

Move and position
individuals in
accordance with their
plan of care essay
sample



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1. Understand anatomy and physiology in relation to moving and positioning individuals

1. 1 Outline the anatomy and physiology of the human body in relation to the importance of correct moving and positioning of individuals.

The spinal column is made up of individual bones called vertebrae. In between the bones there are joints that connect these together. A ligament connects bone to support joints. Muscles work by the fibers they contain contracting; this makes the muscle shorten. When the muscle shortens it pulls on the tendon and then on the bone to which it is attached. Muscles are connected to bones by tendons. Bones in limbs are covered with tissue. Not moving an individual correctly can cause ligaments to sprain. This is why individuals must never be dragged when being moved as this can cause joints to over stretch and then sprain the ligaments.

When an individual is moved and positioned it is important this happens smoothly. Sudden movements or pulling in any direction of an individual's limbs or body can cause pulled muscles or tear tendons which can cause a lot of pain. Bones in limbs are covered with tissue. Putting pressure on an individual's hand or arm when they are moving from one position to another can cause a bone to fracture. Fractures can also happen if there is an accident with for example equipment like a hoist and this falls onto the individual when moving/positioning them or using the wrong sling size and the individual falls out.

1. 2. Describe the impact of specific conditions on the correct movement and positioning of an individual. When I work with individuals with different conditions this affects how we support them to move and change positions.

An individual with dementia who is confused might not understand what we

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are saying and when we are supporting her/him to move, so we have to show the individuals by our action and take time to do this. Individuals with arthritis have to be supported to move gently as they may be in a lot of pain and positioning or moving may be uncomfortable. An individual that has had a stroke might have one arm or leg stronger than the other so this needs to be taken into account when weight bearing or moving so as to avoid putting pressure on the weak side. An individual who is blind might need more reassurance and explanations about the move and what is around them as they cannot see.

3. Be able to minimize risk before moving and positioning individuals.

3. 5 Describe what action should be taken if the individual's wishes conflict with their plan of care in relation to health and safety and their risk assessment. When I come across risks before moving and positioning an individual my actions will depend on what they are. If there are risks in the environment from hazards that I can move like an item on the floor then I will do so with the individual's agreement but if there is a risk in terms of the equipment I'm using if it is faulty or from the individual it may be that I think they are unwell or a I see a change in their behavior then I would not carry out the move but first would report the risks to my supervisor and seek advice. The equipment if faulty is removed from the immediate area and an out of order sign placed on it until it is replaced to make others aware that it is not working or safe to use. If an individual asks me to move them in a different way than is stated in their care plan and risk assessment I will explain to the individual what their care plan and risk assessment says, the risks involved and my responsibilities to only follow the care plan. If the <https://assignbuster.com/move-and-position-individuals-in-accordance-with-their-plan-of-care-essay-sample/>

individual still insisted then I would explain that I would need to report this to my supervisor. I must also record the risks, the date I identified these and the actions I take.

6. Know when to seek advice from and/or involve others when moving and positioning an individual

6. 1. Describe when advice assistance should be sought to move or handle an individual safely. When the maneuver is difficult and risk to the health and safety of both the individual and carer, as this is against the law and can cause injury, when the wrong equipment is available, when the equipment is faulty again against the law and can cause injury, when the individual's care plan indicates that two carers have to assist with a specific maneuver and no-one is available, when the carer is not sure how to complete the tasks or use the equipment, when the individual's ask you to carry out the maneuver that is outside of the care plan and that may harm them, this will be unsafe for the individual's and the carers.

6. 2 Describe what sources of information are available about moving and positioning. There are lots of different sources of information;

- in my work place the moving and handling procedures and guidelines about the correct practices to follow, individual's risk assessment and care plans about their needs and practices agreed to follow.
- individuals and their families can also help with what they find useful. I can also ask my colleagues and manager for information and advice. Sometimes we can also ask other health care practice professionals such as physiotherapists and moving and handling specialist's specific questions or advice about issues.

Training courses and information leaflets are also useful.