

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

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## 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*.



## Who else lives in North Carolina?



Greater North Carolina Chapter of the Association of Rehabilitation Nurses



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



## Thank-you



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

However, I do have a BIG concern....



## About this video



**Welcome to the:**

*The Art, Science, and Magic of Rehabilitation Nursing*  
 ARN 36th Annual Educational Conference • September 29–October 2, 2010 • Orlando, FL


Conference Web Central



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...



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and Science and Magic of  
Rehab Nursing**


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**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 Promote Family  
Integrity**

- Kautz, D.D. and Van Horn, E. (2009). Promoting family integrity to inspire hope in rehab patients: Strategies to provide evidence-based care, *Rehabilitation Nursing*, 39, 168-173.

Kautz, D.D. & Van Horn, E. R. (2008). An exemplar of the use of NNN language in developing evidence-based practice guidelines. *International Journal of Nursing Terminologies and Classifications*, 19, 14-19

Van Horn, E. R. & Kautz, D.D. (2007). Promotion of family integrity in the acute care setting. *Dimensions of Critical Care Nursing*, 26, 101-107.




**Don wants you to Inspire Hope**

Kautz, D.D. (2008) Inspiring hope in our rehabilitation patients, their families and ourselves, *Rehabilitation Nursing*, 33, 148-153.

Kautz, D.D. (2007). Reading children’s books to awe and inspire nursing students. *Nurse Educator*, 32, 223-226.

Smith, A.D. & Kautz, D.D. (2007). Case study: A day with Blake: Hope on a Medical-Surgical unit. *MEDSURG Nursing*, 16, 378-382.



### Don wants you to Address Sexuality and Intimacy Concerns

Kautz, D.D., Van Horn, E. R., and Moore, C. (2009). Sex after stroke: An integrative review and recommendations for clinical practice. *Critical Reviews in Physical and Rehabilitation Medicine*, 21, 99-115.

Kautz, D.D. (2007). Hope for love: practical advice for intimacy and sex after stroke. *Rehabilitation Nursing*, 32, 95-103.



### Don wants you to meet patient's spiritual needs

Williamson, W. and Kautz, D.D. (2009). Let's get moving, let's get praising: Promoting health and hope in an African American Church. *ABNF Journal*, 20(4), 102-105.

Hubbarrt, B., Corey, D., Kautz, D.D., and Rasmussen, B. (2009). Nurse, please pray with me. *RN Journal*. Available at <http://rnjournal.com>



### Provide excellent rehab care

Kwah, T. & Kautz, D.D. (2009). A journey to stroke certification. *Advance for Nurses*. Available at <http://nursing.advanceweb.com>

Cournan, M. & Kautz, D.D. (2007). Chapter 7: Physical Healthcare Patterns and Nursing Interventions. In K. Mauk (Ed). *The Specialty Practice of Rehabilitation Nursing: A Core Curriculum*. (4<sup>th</sup> ed). Glenview, IL: Association of Rehabilitation Nurses  
Includes information on intimacy & sexuality



### Behavioral styles after stroke

#### Right Hemiplegia

#### Left Hemiplegia

Cautious

Impulsive

Frustrates easily

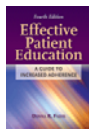
Overconfident

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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Rehab Nursing**

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Lippincott Williams & Wilkins

**Reading Children’s Books to Awe  
and Inspire Nursing Students**

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


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*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 7<sup>th</sup> 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





*Core Curriculum for  
Rehabilitation  
Nursing*

*The Rehabilitation  
Nursing Journal*

Dr. Elaine Miller, Editor





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

**“Nurse, please pray with me.”**


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[http://rehabnursing.com/journal\\_of\\_rehab\\_nursing\\_please\\_pray\\_with\\_me.htm](http://rehabnursing.com/journal_of_rehab_nursing_please_pray_with_me.htm)  
Wednesday, October 21, 2009 9:19:58 PM



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 23<sup>rd</sup> until January 24<sup>th</sup>
- On January 19<sup>th</sup>



## 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

