

■ Technical Writing

Importance of rehabilitation in nursing

Hemşirelikte rehabilitasyonun önemi

Kubra KUCUKTEPE¹ , Cigdem Muge HAYLI^{2*} 

¹Instructor, Cyprus University of Science, Faculty of Health Sciences, Physical Therapy and Rehabilitation Program, Kyrenia, TRNC

²Assistant Professor Doctor, Hakkari University- Faculty of Health Sciences, Nursing Program, Hakkari, Turkey

ABSTRACT

Today, congenital or accidental disabilities, chronic rehabilitation is important because of the increasing problems associated with diseases and is gaining. To provide training and counseling to individuals in need of rehabilitation among the responsibilities of nurses. In this review, the importance of rehabilitation in nursing is explained.

Keywords: Rehabilitation; nursing; the importance of rehabilitation

Öz

Günümüzde doğuştan ya da kaza sonucu oluşan sakatlıklar, hastalıklarla ilişkili sorunların artması nedeniyle akut ve kronik rehabilitasyon önem kazanmakta ve ihtiyaç artmaktadır. Hemşirelerin sorumlulukları arasında rehabilitasyon ihtiyacı olan bireylere eğitim ve danışmanlık vermektir. Bu teknik notta hemşirelikte rehabilitasyonun önemi anlatılmaktadır.

Anahtar Kelimeler: Rehabilitasyon; hemşirelik; rehabilitasyonun önemi

Corresponding Author*: Çiğdem Muge HAYLI, Hakkari University- Faculty of Health Sciences Nursing Program

E-mail: chayli17@ku.edu.tr

ORCID: 0000-0001-7630-9619

Received: 28.07.2021 accepted: 08.10.2021

Introduction

Today, depending on the developments in science and technology, on the one hand, complications resulting from accidents decrease, life expectancy is prolonged, on the other hand, chronic for persons with disabilities who have had illnesses and have returned to life after disasters or accidents requirements to make life easier are gaining importance [1, 2].

Health care; by solving the health problems of the society, to improve the health. It covers transportation, protection, treatment and rehabilitation of diseases. In our country, health services are health promoting-protective, therapeutic and rehabilitative (medical and social rehabilitation) is offered in three main areas as health services. However it can be said that applications for therapeutic services are still a priority [3].

Rehabilitation comes from the Latin word habili, and habilitation is an unknown term. It is defined as learning something [4]. Rehabilitation; An individual who has lost some of his abilities due to congenital or later illness, accident or injury. to the best possible level in terms of medical, psychological, social and professional. It is a therapeutic work process designed to minimize the consequences of permanent disabilities, aiming to make them more beneficial to themselves, their families and the society.

The purpose of rehabilitation is education, counseling, care and treatment practices. carried out with services. Rehabilitation enables the individual to reintegrate with his family and society and to maintain his functions at an optimal level [3, 4].

The Australian Association of Rehabilitation Nurses (ARNA) targets the importance of rehabilitation in nursing; increasing self-care, correcting deteriorated functions and helping patients defined as improving the quality of life.

- Maintaining existing skills and roles
- Upgrade health
- Prevent possible disorders, disability and disability
- Restructuring of the individual's work and roles
- He stated it as reducing disability [5].

In general, the importance of rehabilitation in nursing paves the way for rehabilitation nursing. In this context, rehabilitation is among the duties of nursing.

- Ensures coordination by establishing good communication with other members of the rehabilitation team.
- It provides integrity in rehabilitation services through a process

that includes data collection, planning, implementation and evaluation with the information it receives from the rehabilitation team and other sources.

- From the beginning of the rehabilitation program, it supports the individual and his/her family, and the health education needs of the individual and his/her family and what is necessary to meet them.
- Supportive and motivated in the future development and learning of the individual and the family it is compelling.
- Establishes a continuous supportive relationship for the individual to develop effective coping behaviors, and provides counseling for existing and potential problems.
- It provides the individual's environmental comfort and safety, to prevent the development of new injuries and infections that may develop due to limitations and to protect skin integrity.
- He carefully monitors the physiological changes of the individual, makes the necessary observations and records them.
- Identifies the existing strength and abilities of the individual and uses them to improve health supports towards.
- Carries out the necessary training and practices, ensures that the individual gains self-care and independence, and takes precautions.
- It provides consultancy on community opportunities, health services, institutional resources and other support services, associations regarding the future life of the individual.
- Technology and technology for the solution of health problems and adaptation to the environment raises awareness about using various auxiliary tools and equipment, and when necessary educates.
- Listens to the feelings and thoughts of the individual, spares enough time for the individual, when necessary supports or directs them to related professionals for problems [4,6,7,8,9,10].

Conclusion

Nurses working in rehabilitation centers and units mostly have limited care and

about rehabilitation nursing in which they take part in rehabilitation practices.

It is seen that they do not receive enough education and they experience role confusion. Therefore, studies on the importance of rehabilitation in nursing and providing additional training will also support the improvement of the quality of health care.



References

1. Akçay T. Tekerlekli Sandalye Kullanan Paraplejik Hastalarda Ev Rehabilitasyonu. Hacettepe Üniversitesi Sağlık Bilimleri Enstitüsü. Fizik Tedavi ve Rehabilitasyon Programı Yayınlanmamış Bilim Uzmanlığı Tezi. Ankara.1994
2. Disability, including prevention, management and rehabilitation. Fifty-eighth world health assembly agenda item 13.13, WHA 58.23, Update 25 May 2005. Available from: http://www.who.int/gb/ebwha/pdf_files/WHA58/WHA58_23-en.pdf Accessed: 25 July 2021.
3. Arpacıoğlu O. Rehabilitasyon Hemşireliği. Ankara: Gata Vakfı Yayınevi. 1997; 1-9.
4. Akdemir N, Birol L. İç Hastalıkları ve Hemşirelik Bakımı. İstanbul: Vehbi Koç Yayınları, SANERC, 2003; 71-80.
5. Özcan O. Fiziksel Tıp ve Rehabilitasyon. Ed. Beyazova M. Kutsal YG. Cilt I. Ankara: Güneş Kitabevi. 2000; 12-52.
6. Thorn S. Neurological rehabilitation nursing: a review of the research. *Journal of Advanced Nursing*. 2000; 31 , 1029-38
7. Nolan M, Nolan J. Rehabilitation, chronic illness and disability, the missing elements in nurse education. *Journal of Advanced Nursing*. 1999; 29: 958-66.
8. Kneafsey R, Long AF, Ryan J. An exploration of the contribution of the community nurse to rehabilitation. *Health and Social Care in the Community*. 2003; 11: 321-8
9. Routasalo P, Arve S, Lauri S. Geriatric rehabilitation nursing: developing model. *International Journal of Nursing Practice*. 2004; 10: 207-15.
10. Yazıcıoğlu K. Rehabilitasyon Hemşireliği. Ankara: Gata Vakfı Yayınevi. 1997; 219-21.