

Immobility



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Course contents

- Introduction of immobility
- Causes of immobility
- Adverse effect of immobility in different system
- Nursing management of adverse effect

Immobility

Introduction of immobility

Incapable of movement

- May involve a specific part of the body due to injury
- May involve lower part of body (paraplegia)
- May involve one side of body (hemiplegia)
- Or may involve entire body from the neck down (quadriplegia)

Causes of immobility

- Enforce bed rest illness or convalescence
- Paralysis

Immobilization of extremities with:

- ✓ brace
- ✓ Cast
- ✓ Corsets
- ✓ Fixations
- ✓ Traction
- ✓ Sling(collar cuff, triangular sling)

Continue.....

- Joint stiffness and pain with protective limitation of movement
- Mental disorder
- Loss of sensation

Adverse effects of immobility....

Immobility affects the following body systems

- musculoskeletal system
- cardiovascular system
- respiratory system
- metabolic system
- urinary system
- gastrointestinal system
- integumentary system
- psycho neurologic system

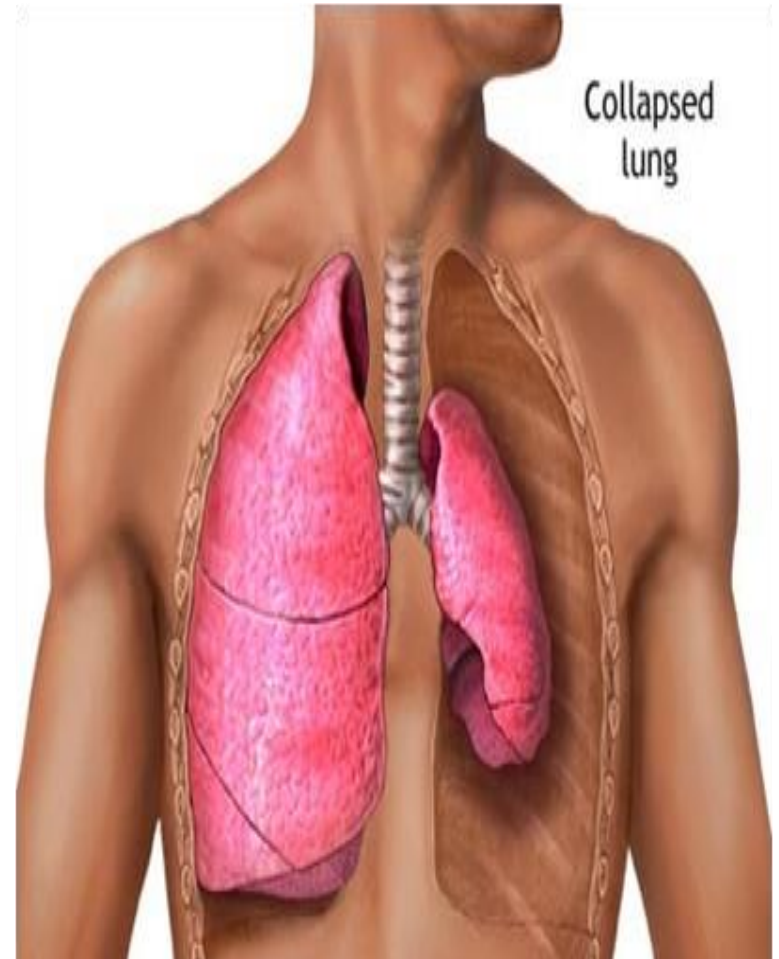
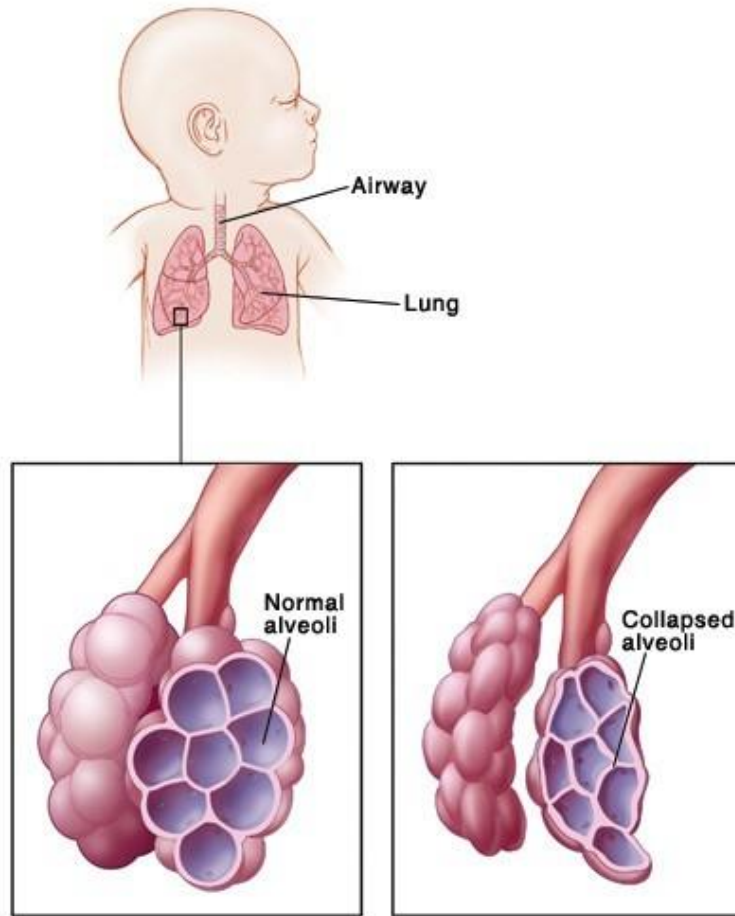
Musculoskeletal system

- Muscle atrophy
- Stiffness or arthralgia
- Decreased joint mobility and flexibility
- Osteoporosis
- Contractures and ankylosis
- Diminished Cardiac Reserve
- Orthostatic Hypotension
- Venous Vaso Dilation And Stasis
- Dependent Edema
- Increased cardiac work load
- Venous thrombosis

Respiratory System

- Decreased respiratory movement
- Atelectasis (collapse of alveoli)
- Hypostatic pneumonia
- Increased respiratory secretions
- Respiratory congestion

Atelectasis



Metabolic system

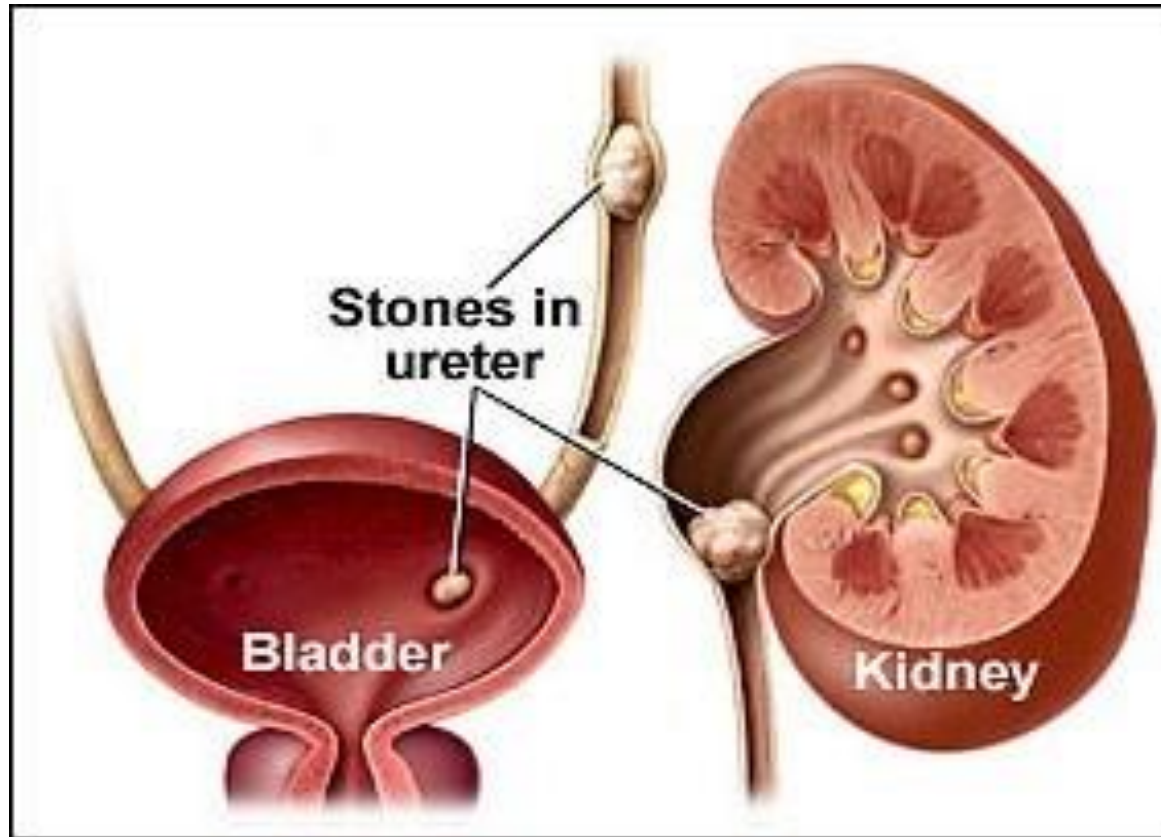
- Decreased metabolic rate.
- Anorexia
- Fluid and electrolyte imbalances

Urinary System

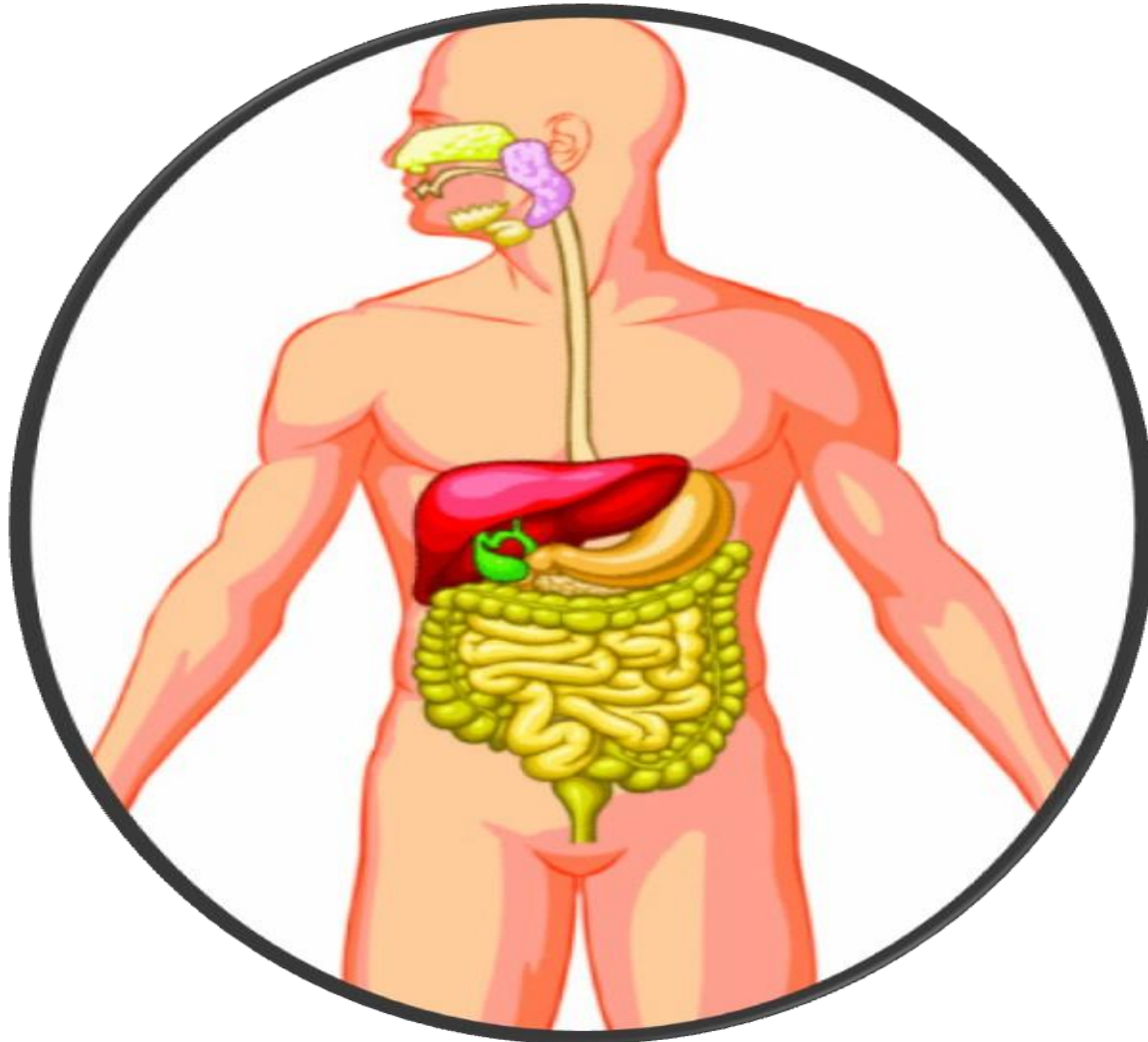
- Urinary stasis
- Urinary retention.
- Urinary infection.
- UTI
- Poor perineal hygiene
- Incontinence
- Decreased fluid intake
- Indwelling urinary catheterization
- Renal calculi
- Alkaline urine

Urinary System

Renal Calculi



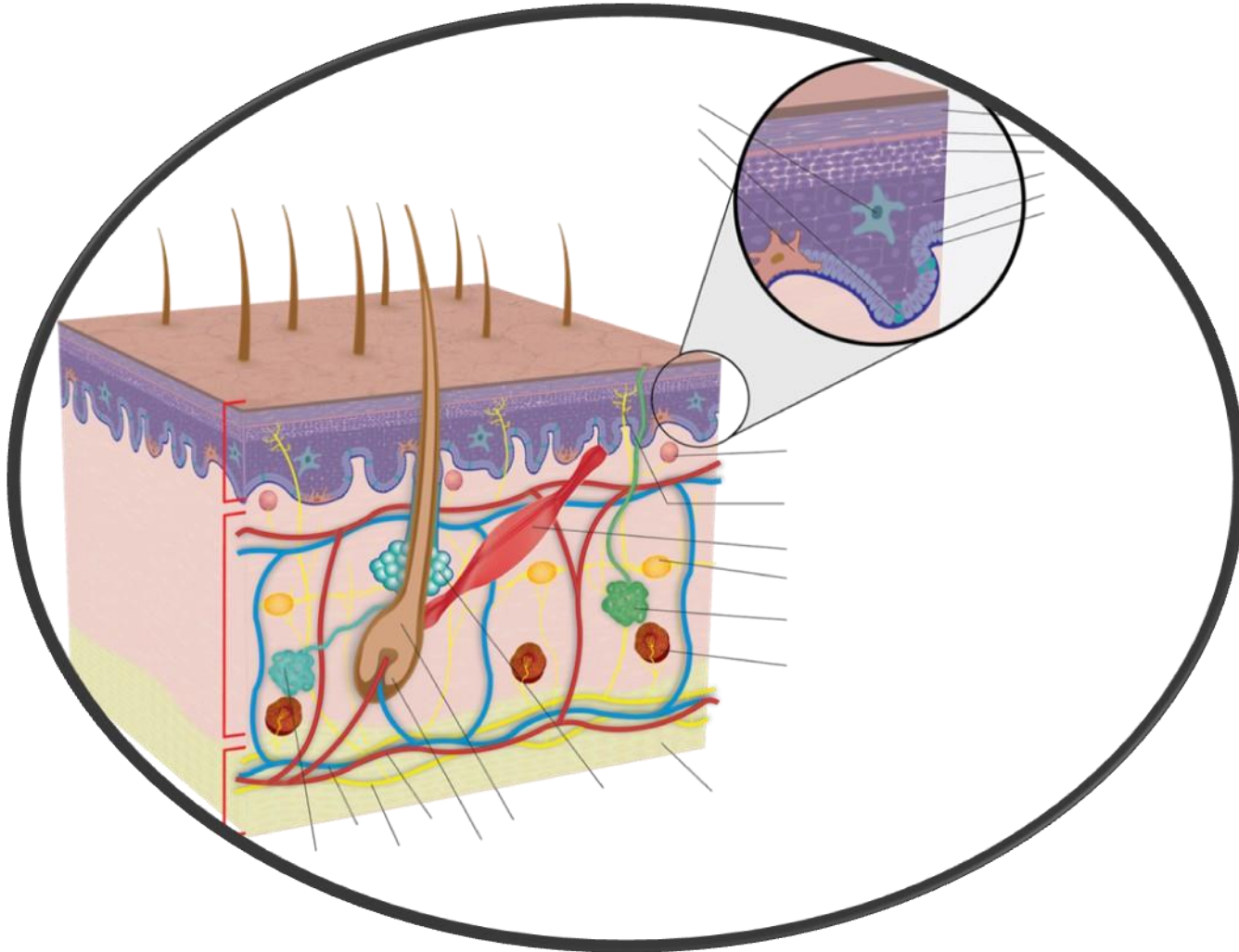
Gastrointestinal System



Gastrointestinal System

- Decreased food intake
- Altered protein metabolism
- Poor digestion and utilization
- Weight gain
- Constipation

Integumentary System

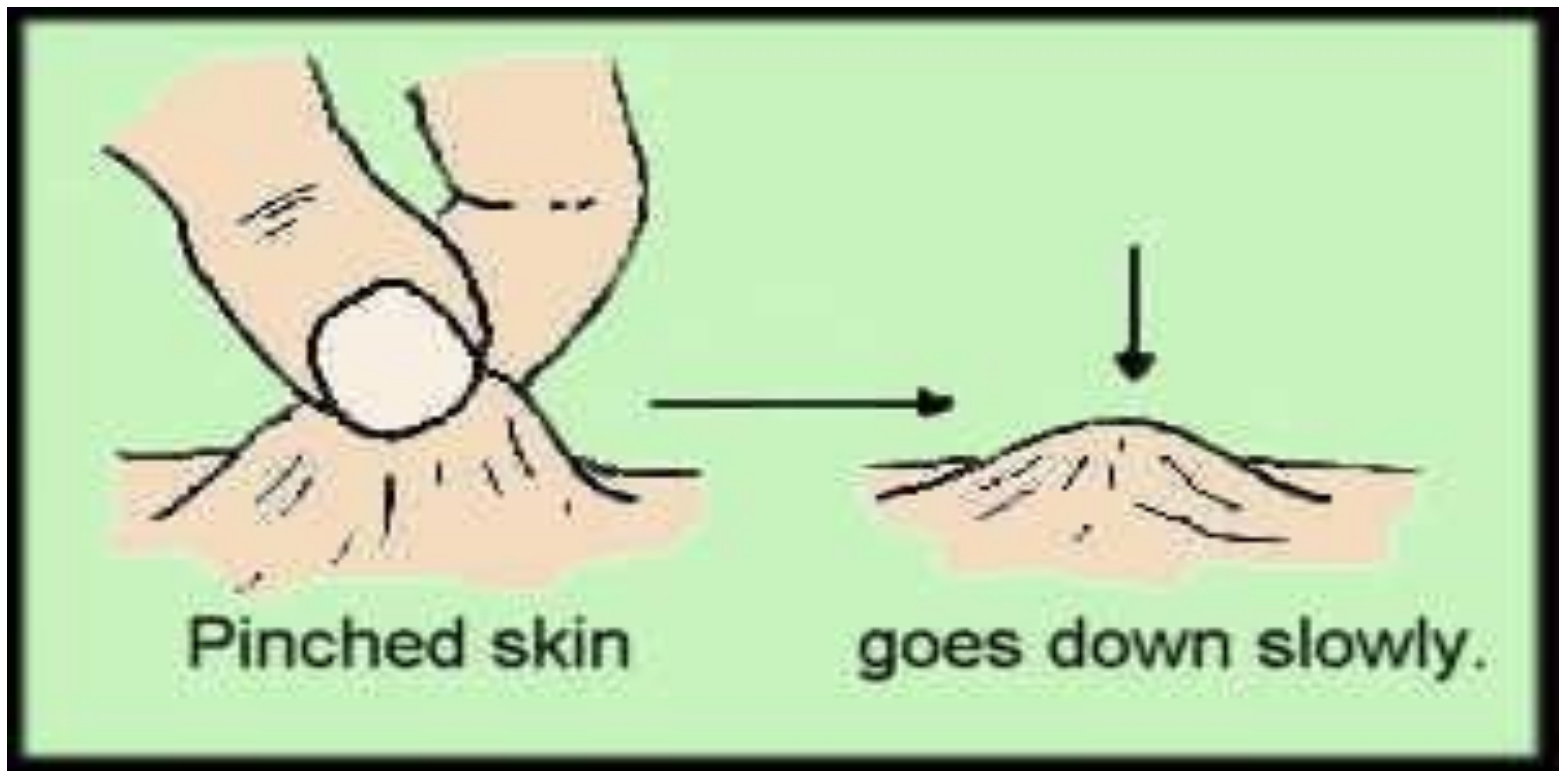


Integumentary System

- Reduced Skin Turgor
- Skin Breakdown:
 - ✓ Bed Sores
 - ✓ Pressure Ulcers

Integumentary System

Skin turgor



Integumentary System

Skin breakdown



Psycho neurologic System

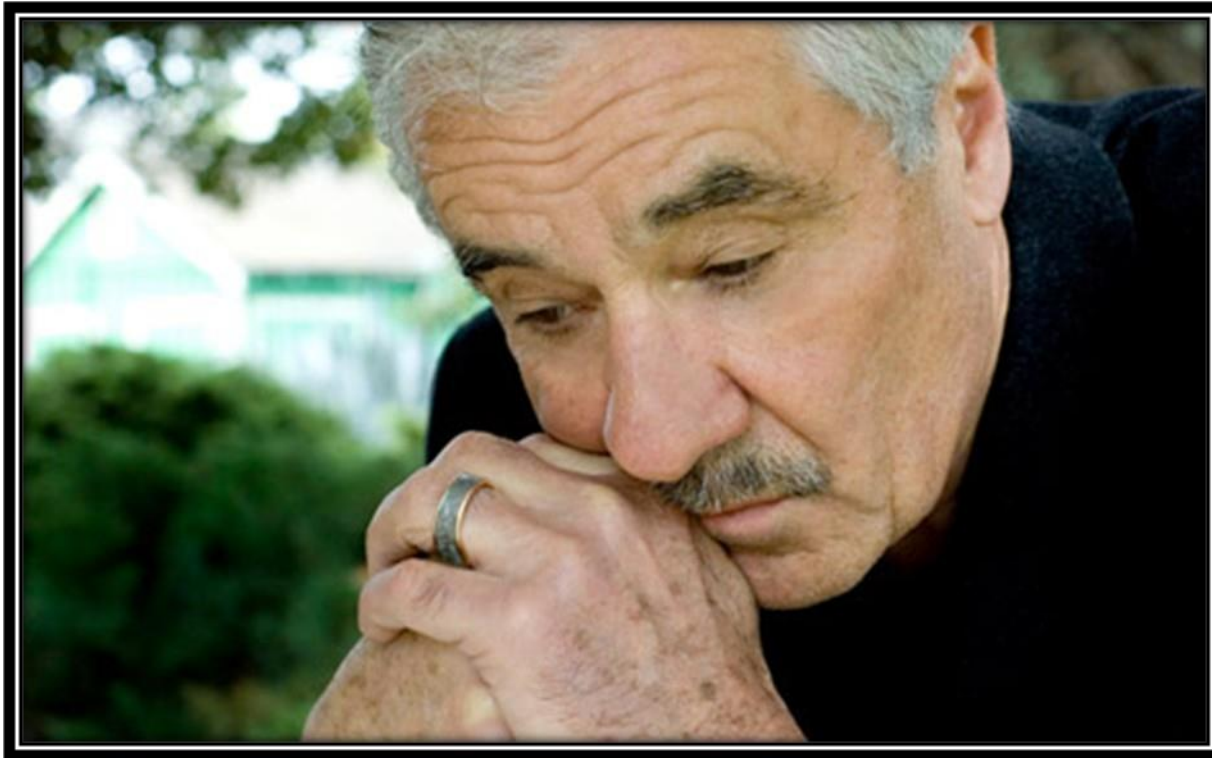


Psycho neurologic System

- Decreased self esteem
- Loss of control over events
- Depression
 - Anxiety
 - Feeling of worthlessness
 - Apathetic
 - Altered thought process
 - Coping difficulties
 - Disturbed sleep pattern

Psycho neurologic System

Depression



Nursing management

1. Assessment

History

- Daily activity level
- Exercise
- Fitness goals
- Mobility problems
- Physical and mental alternations
- Physical examination
 - Movement and gait
 - Alignment
 - Joint structure and function
 - Muscle mass and power
 - ADL
 - Ability to stand, walk, and sit
 - Physical and mental alternations

2. Nursing diagnosis

- Activity intolerance
- Impaired physical mobility
- Impaired bed mobility
- Impaired comfort
- Impaired skin integrity
- Impaired wheel chair mobility
- Impaired sitting
- Impaired standing
- Impaired transfer ability

3. Implementation

Position the patient to maintain normal body alignment:

- Change position every 2 hourly
- Teach to use over head trapez
- Passive exercise

Airway clearance problem

- Deep breathing and coughing exercises
- Chest physiotherapy
- Suctioning

3.Implementation

Monitor vital signs before and after activity

Renal problems

- Increase fluid intake
- Frequent position changes

Risk for injury

- Keep side rails
- Do not leave the patient un attended
- Take all safety measures

3.Implementation

Nutrition

- Provide balance diet
- Sufficient proteins, CHO, vitamins and minerals.
- Increase fluid intake

Encourages for ADL

- Assist for brushing, combing etc
- Ambulate the patient at the earliest

3. Implementation

Elimination

- High fiber diet
- Add more fruits, vegetables and fluids
- Changing position and exercises

Keep the patient clean and tidy

- Prevent soiling linens
- Provide/assist sponge bath
- Observe skin integrity
- Take precautions to prevent bed sores