

SPECIAL PAPER**Rehabilitation Nursing: Applications for Rehabilitation Nursing****Aysegül Koç, PhD, RN**

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Abstract

Rehabilitation nursing is a specialist form of rehabilitation requiring specialist nursing. Furthermore, as in many areas of nursing, nurses in this field recognize that there is a need to increase the quality of and provide the most up-to-date care for their patients and patients' families. To achieve high levels of competence, neurological rehabilitation nurses need to be aware of the existing body of research in this field. Effective hospital and community rehabilitation services are increasingly recognised as a means of meeting the changing pattern of health and social care requirements. This review aims to validate the existing knowledge base in this area by identifying and critically analysing research conducted in the area of neurological rehabilitation nursing.

Keywords: rehabilitation; rehabilitation nurses; neurology; rehabilitation management; neurological disorders; head injury; nurse

Introduction

The number of people requiring rehabilitation is increasing (Teasell R. 2003 and Ed: 2006). Nurses today will care for more patients with chronic neurological problems, more patients with head injury, and more elderly people in need of care, and because these patients often have a wide range of physical, cognitive and behavioural problems, the rehabilitation needs of these patients are diverse and complex (Green 1997, Green 2002). As rehabilitation nursing requires autonomous professional knowledge, it is increasingly gaining momentum (Teasell R. 2003). However, like many areas of nursing, nurses in this field recognize that there is a need to strengthen their knowledge in order to ensure that they provide the best possible care for patients and their families. Rehabilitation nurses can start by reviewing their application fields and competencies in order to upgrade their professional skills.

Principles of rehabilitation:

1. The prevention, diagnosis and treatment of concomitant medical problems (co-morbid illnesses, complications)
2. Training for maximum functional independence,

3. To support psychosocial coping and assist in the adaptation of patients and families,
4. To support the return to community life
5. To improve the quality of life of patient and family members who provide care

Rehabilitation Nursing

Nurses are qualified health care professionals that provide nursing services to help patients to develop problem-solving and stress management skills and to improve patients' quality of life by following the physiological and psychological changes of the patients.

A rehabilitation nurse is specialized in the care of dependent or semi-dependent individuals, and provides direct patient care, educates patients and their families, and provides care coordination. A rehabilitation nurse should first start with what the patients and their families want to know and what they need, and should be a good trainer and love their work.

A rehabilitation nurse creates a creative and dynamic process which supports the individual's "functional capacity", namely the dynamic interaction with the environment, and plays a role in helping patients achieve their maximum functional capacity. Thus, a

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