

STUDENT NAME
SKILL NAME

Gabrielle Bafford

Reinforcing teaching about body mechanic REVIEW MODULE CHAPTER _____

Description of Skill

Use of muscles to maintain balance, position, and body alignment when performing a physical task. Nurses provide care to clients by lifting, bending, assisting clients with ADLs.

Indications

To maintain balance, posture, body alignment, reduce risk of injury

When pushing or pulling widen your base of support pull objects toward the center of gravity.

Outcomes/Evaluation

Determine clients ability to help evaluate need for additional staff or assistive assess and monitor the use of mobility.

Potential Complications

Avoid twisting your spine or bending at the waist (flexion) to minimize the risk for injury

Avoid repetitive movements of the hands, wrists and shoulders.

Rest between heavy activities to avoid muscle fatigue

CONSIDERATIONS

Nursing Interventions (pre, intra, post)

position clients who are unable to move, change positions frequently to prevent discomfort use pillows, bath blankets, handrolls, boots, splints

Client Education

Explain the process to the client and explain their role

Nursing Interventions

Keep your head and neck in a straight line with your pelvis.

prepare the environment by removing obstacles prior to the procedure

Be aware that the safest way to lift a client is with a lifting device.

Basic Nursing Techniques

Padhraic Smyth



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