



### **Basic Facts:**

- More than 5,000 members
- Susan Novak formed ARN in 1974 after discovering a need to support nurses who work to enhance the quality of life for those affected by physical disability and chronic illness. Novak partnered with Lutheran General Hospital in Park Ridge, IL.
- ARN Headquarters: 8735 West Higgins Road, Suite 300, Chicago, IL 60631  
Tel: 800.229.7530
- [Annual REACH Conference](#)
- [ARN Board of Directors](#)
- Consumer Patient Website – [restartrecovery.org](http://restartrecovery.org)

### **Mission Statement**

ARN's mission is to promote and advance professional rehabilitation nursing practice across the post-acute care continuum through education, advocacy, collaboration, and research to enhance the quality of life for those affected by chronic illness or physical disability.

### **What Do Rehabilitation Nurses Do?**

Rehabilitation nurses help individuals affected by chronic illness or physical disability to achieve their greatest potential, adapt to their disabilities, and work toward productive, independent lives. They take a holistic approach to meeting patients' medical, vocational, educational, environmental, and spiritual needs.

Rehabilitation nurses begin to work with individuals and their families soon after the onset of a disabling injury or chronic illness. They continue to provide support in the form of patient and family education and empower these individuals when they go home or return to work or school. The rehabilitation nurse often teaches patients and their caregivers how to access systems and resources.

***Rehabilitation nursing is a philosophy of care, not a work setting or a phase of treatment.***

### **Rehabilitation nurses base their practice on rehabilitative and restorative principles by:**

- managing complex medical issues
- collaborating with other specialists
- providing ongoing patient/caregiver education
- setting goals for maximum independence
- establishing plans of care to maintain optimal wellness.

## **Rehabilitation Nurses Practice in All Settings**

- Freestanding rehabilitation facilities
- Hospitals (inpatient rehabilitation units)
- Skilled nursing facilities
- Long-term subacute care facilities
- Long-term acute care facilities
- Comprehensive outpatient rehabilitation facilities
- Private practice
- Home healthcare agencies
- Clinics
- Community and government agencies
- Insurance companies and health maintenance organizations
- Schools and universities

## **Rehabilitation Nurses Fill Many Roles Across the Continuum of Care**

- Administrator
- Admissions Liaison
- Advance Practice Rehab Nurse
- Case Manager
- Clinical Nurse Specialist
- Consultant
- Educator
- Home Health Nurse
- LPN/LVN on the Rehab Team
- Nurse Practitioner
- Pain Management Rehab Nurse
- Pediatric Rehab Nurse
- Rehab Admissions Liaison
- Researcher
- Staff Nurse

## **Credentials**

Rehabilitation nurses are registered nurses, licensed in the state where they practice. Some have masters and doctoral degrees from one of several specialized programs across the country. An RN with at least 2 years of practice in rehabilitation nursing can earn distinction as a Certified Rehabilitation Registered Nurse (CRRN®) when they successfully complete the CRRN examination to validate their expertise.

## **Why Hire a Rehabilitation Nurse?**

Rehabilitation nursing and philosophies are more important to the healthcare system than ever before. The rehabilitation nurse specialty has measurable, functional outcome measures and goals for patients, which are used to plan and evaluate the effectiveness of patient care.

Rehabilitation nurses have excellent functional assessment skills and take a comprehensive approach to care. They act as multi-system integrators and team leaders, working with physicians, therapists, and the entire care team to solve problems and promote each patients' independence. Rehabilitation nurses are particularly skilled at working with others to adapt ongoing care for patients based on the resources available to each one.