

MDS Alert

Clip 'N Save: Stuck On Care Plan Goals For Bed Mobility? This Example Will Get You Moving

If you code the resident as using bedrails to improve bed mobility, you'd better have some related restorative or other goals on the care plan to back up your coding.

Check out this example provided by certified rehabilitation nurse **Cheryl Field, RN, CRRN**, with **LTCQ Inc.** in Lexington, MA.

Assessment data: Mr. S has suffered a stroke that has affected use of his right arm and has resulted in some cognitive impairment. He also has some urinary incontinence requiring incontinence care and additional turning in bed.

1. Goal: Resident will grasp right bedrail with left hand and assist to turn during bed mobility and incontinence care.
2. Intervention: The staff places the resident's hand onto the rail every time prior to turning him in bed.
3. Rationale: This consistent approach reduces fear in residents with cognitive impairment, and allows them to participate in the activity. Many residents find that the act of placing their hand on the bed rail stimulates the beginning of the turning motion so staff aren't moving a body at rest - rather they are continuing the movement the resident initiated. This approach reduces the amount of strain on the staff, and improves the resident's quality of care.