



AMERICAN EDUCATION CERTIFICATION ASSOCIATION

Restorative Care Exam Content Outline According to Industry Standard Needs Study

<u>TOPICS</u>	<u>Check</u>
Examination Section – Restorative Aide	
Infection Control	
Restorative Care of Residents with Musculoskeletal System Conditions	
Care of Residents with Common Neurological Conditions	
Restorative Care of the Residents with Disorders of the Integumentary System	
Consideration of Special Needs	
Preventing Musculoskeletal Injuries, Back Injuries in Health Care Workers, Body Mechanics	
Restorative Exercise and Bed Mobility Exercise	
Progressive Mobility	
Ambulation and Assistive Devices	
Restorative Approaches to Meeting Residents' Nutrition and Hydration Needs	
Restorative Self-Care	
Restorative Care of Residents with Respiratory Disorders	
Bowel and Bladder Management, Problems Related to the Urinary System	
Restorative Care of Residents with Psychosocial and Behavioral Issue	
Documenting Restorative Care	
What a rehabilitation unit is and how it functions.	
Effects of aging, inactivity, and disability.	
Basic anatomy and how the body moves.	
Medical problems that will interfere with functional independence.	
How to help residents in ways that will promote independence.	



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What to look for when helping someone walk.	
How to help someone perform basic exercise.	
Common equipment used in rehabilitation.	
Basic balance responses and activities to improve balance.	
Ways to interact with residents.	
Ambulation, gait training, and range of motion	
Improving or maintaining mobility and independence	
Balancing and reaching	
Proper wheelchair use and positioning of leg extenders and footrests	
Body alignment in beds, chairs, and wheelchairs	
Proper placement of catheters and drainage bags	