



One-Day Restorative Nursing Assistant Training

April 9, 2024

Aurora Training Center

11159 Aurora Ave., Urbandale, IA 50322

www.LeadingAgeIowa.org/Restorative



This one-day workshop is designed to provide nursing assistants with the knowledge and skills they will need to be an effective member of the restorative nursing team at their facility. This course, instructed by an experienced therapy professional, combines lecture, open discussion/Q&A, “hands-on” demonstration, and return demonstration. At the conclusion of the course, each participant will receive a copy of their competency checklists for their personnel records.

Participants will receive an introduction to the philosophy and goals of a rehab restorative nursing program. Participants will be offered an overview of restorative nursing programs including range of motion, splint and brace assistance, activities of daily living, transfers and bed mobility, ambulation, body mechanics, eating and safe swallowing, amputation/prosthesis care, bladder and bowel continence, communication and cognition. For each of these programs, participants will gain hands-on experience facilitating the tasks/activities associated with the program and will be assessed for competence using return demonstration techniques.

Finally, because restorative nursing and therapy services work so closely together, triggers that might indicate a referral to therapy services for each of the programs will be reviewed. Participants will have an opportunity to review sample documentation and referral forms needed for the program.

At the end of this session, participants will be able to:

- Define the role of the restorative nursing assistant in providing care to residents of the LTC facility.
- List the benefits and goals of a restorative nursing program.
- Demonstrate competency in performing RNA programs including ROM, ADL, transfers, ambulation, bed mobility, splint application, eating/swallowing, and communication.
- Identify resident characteristics that might trigger a referral to skilled OT, PT, or SLP therapy services.

Program Agenda

7:30-8 a.m	Registration/Check-in
8-11:45 a.m.	Program*
11:45 a.m.-12:30 p.m.	Lunch (included)
12:30-4:30 p.m.	Program*
4:30 p.m.	Adjourn

*A 15-minute break will be scheduled during the morning and afternoon sessions.

Intended Audience

Nurses, Nurse Assistants, Therapists, Rehabilitation Aides, and Administrators.

Faculty

Kathleen Weissberg, OTD, OTR/L, Education Director. Select Rehabilitation



Kathleen Weissberg, in her more than 25 years of practice, has worked in long term care as a researcher/educator and has established various programs in nursing facilities including palliative care and end of life care, incontinence management, falls management and dementia care and staging. She currently provides continuing education support to 6,000 therapists nationwide as director of education for Select Rehabilitation. She has lectured nationally, at the state level, and authored publication on the topics such as patient satisfaction outcomes in long term care, restraint reduction and fall prevention, driving and the elderly, dementia management, palliative care, and hospital readmissions. She has presented at previous LeadingAge conferences for Georgia, South Carolina, Michigan, New York, and has authored articles for publication for LeadingAge Florida and Texas.

What Do People Say About This Class

Kathleen Weissberg has taught this course for LAI in the past and is one of our top-rated presenters. Following are just some of the comments from past attendees:

- *"The instructor was very informative and helpful."*
- *"What I liked best was all the information she gave, I liked how she went over the ROM with us and that we all got to practice it."*
- *"The whole class was well-rounded and informational."*
- *"Excellent speaker, very knowledgeable."*

Registration Information

Register at www.LeadingAgeIowa.org/Restorative.

LeadingAge Iowa Member	Early Bird Fee Before March 26	Standard Registration Fee After March 26
Individual Rate	\$135	\$160
Prospective Member		
Individual Rate	\$250	\$275

Registration fees include digital handouts, light continental breakfast, lunch, refreshment break, competency checklists, and CEU/attendance certificate.

Cancellation/Refund Policy

No-shows will be billed. Substitutions welcome anytime via fax or email. A full refund will be given to all cancellations received 10 or more business days prior to the program. A \$25 administrative fee will be charged to all cancellations received six to nine business days prior to the program. No refunds will be given to cancellations received five or fewer business days prior to the program. Refunds will be calculated by the date received and the LeadingAge Iowa business days remaining prior to the program. LeadingAge Iowa reserves the right to cancel the program due to insufficient enrollment, in which case pre-registered participants will be notified and full refunds provided. All cancellation and substitution requests must be sent to Amy Huisman (ahuisman@LeadingAgeIowa.org). Facilities that have an unannounced annual survey by DIA during the meeting dates will be eligible for a full refund.

Continuing Education Credit

Iowa Board of Nursing Provider #67: LeadingAge Iowa has been approved as a provider of continuing education for nurses by the Iowa Board of Nursing, provider No. 67. 7.25 contact hours will be awarded for participants who attend this event in its entirety. Partial credit for this event will not be granted. To receive contact hours or a certificate of attendance, you must attend the entire event. Evaluations for this event can be submitted to the Iowa Board of Nursing.

Nursing Home Administrators: 7.25 contact hours are intended to meet the criteria established by the Iowa Board of Examiners for Nursing Home Administrators for participants who attend this event in its entirety. Partial credit for this event will not be granted. To receive contact hours or a certificate of attendance, you must attend the entire event.

Physical Therapists: 7.25 contact hours are intended to meet the criteria established by the Iowa Board of Examiners for Physical and Occupational Therapy who attend this event in its entirety. Partial credit for this event will not be granted. To receive contact hours or a certificate of attendance, you must attend the entire event.

For other long-term support and service provider professional not listed above: Most licensure boards, credentialing agencies and professional organizations have processes that allow individuals to earn a certain number of CEUs for non-preapproved programs and/or to accommodate self-submission for approval of continuing education hours after the event takes place with proper documentation from the program sponsors. It is up to the discretion of the licensee to choose relevant sessions and self-report. Generic certificates of attendance will be provided.

Area Hotel Information

LeadingAge Iowa has negotiated special sleeping room rates for its members at several area hotels. Go to www.LeadingAgeIowa.org/Hotels to view hotel options.

*LeadingAge Iowa, 11001 Aurora Ave, Urbandale, IA 50322
515-440-4630 or www.LeadingAgeIowa.org*