestions for Resources/Data to Support the Competency**

Two key resources for expectations for providers on the Restorative Nursing Program include the CMS State Operations Manual, Appendix PP, Guidance to Surveyors for Long Term Care Facilities and the MDS 3.0 RAI User’s Manual.

Suggested competencies for staff will include:

* Licensed Nurse(s):
  + Assessment Process (including a functional assessment)
  + Person-Centered Care Plan for Restorative Program
  + Oversee Implementation
  + Evaluation
  + Documentation
* CNA’s:
  + Training on the techniques that promote resident involvement in the activity.[[3]](#footnote-3)
  + Implementation of care plan interventions
  + Range of Motion and contracture prevention with return demonstration
  + Ambulation techniques with return demonstration
  + Bed Mobility techniques with return demonstration
  + Eating and Swallowing Program techniques with return demonstration
  + Transfer Program techniques with return demonstration
    - Pivot transfer
    - One and two-person transfer
    - Mechanical Lifts (using manufacturer’s recommendation)
    - Gait Belt Usage
  + Communication Program techniques
  + Splint and Brace Program techniques
  + Amputation/Prosthesis Care Program techniques
  + Toileting Program 3-day Diary and Program Implementation
  + Documentation of minutes of program implementation
  + Documentation of ADL Self-Performance and Support
  + Identification and Reporting of Change of Condition
* Interdepartmental Employees Performing Restorative Programs
  + Training on the techniques that promote resident involvement in the activity
  + Implementation of care plan interventions
  + Active Range of Motion
  + Grooming techniques with return demonstration
  + Documentation of minutes of program implementation
  + Identification and Reporting of Change of Condition

**F-Tag Reference General Information**

Examples of (Federal) F tags that could be cited during a survey inspection that are related to Restorative Nursing include[[4]](#footnote-4):

* F684 Quality of Care
* F676 Activities of Daily Living –Maintain Abilities
* F677 ADL Care Provided for Dependent Residents
* F686 Pressure Sores
* F690 Incontinence
* F688 Increase/Prevent Decrease in Range of Motion/Mobility
* F636 Comprehensive Assessments & Timing
* F656 Comprehensive Care Plans
* F658 Services Provided Meet Professional Standards
* F689 Free of Accident Hazards/Supervision/Devices
* F725 Sufficient Nursing Staff

**Link to Critical Element Pathway**

CMS Specialized Rehabilitative or Restorative Services Critical Element Pathway (CMS 20080-5/2017) includes a guide that surveyors will utilize to review and guide observations and interviews. Areas for review include:

* Review of the MDS
  + Section C, G, H, J and O
* Physician orders
* Diagnoses
* Care Plan

Observations include identification of services as indicated in the plan of care, precautions, interactions, assistance, assistive devices, skill competency, pain and group programs.

Interviews lead the surveyor to discuss with both staff and resident/resident representation if services are provided, if they understand, refusals, supervision, encouraging resident participation, pain management, assistive devices, resident decline and more.

Record Review identifies improvement decline, care plan revisions, implementation documentation, significant change, appropriate level of need matching the record and communication of identified changes in condition.

**References and Resources:**

* Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf>
* Centers for Medicare and Medicaid Services, Form CMS 20080 (5/2017) Specialized Rehabilitative or Restorative Services Critical Element Pathway: <https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html>

1. Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf> [↑](#footnote-ref-1)
2. Centers for Medicare & Medicaid Services Long-Term Care Facility Resident Assessment Instrument 3.0 User’s Manual, Version 1.16. October 2018: <https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/MDS30RAIManual.html> [↑](#footnote-ref-2)
3. Centers for Medicare & Medicaid Services Long-Term Care Facility Resident Assessment Instrument 3.0 User’s Manual, Version 1.16. October 2018: <https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/NursingHomeQualityInits/MDS30RAIManual.html> [↑](#footnote-ref-3)
4. Centers for Medicare & Medicaid Services State Operations Manual, Appendix PP – Guidance to Surveyors for Long Term Care Facilities (Rev. 173, 11-22-17): <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/som107ap_pp_guidelines_ltcf.pdf> [↑](#footnote-ref-4)