

MDS Alert

Clip 'N Save: Stumped On Writing Restorative Goals?

Follow these steps.

Want to write restorative nursing goals that will get residents back on their feet, and keep surveyors off your back?

Include residents in the process and develop realistic, measurable objectives, suggests **Cheryl Field, RN, MS**, director of clinical and reimbursement services for **LTCQ Inc.** in Lexington, MA. "Once the resident achieves his goals, consider setting higher ones."

Here are some examples of measurable restorative nursing goals, courtesy of Field:

1. Mary will ambulate with a one-person, non-weight bearing assist from her room to the Three Season room on this unit, every day.
2. John will feed himself for the first 5 minutes of each meal, using weighted spoon and plate guard, with verbal cues as needed to attend to task.
3. Jack will be continent of urine 7 am to 11 am daily. Once this goal is sustained for a week, expand the time parameters for the goal, focusing on bladder retraining efforts for a focused time of the day, Field suggests. "Minimize any toileting accidents and focus on the resident's achievements."