

Walk and Dine Restorative Nursing Program

It is the policy of _____ Health Center to promote resident independence and quality of life by offering a "Walk and Dine" program for residents who are unable to ambulate independently to and from the dining room.

1. All residents who are unable to ambulate independently to and from the dining room are to be assessed for appropriateness, by the nurse and/or therapist, for the "walk and dine" program. Appropriate residents for the program may include the following:
 - Able to ambulate with assistance
 - Able to remain seated in a dining room chair
 - Recent decline in ambulation skills
 - Are wheelchair bound
2. Limit the program to the number of residents who can be closely monitored for safety in the dining room.
3. Small dining rooms are preferred. If a larger dining room is used, try to congregate the residents participating in the "walk and dine" program on one section of the dining room. However, a tablemate preference takes precedence to the "walk and dine" program.
4. Once the first resident on the "walk and dine" program is in the dining room, a staff member must be in the dining room observing the residents at all times.
5. Determine how far each resident is to be ambulated to and from the dining room. Some residents may be ambulated from their bedroom. Others may only be able to ambulate from outside the dining room to their dining room chair. If the resident uses a wheelchair, park it outside the dining room.
6. Complete an individualized care plan for the resident's restorative nursing "walk and dine" program. Include measurable goals (maintenance goals are appropriate) and specific interventions.
7. Use a gaitbelt and other appropriate transfer / ambulation aide(s) per the care plan.
8. Document on the restorative nursing flow sheet the day, shift and minutes spent performing the "walk and dine" program in the appropriate columns and spaces.
9. The nurse is to document resident tolerance/ progress toward goals on a weekly basis on the back of the restorative nursing flow sheet.