

Mobility

- **Function of mobility?** Aids for walking
- **What are the three types of muscle & function?**
 - Skeletal = Provides motion & support
 - Cardiac = Maintenance of posture
 - Smooth or Visceral = Hollow organs & connects internal organs
- **What types of exercises?**
 - Muscle contraction
 - ↳ Isotonic = Muscle shortening
 - ↳ Isometric = Same length (Muscles do not get longer or shorter)
 - Body movement
 - ↳ Aerobic = Increase blood flow & HR
 - ↳ Stretching
 - ↳ Strength & Endurance = Muscle building
 - ↳ Movements & ADLs = ROM
- **What are some effects of exercise & immobility on the body?**
 - Cardiovascular (increase efficiency of the heart), Respiratory (improved alveolar ventilation), Musculoskeletal (muscle atrophy), Gastrointestinal (appetite is increased), Urinary (at risk for infection), & psychosocial outlook (high risk for depression)
- **What is the nursing process when it comes to assessing?**
 - General ease of movement & gait
 - Alignment
 - Endurance
 - Muscle, mass, tone, & strength
- **What is the nursing process when it comes to implementation?**
 - Application of body mechanics
 - Ensuring safe client handling & movement
 - Positioning clients
 - Embolism stocking & pneumatic compression devices (DVT)
 - Assisting with ROM exercises & ambulation
 - Promoting exercise



Body Mechanics :

- **Why is proper body mechanics important?** Helps avoid muscle fatigue and injuries to nursing staff as well as to Pt



Study Guide For Mobility Exam

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