Outline

**Complications Associated with Immobility**

* Decubitus Ulcer
* Muscle Weakness
* Muscle Atrophy
* Pneumonia
* Orthostatic Hypotension
* Osteoporosis
* Contractures

Nursing Interventions to Prevent these Complications

* Bed position of the patients after every two hours, or as directed by the physicians
* Ensuring the availability of secure space through such mechanisms as keeping bed rails elevated.
* Training the patients for transfer activities, bed mobility among other techniques.
* Patients should be encouraged to indulge in Activities of Daily Living also known as ADL.

**Strategies to ensure My Own Safety when Assisting the Client**

* I would ensure my safety is not compromised by using the right handwashing protocols.
* Regularly checking patient’s chart given that there are certain medical findings that generally necessitate the use of personal protective equipment.
* I would use the appropriate body mechanics when shifting the position of the patient.

**How I will Ensure Client Safety**

* Regularly monitoring the condition to prevent the occurrence of other signs and symptoms.
* Seeking assistance from the fellow nurses.
* Strictly following the personal protective equipment protocols.

References

Carpenter, L. J. (2016). Handbook of Nursing Diagnosis.

Delves-Yates, C. (Ed.). (2015). *Essentials of nursing practice*. Sage.