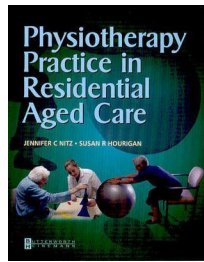


**PHYSIOTHERAPY PRACTICE IN RESIDENTIAL AGED CARE**



**Autor:** Nitz

**ISBN:** 9780750687720

**Páginas:** 396

**Año:** 2004

**Edición:** 1

**Idioma:** Ingles

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## **DESCRIPTION:**

With the numbers of entrants to residential aged care facilities steadily growing, there is more than ever the need for a text specially written for all professionals interested, or already working, in this specialised area of practice. Physiotherapy Practice in Residential Aged Care will assist all those pursuing excellence in this field by highlighting and illustrating the range of knowledge and treatment skills unique to the physiotherapist.

Clearly and systematically written, this valuable new text looks at the physiological changes accompanying the ageing process as well as the physiotherapist's role in assessment, preventing residents' injuries and promoting life satisfaction. Major presenting problems relating to being immobile, barely mobile, or ambulatory are examined. Information and strategies to assist with residents suffering from pain, osteoporosis, incontinence or disorders requiring palliation are covered as well as a special chapter on aquatic physiotherapy in response to the increasing use of pools in aged care facilities.

## **Features**

- \* Focus on Physiotherapy in Residential Aged Care.
- \* Up to Date, Easy to Read.
- \* Covers all Relevant Topics.
- \* Clearly Organized Sections.
- \* Expert Contributors.
- \* Boxed Key Points and Summaries.
- \* Artwork, Photos and Drawings throughout.
- \* Useful for other Allied Health and Related Disciplines.

## **CONTENTS:**

### **Section 1: Ageing and its Attendants**

1. Physiological Changes with Age.
2. The Physiotherapist's Contribution to Resident Assessment.
3. Resident Injuries.
4. Life Satisfaction.

### **Section 2: Care of the immobile or barely mobile resident.**

5. The complexity of the immobile or barely mobile resident.
6. Managing problems encountered in immobile or barely mobile residents.
7. What about beds and chairs?.

### **Section 3: The Challenge of the Mobile Resident.**

8. The Profile of the Mobile Resident and how to protect them from falls.
9. A theoretical framework for the assessment and treatment of balance and mobility deficits in the elderly.
10. Retraining Balance and Mobility.
11. Exercise Prescription in Residential Aged Care Facilities.
12. Osteoporosis.
13. Aquatic physiotherapy for residents in aged care facilities.
14. Physiotherapy For Pelvic Floor Dysfunction In The Aged Care Setting.

### **Section 4: Special Considerations of Pain and Palliative Care**

15. Pain in the Elderly.
16. Physiotherapy in Palliative Care.

Appendix 1. Basic physiotherapy assessment of an aged individual.

Appendix 2. Documentation requirements - mobility plans, prescribed exercise programs.

Appendix 3. Outcome measures suitable for residents.

Appendix 4. Staff inservice information.

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