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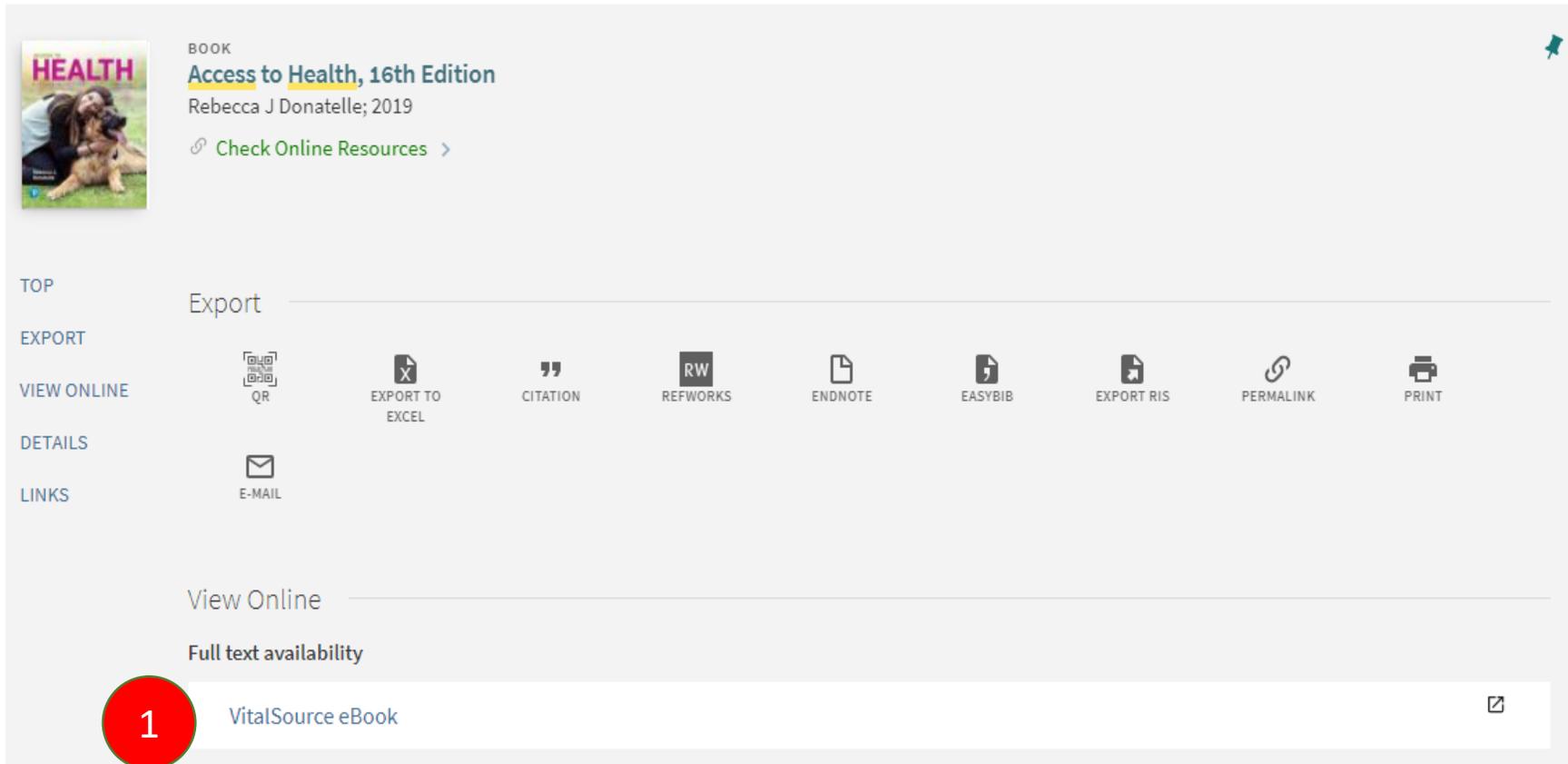
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Rebecca J Donatelle; 2019

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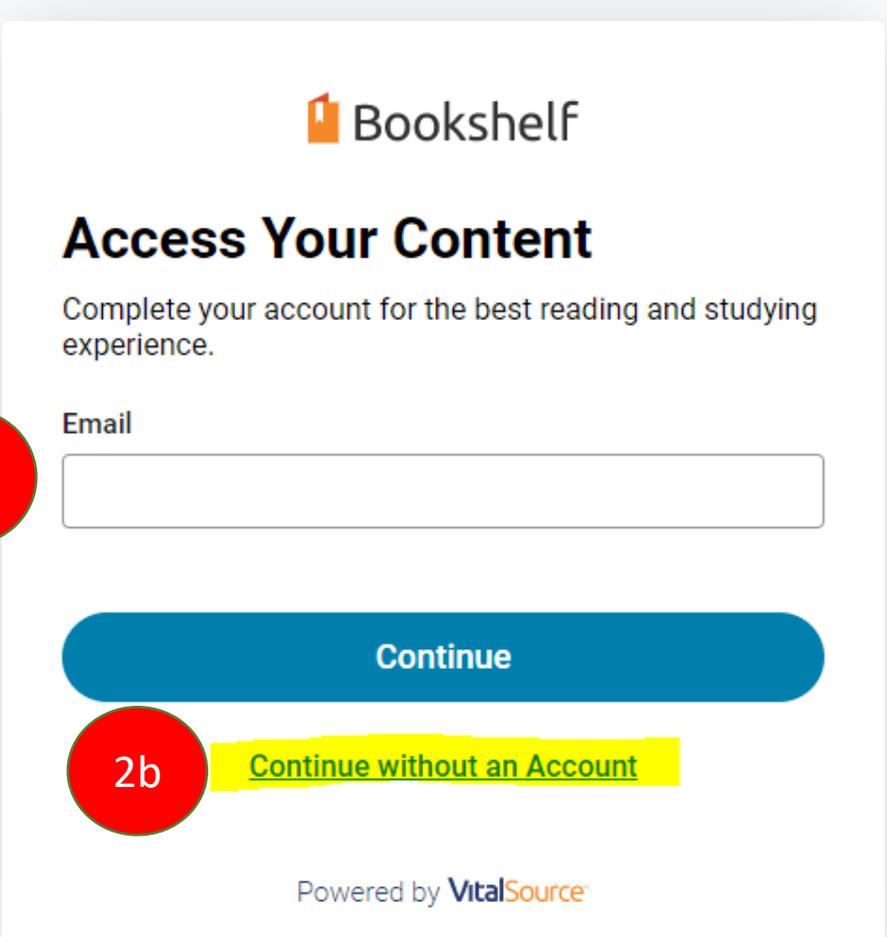
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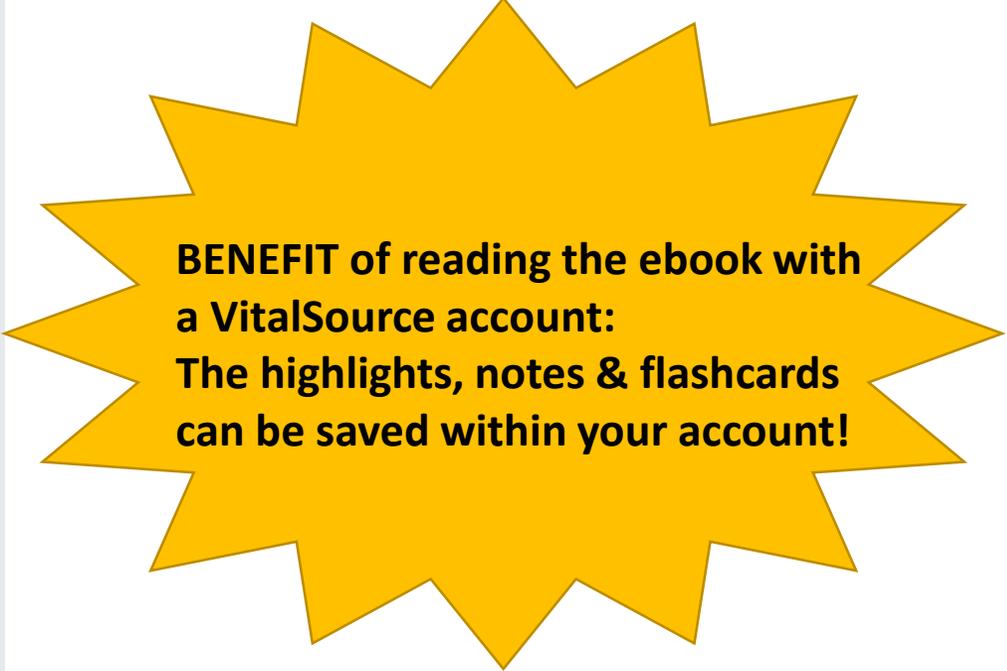
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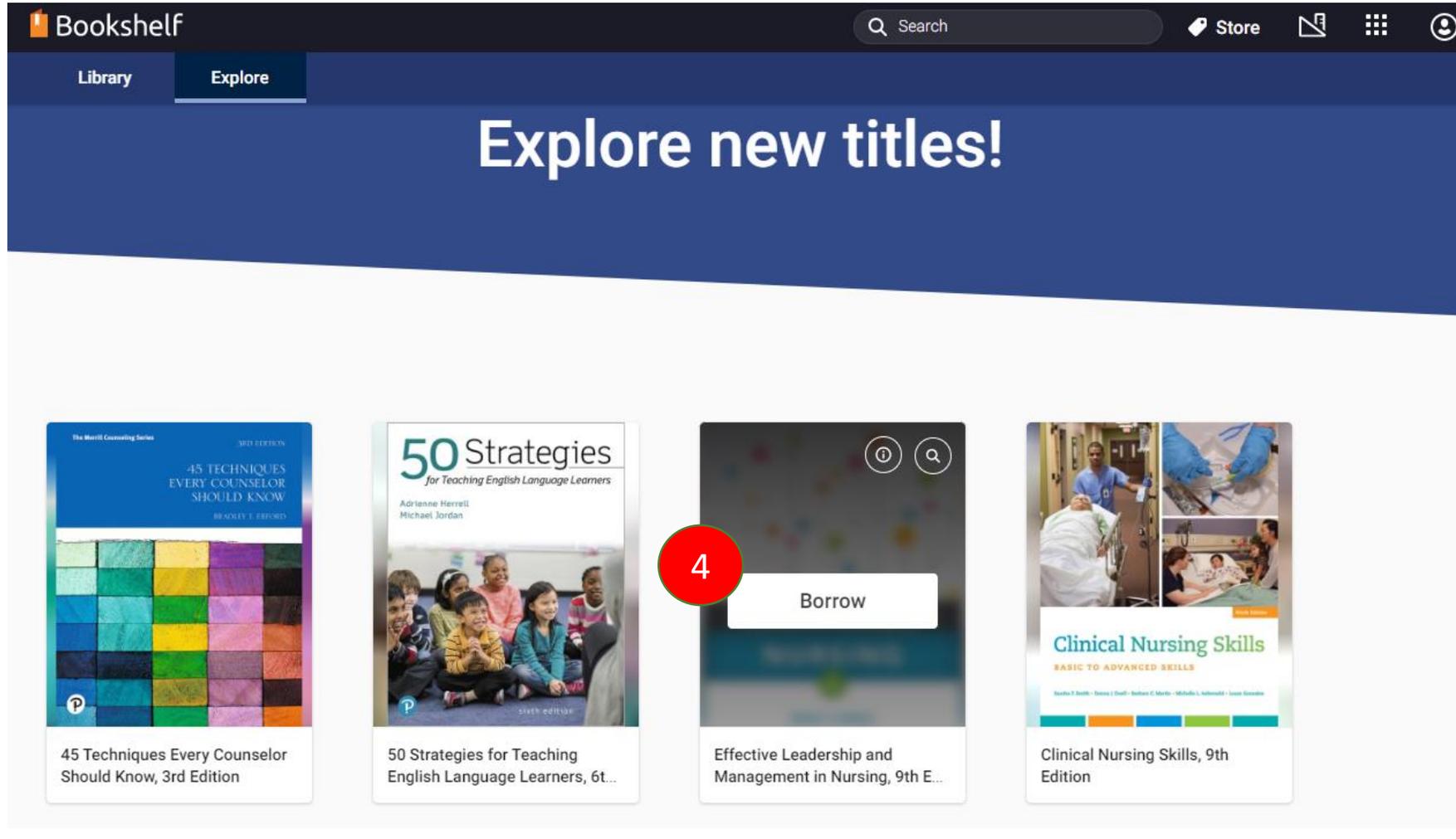
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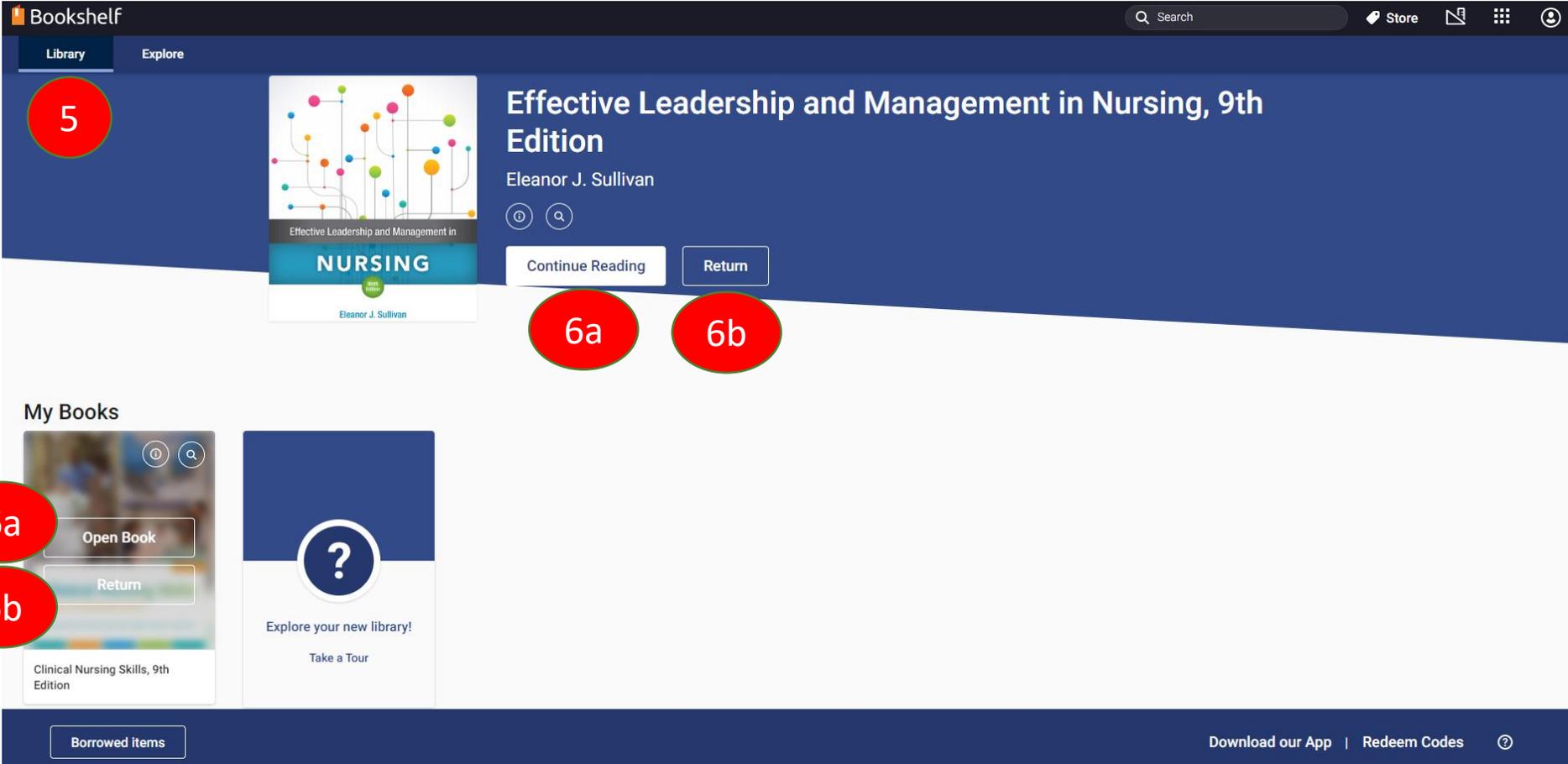
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Eleanor J. Sullivan

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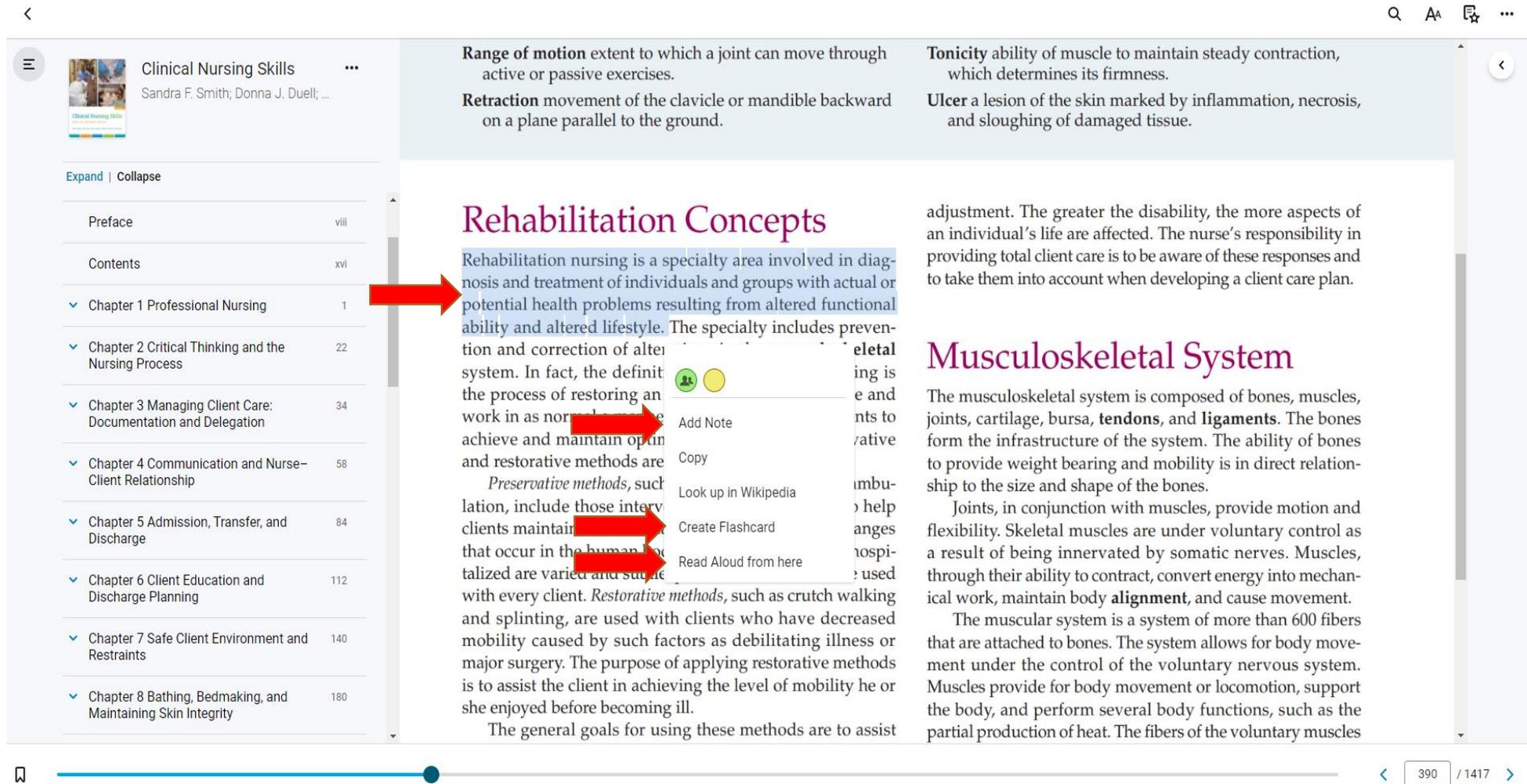
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The screenshot shows a digital textbook interface. On the left is a navigation sidebar for 'Clinical Nursing Skills' by Sandra F. Smith and Donna J. Duell. The main content area is titled 'Rehabilitation Concepts' and contains text about rehabilitation nursing. A context menu is open over a highlighted section of text, showing options like 'Add Note', 'Copy', 'Look up in Wikipedia', 'Create Flashcard', and 'Read Aloud from here'. Red arrows point from the text to the menu options. To the right, there are definitions for 'Range of motion', 'Retraction', 'Tonicity', and 'Ulcer'. Below the main text is a section titled 'Musculoskeletal System' with a detailed paragraph. At the bottom, a progress bar shows the current page is 390 of 1417.

Clinical Nursing Skills
Sandra F. Smith; Donna J. Duell; ...

Expand | Collapse

- Preface viii
- Contents xvi
- Chapter 1 Professional Nursing 1
- Chapter 2 Critical Thinking and the Nursing Process 22
- Chapter 3 Managing Client Care: Documentation and Delegation 34
- Chapter 4 Communication and Nurse-Client Relationship 58
- Chapter 5 Admission, Transfer, and Discharge 84
- Chapter 6 Client Education and Discharge Planning 112
- Chapter 7 Safe Client Environment and Restraints 140
- Chapter 8 Bathing, Bedmaking, and Maintaining Skin Integrity 180

Rehabilitation Concepts

Rehabilitation nursing is a specialty area involved in diagnosis and treatment of individuals and groups with actual or potential health problems resulting from altered functional ability and altered lifestyle. The specialty includes prevention and correction of alterations in the musculoskeletal system. In fact, the definition of rehabilitation is the process of restoring an individual to the level of work in as normal a manner as possible. The goal is to achieve and maintain optimal functional status. Restorative and restorative methods are used to assist the client in achieving the level of mobility he or she enjoyed before becoming ill.

Preservative methods, such as splinting, include those interventions that assist clients maintain their current level of function. *Restorative methods*, such as crutch walking and splinting, are used with clients who have decreased mobility caused by such factors as debilitating illness or major surgery. The purpose of applying restorative methods is to assist the client in achieving the level of mobility he or she enjoyed before becoming ill.

The general goals for using these methods are to assist

Range of motion extent to which a joint can move through active or passive exercises.

Retraction movement of the clavicle or mandible backward on a plane parallel to the ground.

Tonicity ability of muscle to maintain steady contraction, which determines its firmness.

Ulcer a lesion of the skin marked by inflammation, necrosis, and sloughing of damaged tissue.

Musculoskeletal System

The musculoskeletal system is composed of bones, muscles, joints, cartilage, bursa, **tendons**, and **ligaments**. The bones form the infrastructure of the system. The ability of bones to provide weight bearing and mobility is in direct relationship to the size and shape of the bones.

Joints, in conjunction with muscles, provide motion and flexibility. Skeletal muscles are under voluntary control as a result of being innervated by somatic nerves. Muscles, through their ability to contract, convert energy into mechanical work, maintain body **alignment**, and cause movement.

The muscular system is a system of more than 600 fibers that are attached to bones. The system allows for body movement under the control of the voluntary nervous system. Muscles provide for body movement or locomotion, support the body, and perform several body functions, such as the partial production of heat. The fibers of the voluntary muscles

390 / 1417

Step 7 : When reading the ebook, you can try different functions, e.g. highlight & make note, create flashcard, read aloud etc.