# Function Focused Care: A Certified Nurse Assistants Training

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## Background

Function focused care (FFC) educational training for certified nursing assistants are necessary because:
- **FFC** is a nursing intervention designed to maintain or restore the older adult’s functional ability in long-term care.
- Majority of the day is spent performing passive activities not geared towards optimizing physical function.
- Certified nurse assistants (CNAs) are usually seen completing daily care activities without the older adults’ participation.
- **FFC** focus on staff engagement of the older adult in his/her daily care activities in an effort to increase activity.

## Purpose

To determine if introducing a training program consisting of FFC intervention
- **1.** Staff knowledge related to FFC
- **2.** Staff use of FFC during routine activities in dining and common areas when compared to the standard of care without the addition of FFC training

## Outcomes

| **Outcome 1** | 10% of CNAs will participate in the FFC training and complete the pre and post-test |
| **Outcome 2** | CNAs will have an increased knowledge of FFC after the completion of the educational training |
| **Outcome 3** | CNAs use of FFC during routine activities in dining and common areas will increase by 3% |

## Design

- FFC training with pre-test and post-test

## Implementation

### Outcome Measures

- **Nursing Assistant Theoretical Testing of Restorative Care Activities (NATTRCA)** immediately prior and immediately after the educational training
- Nursing Assistants’ Care Behavior Checklist

### Inclusion/Exclusion Criteria

- Employed as CNA
- Ability to read and write English
- CNAs employed as restorative aides were excluded
- To preserve privacy, there were no personal care observations

### FFC Training Content

- The definition and concept
- Comparison of task and function focused approach
- FFC challenges
- Factors that influence challenges
- How CNAs can assist with challenges
- Safety and use of the environment
- Effective communication and cognitive impairment

## Results

- **14 CNAs participated in training and completed pre/post-test**
- **NATTRCA** post-test scores taken immediately after the training (mean = 93.14, SD = 7.49) were significantly increased ($t = -4.68, df = 13, p < .001$)
- Encouragement of independent feeding ($N = 168$) was observed more frequently than the other behaviors with the behavior performed 66.66% ($N = 112$) of the time
- Demonstration of active range of motion ($N = 35$) was performed 5.9% ($N = 14$) of the time
- Encouragement of independent feeding increased but not significantly ($\chi^2 = 2.355, df = 1, p = .125$) (Graph 1)
- Encouragement of active range of motion did not significantly improve ($\chi^2 = .305, df = 1, p = .581$) (Graph 2)

## Conclusion

- **CNA’s knowledge improved after FFC training**
- **CNA use of FFC activities improved after FFC training**
- Future efforts should include personal care observations
- Provide a training prior to implementing FFC as an intervention

## Graphs

- **Graph 1:** Encouragement of Independent Feeding During Meals
- **Graph 2:** Demonstration of Active Range of Motion

## References


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