Great Nurses Create the Art and Science and Magic of Rehab Nursing

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Who else lives in North Carolina?

Greater North Carolina Chapter of the Association of Rehabilitation Nurses

Thank-you

- Staff at ARN – Nicole, Nicole, Karen, Lori, Mary Beth, Rachel, and Gail!
- Planning committee

However, I do have a BIG concern…..

Speaker Disclosure Statement

Donald D. Kautz, has no industry relationships to disclose.

No off-label use will be discussed.

Don’s Power Point WILL be available on web central AFTER the conference! A complete reference list of all articles cited will also be included. The session is being audio recorded and will also be available on web central.

Just as we must have disclosure slides, All speakers from North Carolina must.

About this video
Welcome to the:

Great Nurses Create the Art and Science and Magic of Rehab Nursing

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Don wants you to Promote Family Integrity


Don wants you to Inspire Hope


I hope you take the time to:
- Network
- Obtain the latest tools for practice from vendors
- See great papers and posters
- Teach and learn from your peers
- To ensure you leave saying…
- And also, to enjoy…

Art & Science create Magic
- I believe we have the potential to create “magic” every day. Not dark magic
- Magic is the powerful, moving, and cherished moments we can experience and create.
- The true magic
- All any of us has
- When we combine the art and science
- And when we
Don writes about art, science and magic…
Don wants you to Address Sexuality and Intimacy Concerns


Don wants you to meet patient’s spiritual needs


Provide excellent rehab care


Behavioral styles after stroke

Right Hemiplegia | Left Hemiplegia
---|---
Cautious | Impulsive
Frustrates easily | Overconfident
No neglect | Neglect

Rehab Nurses Create the Science of Rehab Nursing

A few examples of resources available on the ARN and PVA websites

Rehab Nurses create the Art of Rehab Nursing

May-June 2010 issue of MED-SURG Nursing
The Evidence for Listening and Teaching May Reside in Our Hearts
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The authors write: “the primary evidence for listening and teaching may be in the gratitude of patients and families, the nurse’s knowledge he or she has done the right thing, and a feeling today was a good day to be a nurse.”

Debbie Levigne, RN, BSN at WFUBMC and Donald D. Kautz, PhD, RN, CNRN, CRNN-A

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Reading Children’s Books to Awe and Inspire Nursing Students

Donald D. Kautz, PhD, RN, CNRN, CRNN-A

Reading illustrated children’s books in the classroom to nursing students is 1 way to inspire students to be great nurses. After offering guidelines for the types of books to use and the courses books can be used in, the author describes the effects on student learning.

Why do I read children’s books to nurses?

Years after having one of my classes a nurse told me “I will never forget the book, the Whispering Cloth and how important it is for me to help my patients tell their own stories for them to heal and to be able to picture a future full of hope.” With that simple line, these graduates not only show their own ability to be great nurses, they also in essence tell their own story and picture their future as nurses, full of hope. As instructors, we are reminded of why we became nurses in the first place, and we are filled with hope as we light the way for those who will come after us.

Kautz, 2007, p. 226

Here is the children’s book I wrote to illustrate how to combine art and science to create magic

Sally sat in her room crying.

She had been crying a lot for the past 2 months
Two months ago things were different.

Sally, and Rosa, her best friend in 7th grade would ride their bikes every day.

And then the accident happened

The day the accident happened was just like any other day. Rosa was riding her bike to Sally's house. Sally saw Rosa coming and hid in the bushes. Sally jumped out just as Rosa was coming. Rosa swerved and crashed into a car parked across the street. Rosa broke her right leg and left wrist.

The casts were off now. Rosa’s doctor said she could ride her bike, but Rosa was afraid to ride.

Rosa just sat at home on the computer. Rosa said it hurt too much to ride.

Sally had said she was sorry more times than she could count. Still Rosa barely talked to Sally.

Sally’s mother said, “Let’s look on the computer and see if we can find some information to help Rosa.”

The medical web site they found was that of a prominent hospital. The orthopedic surgeon wrote that taking an anti-inflammatory and doing some low-impact exercise is the best way to reduce the pain after fractures heal.

Sally and her mother got the anti-inflammatory medicine. They got Rosa a new bike helmet.

Sally wrapped them up together – along with the printed information from the web site.

And she put in this note:

Rosa, there is a hole in my heart only you can heal.

I’ll be outside your house tomorrow at 4 pm. I’ll be on my bike.

Please ride with me.

Your best friend,
Sally
Sally took the package to Rosa.

The next day at 4 when Sally got there, Rosa’s bike was out front. There was the new helmet.

Sally got off her bike. Just then, Rosa jumped out of the bushes and screamed “Boo” They both laughed, and laughed, and laughed.

Rosa gave Sally a new sticker for her bike. It said…… “Girls can’t do what?” And off they rode.

This story shows the essence of rehab nursing

- Science: Exercise (Therapy) Pain Medicine New Bike Helmet
- Art: Gentle persuasion Setting goals Speaking from the heart Humor
- Magic: Forgiveness & sustaining friendship Belief in the moment

Rehab Nurses Combine Art and Science

Don said at the 2009 ARN conference… Research (Science) shows us:

- Some patients want us to pray with them…

The art is:

- Finding prayers that we can say with patients
- Then, making an assessment of who wants us to pray with them. Sometimes that assessment is easy
Don said at the 2008 ARN conference. Research (Science) shows us:
- People with new disabilities and their families will benefit from even 1 or 2 counseling sessions

The art is:
- Encouraging our patients and their families to obtain counseling
- Helping with the referral
- Helping them to cope now
There is the ART of appropriate self disclosure

Appropriate self-disclosure

A nurse with irritable bowel syndrome
A nurse taking niacin to lower cholesterol and raise HDLs
- Say: “these strategies helped me, they may or may not help you.”

Earlier I noted
- Counseling is often helpful
- A nurse can say…
- It is appropriate at this time…
  - I have been
  - I also take
  - My family, peers, and students…
- I also would like to self-disclose…

So, last November
- My counselor insisted…
- November 23rd until January 24th
- On January 19th

Research
- Estimates between 30 – 60%
- Drug and alcohol problems are common
- We need to have:
  - Frequent and open discussions
  - Help our patients and peers
  - Remember one or two…
  - and also go to…
A lesson Don learned at AA

- It is impossible to be grateful AND angry or frustrated at the same time.
- This week, at this ARN meeting

Art & Science create Magic

- The rest of my speech is a story that combines, the art and science to create magic
- A story of a patient that I worked with many years ago
- I have updated this story with current references, and the good news is...
- At the time of my story, I was working as a Clinical Nurse Specialist (CNS) as a resource for nurses.
- The ICU nurses called me to come see the patient, I have named “Sally”

Sally

- In her 20s
- C 5-6 Quadriplegic from a vehicular crash
  What can a C 5-6 Quad do?
- Married mother of 3 small children
- Lived hours from the medical center
- Lost her left arm due to injuries
- In a halo brace

Art of nursing with Sally

- Prism glasses
- Positioning
  right arm
  and left stump
- Get her involved
  in her care

Pain in New Quadriplegics

Science of Pain Relief

Don talked with the doctors and they started...
- Around-the-clock NSAID anti-inflammatory
- H2 blocker – to prevent stomach ulcer
- Valium – small dose – muscle relaxant
- Baclofen for spasms
- Elavil for neurogenic pain
- Notice that there is NOT…
Institute for Clinical Systems Improvement (ICSI) [www.icsi.org](http://www.icsi.org)

Health Care Guidelines:

- Assessment and Management of Acute Pain (2008)
- Assessment and Management of Chronic Pain (2009)

### Pain (from the ICSI guideline)

What kind of pain does the patient have?
- Chronic Pain – Use that guideline
  - Somatic Pain
  - Visceral Pain
  - Neuropathic Pain
  - New quads often have all four

### As I walked onto the unit

- Sally was calling out – “please help me”
- I went in to her room and she said: “Please, come her quick, I need you.”
- Then she said…
- Sally was afraid to be up in the wheelchair
- But, in order to move on to a Rehab Unit…

### Art of getting a “Quad” up

- Quadriplegics can’t control their blood pressure – and so get dizzy and even pass out when getting up – so here is the science…
  - Abdominal binder
  - TED hose
  - Take Deep breaths
  - Roll the head of the bed up
  - Sit on the side of the bed – feet dangling
  - Then, using a sliding board, transfer to the chair

### Safe Patient Handling

Safe Patient Handling for Rehabilitation Professionals.

Thomas R. Waters, PhD, CPE
Kathleen Rockefeller, PT, ScD, MPH

September/October 2010
Rehabilitation Nursing

Also available on the ARN Website:
Art of getting a “Quad” up
- Quadriplegics can’t control their blood pressure – and so get dizzy and even pass out when getting up.
- Abdominal binder
- TED hose
- Take Deep breaths
- Roll the head of the bed up
- Sit on the side of the bed – feet dangling
- Then, using a sliding board, transfer to the chair

A quad in a halo in a wheelchair
There are only a few things certain in nursing.
One thing that is certain is that, once a quadriplegic, in a halo brace…
Sally’s reaction…

Sally’s reaction
- “Help me, help me, I am going to fall, I am falling……”
- I pulled up a chair and sat down in front of her
- I told her
- She kept saying…
- Finally, I…
- She said, “What is…”
- I replied…
- Then a miracle happened

The next few days
- The nurses on the unit…
- On Thursday…
- On Friday…
- On Monday…

Lessons Don Learned
- We all need a change
- Sally got a roommate – Sally was a mother
- We all need goals
- We all need to widen our view, to see the effect
- Combining art and science - create magic!

More magic
- Some of you have figured out…
- Sally never knew
- What was important for Sally
- But for Don – Sally
- This is the true magic
- We never know when
- I do know that when we combine
- When we share these moments
- I will be