

Prospects, possibilities and determinants of rehabilitation in nursing

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ABSTRACT

Contemporary nursing models address complex human needs, emphasizing prevention, education, and rehabilitation. Nursing and rehabilitation are closely linked, aiming to restore full or partial functionality and support patients in returning to social, family, and professional life. The aim of this study was to analyze the role of nurses in rehabilitation and assess the potential for developing rehabilitation nursing in Poland, considering current trends and the growing demand for qualified staff. A comprehensive literature analysis was conducted, with a particular focus on the Canadian model and its scope in rehabilitation. The results indicate that rehabilitation nursing should expand in response to the needs of an aging society. The introduction of specialized training and the incorporation of rehabilitation nursing courses into higher education programs could significantly contribute to this field's development. The Canadian model demonstrates that proper education and certification in rehabilitation nursing enhance patient care and recovery. Implementing similar solutions in Poland could improve rehabilitation outcomes and overall patient well-being. However, adapting modern nursing models requires systemic changes and a shift in professional perception. Nursing should evolve from a primarily supportive role focused on basic care to an active, leadership-oriented function within the rehabilitation team. A well-trained rehabilitation nurse can significantly improve the effectiveness of rehabilitation, ensuring a more holistic and patient-centered approach.

KEY WORDS: rehabilitation nursing, specialist course, specialization, Canadian model, determinants, rehabilitation.

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INTRODUCTION

Rehabilitation and nursing work closely together. Rehabilitation is a series of activities aimed at restoring complete or partial fitness to a disabled person, as well as the ability to return and function in social, family and professional life. Nursing is defined as the use of clinical judgment in the delivery of care with the goal, as in rehabilitation, of improving or regaining health and achieving the best possible quality of life [1].

Modern nursing models significantly expand the scope of nurses' competences, which traditionally focused on meeting basic needs. These changes have had a significant impact on the rehabilitation process. A patient experiencing a disability, thanks to education and appropriate preparation by a nurse, becomes an active participant in treatment, enabling them to be better prepared for independent living [2].

AIM

The aim of the study was to analyze the scope of the role of nurses in the rehabilitation process and to assess the possibilities of developing rehabilitation nursing in Poland, taking into account contemporary trends and the growing demand for qualified nursing staff. The work also focuses on identifying barriers and perspectives related to the implementation of modern models of rehabilitation nursing, focusing on the example of the Canadian model.

MATERIALS AND METHODS

A comprehensive literature analysis was conducted using the PubMed and Google Scholar databases, focusing on publications highlighting the perspectives of nurses' participation in rehabilitation, with particular

emphasis on the Canadian model and the scope of their activities in the rehabilitation function. The analyzed literature was searched using the above keywords relevant to the described topic.

REVIEW AND DISCUSSION

REHABILITATION NURSING IN POLAND – POSSIBILITIES

In recent decades, nursing has undergone a sea change in its understanding of its goals and type of intervention. The traditional nursing model involved supporting patients with basic needs and placed patients in a passive role [3-5]. Models of nursing care have emerged that focus on more complex human needs, emphasizing the various functions of nursing in prevention, education and rehabilitation. The professional functions of nurses working with patients include, among others, the rehabilitation function [6]. Our actions are aimed at helping the patient regain motor skills lost as a result of injury, disease, violent accident or congenital defect.

In line with demographic forecasts for aging societies around the world, as well as in Poland, there are increasing requirements in connection with planning and organizing activities that will secure the health needs of people in post-working age [7]. The nurse's approach to the patient, taking into account his attitude towards himself and the disease, professionalism and kindness often determine the success of the improvement process. Modern nursing in the field of rehabilitation strives to support patients in independent and active self-care [8].

The patient is actively engaged, and the intervention is no longer just about providing care, but also about educating and training patients to achieve the goals of the intervention. This approach to nursing care is the main core of rehabilitation to enable people with disabilities to achieve optimal functioning that includes independent living and significantly improves their quality of life [9].

Rehabilitation nurses provide assistance and are becoming increasingly necessary in many places, in hospitals, nursing homes and community rehabilitation. The rehabilitation nurse acts as a care coordinator, collaborating with the patient and caregiver and other professionals to solve problems and promote maximum patient independence. The function and role of the team leader and care coordinator is reflected in all activities of the rehabilitation nurse.

REHABILITATION NURSING – PERSPECTIVES

The Canadian Nurses Association (CNA) offers certification in 20 different specialties in areas of nursing

practice. Among other things, specialization in nursing rehabilitation, which currently does not exist in Poland.

According to the Canadian model, the role of a rehabilitation nurse is to:

- cooperation with patients of all ages throughout the duration of care, taking into account their rights and obligations,
- in cooperation with other members of the interdisciplinary therapeutic team to establish a therapeutic relationship with the patient whom he perceives and treats as a whole
- work in accordance with the code of professional ethics and standards of care,
- knowledge and understanding of one's multidimensional role in the therapeutic team,
- putting into practice and disseminating specialized evidence-based knowledge – scientific research in the field of rehabilitation
- using treatment results and participating in improvement initiatives – quality and safety of care [10].

PERSPECTIVES OF NURSING ACTIVITIES IN THE IMPLEMENTATION OF THE REHABILITATION FUNCTION

Nursing is currently defined as a process in which patient care is individualized, in which the nurse demonstrates great independence in both planning, implementation and assessment of actions taken (examine the patient, assess, make a diagnosis, plan and carry out tasks).

When working with a patient, a nurse focuses on the person, not the disease.

When determining the scope and conditions of nurse education, the recommendations of the World Health Organization, the International Council of Nurses and the European Union directives are taken into account [11].

THE SCOPE OF NURSING ACTIVITIES IN THE IMPLEMENTATION OF THE REHABILITATION FUNCTION

The legal document confirming the rights of nurses is the Regulation of the Minister of Health and Social Welfare of November 7, 2007, on the scope and type of preventive, diagnostic, therapeutic and rehabilitation services performed independently by a nurse, without a doctor's order (Journal of Laws 2007.210.1540).

The scope of legally established nursing activities also includes:

learning and carrying out breathing exercises – which are aimed at expanding the chest, improving the mechanics and pattern of breathing, teaching natural but conscious

breathing (bedside rehabilitation), changing positions frequently, maintaining the physiological position of the body, using different positions depending on the need [3].

THE REGULATION ON REHABILITATION SERVICES

The regulation on rehabilitation services entitles you to conducting bedside rehabilitation to prevent resulting complications immobilization (passive exercises), motor improvement (upright positioning, learning to walk, learning self-service).

The regulation also entitles you, provided you have completed a specialist course in rehabilitation (which does not exist in Poland), to:

- activation of patients using elements of occupational therapy, creative therapy and rehabilitation of patients requiring palliative care,
- providing instructions on bladder training for patients with urinary incontinence,
- conducting instructions on hardening and shaping the stump of an amputated limb,
- rehabilitation of people with mental disorders, applying for social care [3].

REHABILITATION NURSING IN POLAND – DETERMINANTS

- Patients are currently often treated as passive recipients of nursing interventions, therefore they do not

benefit from activities aimed at sensitizing them to self-care, education and independent living

- Nursing staff who do not like changes and new challenges. Preferring the current work model
- Lack of courses and specializations in the field of rehabilitation, as well as the subject “Rehabilitation Nursing”, in higher education.

CONCLUSIONS

The traditional nursing model involved supporting patients with basic needs and placed patients in a passive role. Models of nursing care have emerged focusing on more complex human needs such as prevention, education and rehabilitation.

In the era of an aging society, the knowledge and skills of nurses in the field of rehabilitation should be developed due to their great potential in terms of the needs of patients and the wide demand in hospitals, nursing homes and community rehabilitation.

Trends and specializations in rehabilitation nursing are emerging around the world, and Canada is a model example.

Polish rehabilitation nursing should develop, meeting the ever-growing needs and expectations of society, while changing the mentality about the nursing profession from passively fulfilling doctor's orders and performing basic care activities to a rehabilitation nurse taking on the role of a leader and cooperating with members of the rehabilitation team.

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CONFLICT OF INTEREST

The Authors declare no conflict of interest.

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