

NR 224 - Week 2 Edapts Mobility and

Mobility and Immobility

Adam, a 54-year-old client on bed rest, has a Stage 1 pressure injury on the coccyx. Which interventions should the nurse implement?

Provide proper skin care.

Reposition the client every 1 to 2 hours.

Get the client a specialty air or foam mattress.

A 77-year-old is recovering from spinal surgery and using a walker as an assistive device. The client states, "I don't want any visitors or to go anywhere. No one should see me using a walker. I want to be left alone." What is the most appropriate nursing diagnosis?

Social isolation

An 80-year-old fell at home and was not found for three days. The client was admitted to the hospital with a fractured hip. Which complications can occur due to immobility?

Embolus

Urinary retention

Muscle atrophy

The nurse is assessing a client who recently had surgery. Lung sounds on the right base are diminished and there are no breath sounds in the left base. What complication does the nurse suspect?

Atelectasis

Kari Ann (preferred pronouns: she, her), a 32-year-old female, is hospitalized with multiple sclerosis. Her condition has worsened and she will need a wheelchair from now on. She is divorced with four children. Which statement indicates a need for immediate follow-up by the nurse?

"I won't need any help at home."

A client has been on prolonged bed rest but now is able to get up. What should the nurse assess for?

Activity tolerance

Gait

Range of motion (ROM)

Strength

Carol (preferred pronouns: she, her) is a new resident of a long-term care facility. She has severe arthritis and is wheelchair-bound. Recent complications led Carol to be hospitalized and then transferred to a care facility. She appears very depressed and withdrawn. What is the nurse's best action?

Bring Carol to the common area to meet other residents.

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Mary Brenner is a 60-year-old client who is less than 24 hours post-operative from abdominal surgery. To prevent immobility complications, what priority nursing intervention should be implemented?

Ambulate the client in the hall.

The nurse notices that a client with impaired mobility in the lower extremities has decreased skin turgor and hypoactive bowel sounds. Which factor may contribute to these signs in the immobilized client?

Inadequate fluid intake

A nurse works on an orthopedic surgical floor in a hospital. The nurse understands that clients are at risk of which physiological complication of immobility?

Decreased lung expansion

An unlicensed assistive personnel (UAP) is putting compression stockings on a client following major surgery. The client asks why they have to wear them. What is the UAP's best answer?

"They promote circulation to the heart."

An 18-year-old victim of a motor vehicle crash with a fractured femur has been immobilized for six days. The nurse is getting the client out of bed for the first time. Which nursing diagnosis is applicable to this action?

Risk for activity intolerance

Marissa is a 4-year-old with cerebral palsy. In the nurse's assessment, which finding would indicate a developmental complication?

Marissa cannot say their first and last names and speaks unclearly sometimes.

The nurse has four clients on the unit with impaired mobility. Which client is at greatest risk of developing complications from immobility?

82-year-old woman who has suffered a cerebrovascular accident (CVA)

Range of Motion

A client arrives for physical therapy with limited motion of the right knee. How does the therapist know the extent of the limitation?

Measure using a goniometer.

The client is experiencing pain during range of motion exercises. What is the nurse's best action?

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Stop the range of motion exercise and assess the pain.

The nurse is using a goniometer to measure a client's range of motion. Which finding will the nurse document?

Degrees of a circle

ab- means away from and **ad-** means toward.

The term **flexion** bends a limb and **extension** straightens a limb.

Following hip replacement surgery, Carl is receiving passive range of motion on the leg from a healthcare provider. The healthcare provider moves the joints to the point of resistance, but Carl complains of severe pain. What is the provider's next step?

Stop the current motion and reverse.

A client is complaining that they are stiff lying in the hospital. They state they usually twist back and forth as they do yoga. They demonstrate that motion to the nurse. The nurse decides to document this information in the client's chart. Which statement should the charting include?

The client actively rotates the trunk for relief from stiffness in the back.

The nurse is assisting a client with range of motion exercises on the left arm. Which is considered best practice?

Only expose the left arm.

The nurse has the client place the right hand, palm down, on a table and then asks the client to turn the hand palm up. The client completes the movement. How would the nurse document this?

Client able to complete supination and pronation of right hand.

A nurse is taking care of a client who is a ballerina and has injured the left foot. Which range of motion exercise would be the most important for the left foot?

Plantar flexion

After finding out that range of motion was ordered, a client states, "Is it really necessary? It has only been a couple of days since my surgery." What is the nurse's best response?

"Range of motion can decrease pain by increasing circulation and decreasing stiffness."

The nurse is reviewing a client's chart. Which diagnosis would have been assigned due to limited range of motion?

Risk for falls

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The nurse is reviewing orders for a new post-operative client. Which provider order is most appropriate?

Range of motion 2x/day on left knee; 3-5 repetitions

When working with a **goniometer**, it is important to place the **fulcrum** on the joint.

The stationary arm is placed on the proximal segment of the body while the **moving arm** is placed on the distal.