13.1: Mobility Introduction

Learning Objectives

- Assess factors that put patients at risk for problems with mobility
- Identify factors related to mobility across the life span
- Assess the effects of immobility on body systems
- Detail the nursing measures to prevent complications of immobility
- Promote the use of effective techniques of body mechanics among caregivers, patients, and significant others
- Identify evidence-based practices

Sit on a sturdy chair with your legs and arms stretched out in front of you, and then try to stand. This basic mobility task can be impaired during recovery from major surgery or for patients with chronic musculoskeletal conditions. Mobility, which includes moving one’s extremities, changing positions, sitting, standing, and walking, helps avoid degradation of many body systems and prevents complications associated with immobility. Nurses assist patients to be as mobile as possible, based on their individual circumstances, to achieve their highest level of independence, prevent complications, and promote a feeling of well-being. This chapter will discuss nursing assessments and interventions related to promoting mobility.