

## **Beyond Therapy: Using Restorative Nursing to Restore Function, Prevent Falls, and Strengthen SNF Quality Performance**

This session explores how restorative nursing programs serve as a critical extension of skilled therapy by sustaining functional gains, reducing falls and major injuries, and preventing avoidable decline in skilled nursing facilities. Presented from a therapy perspective, the course highlights the SNF quality measures most influenced by restorative nursing and addresses common gaps that occur following therapy discharge. Participants will gain practical strategies to better align therapy, nursing, and restorative staff around shared functional goals, documentation practices, and quality-driven outcomes that support resident safety, independence, and facility performance.

At the conclusion of this presentation, participants will be able to:

- Understand the role of Restorative Nursing Programs in supporting functional carryover between therapy sessions and sustaining gains beyond skilled intervention.
- Identify the Skilled Nursing Facility quality measures most directly impacted by restorative nursing, with a focus on:
  - Falls with major injury
  - Decline in mobility and self-care
  - SNF QRP and VBP performance implications
- Examine common gaps between therapy discharge and ongoing functional support, and how structured restorative nursing can reduce functional decline and rehospitalization risk.
- Apply practical strategies to align therapy, nursing, and restorative staff around shared functional goals, documentation practices, and quality-driven outcomes.

### **Presenters**

**Rachael Percoco**, MSPT, DPT, has extensive experience and a deep passion for healthcare, which has established her as a prominent figure in healthcare conferences. She has contributed to the development of curriculum models at Northeastern University and the American Physical Therapy Association. Her expertise in addressing complex topics has garnered a strong following among peers throughout the Northeast, including various state associations, physician groups, medical teams, and community

### **PROGRAM DETAILS**

**Date**

March 19, 2026

**Venue**Web-Based Series  
(via ZOOM)**Time**

11:00 AM – 12:00 PM

**Fee**MHCA Member: \$45  
Non-Member: \$68**Total Contact Hours**

1.0

**Registration**To participate, please [click here](#) to register.**Job Code**

W26032

\*This program is approved for CEUs by the Maine Nursing Home Administrators Licensure Board

forums. Since joining Preferred Therapy Solutions in 2015, Rachael has served as the Director of Outpatient Services. She is a Physical Therapist with a Master of Physical Therapy from Northeastern University and a Doctorate in Physical Therapy from Simmons College. Rachael is also among a select group of physical therapists clinically certified in pelvic floor therapy. In addition to her clinical work, she owns a holistic physical therapy practice and holds certifications in yoga and Tai Chi. Rachael is dedicated to providing everyone with the educational resources and tools they need to achieve their optimal health goals.

**Matt Nash** serves as Vice President of Strategy and Business Development for Preferred Therapy Solutions (PTS), where he focuses on the impact of regulatory and reimbursement changes in the post-acute care sector, the meaningful use of therapy outcomes and quality measures, and strategic planning for PTS and its partners. Prior to his current role, Matt served as Vice President of Operations for PTS's New England region and has been with the organization since 2004. He brings over 20 years of leadership experience in post-acute healthcare, combining a strong clinical and operational background with a data-driven, analytical approach to help organizations navigate an increasingly complex healthcare landscape.

Matt is an active leader in industry advocacy and currently serves on the Board of Directors for ADVION, where he also holds the role of Chair of the Medical Services Committee. He is a frequent speaker and educator for state and regional associations throughout New York and New England. Matt holds a Bachelor of Science degree in Physical Therapy from Northeastern University and has clinical experience across sub-acute, long-term care, and outpatient rehabilitation settings.