



### **Basic Facts:**

- **More than 5,600 members**
- Susan Novak formed ARN in 1974 after seeing a need to support nurses who work to enhance the quality of life for those affected by disability and chronic illness. Novak partnered with Lutheran General Hospital in Park Ridge, IL
- Located at 8735 West Higgins Road, Suite 300 Chicago IL 60631 Tel: 800.229.7530
- REACH 2016 Conference: September 28-October 1, 2016, Philadelphia, PA
- [www.rehabnurse.org](http://www.rehabnurse.org)
- ARN President, Cheryl Lehman, PhD RN CNS-BS RN-BC CRRN (2015-2016)

### **Mission Statement**

ARN's mission is to promote and advance professional rehabilitation nursing practice through education, advocacy, collaboration, and research to enhance the quality of life for those affected by chronic illness or physical disability.

### **What Do Rehabilitation Nurses Do?**

Rehabilitation nurses help individuals affected by chronic illness or physical disability to achieve their greatest potential, adapt to their disabilities, and work toward productive, independent lives. They take a holistic approach to meeting patients' medical, vocational, educational, environmental, and spiritual needs.

Rehabilitation nurses begin to work with individuals and their families soon after the onset of a disabling injury or chronic illness. They continue to provide support in the form of patient and family education and empower these individuals when they go home or return to work or school. The rehabilitation nurse often teaches patients and their caregivers how to access systems and resources.

***Rehabilitation nursing is a philosophy of care, not a work setting or a phase of treatment.***

### **Rehabilitation nurses base their practice on rehabilitative and restorative principles by:**

- managing complex medical issues
- collaborating with other specialists
- providing ongoing patient/caregiver education
- setting goals for maximal independence
- establishing plans of care to maintain optimal wellness.



## **Rehabilitation Nurses Practice in All Settings**

- Freestanding rehabilitation facilities
- Hospitals (inpatient rehabilitation units)
- Long-term subacute care facilities/skilled nursing facilities
- Long-term acute care facilities
- Comprehensive outpatient rehabilitation facilities
- Private practice
- Home healthcare agencies
- Clinics and day rehabilitation programs
- Community and government agencies
- Insurance companies and health maintenance organizations
- Schools and universities

## **Rehabilitation Nurses Fill Many Roles Across the Continuum of Care**

- Administrator
- Admissions liaison
- Case manager
- Clinical nurse specialist
- Researcher
- Staff nurse
- Educator

## **Credentials**

Rehabilitation nurses are registered nurses, licensed in the state where they practice. Some have masters and doctoral degrees from one of several specialized programs across the country. A registered nurse with at least 2 years of practice in rehabilitation nursing can earn distinction as a Certified Rehabilitation Registered Nurse (CRRN®) by successfully completing an examination that validates expertise.

## **Why Hire a Rehabilitation Nurse?**

Rehabilitation nursing and rehabilitation/restoration principles are more important to the healthcare system than ever before. The rehabilitation nursing specialty has measurable, functional outcome goals for patients, which rehabilitation nurses use in planning and evaluating the effectiveness of patient care.

Rehabilitation nurses have excellent functional assessment skills and take a comprehensive approach to care. They act as multi-system integrators and team leaders, working with physicians, therapists, and others to solve problems and promote patients' maximal independence. Rehabilitation nurses are particularly skilled at working with others to adapt ongoing care to the resources available.