

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 individual.

1. 1The 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. To move a individual incorrectly can cause ligaments to sprain. This is why you should never drag life someone because it can cause joints to over stretch and sprain the ligaments.

The muscles work by the fibres they contain contracting. This makes the muscle shorten. This will pull on the tendon. Muscles are connected to bones by tendons. When individual are moved it is important this happens smoothly. Sudden movement or pulling in any direction of a person limbs or body can cause pulled muscles or tear tendons.

Bones in libs are covered with tissue. Putting pressure on someone hand/arm when being moved can cause a bone to fracture. Fracture can happen by equipment hoist/wrong sling size.

1. 2 Blind - A person who is blind might need more reassurance and explanation about the move and what is around them they can not see.

Dementia - The person may be confused and might not understand what you are saying and when you are supporting them to move. You should show the person by your actions and allow more time to complete the position change.

Stroke - A person may have one arm or leg stronger than the other. This needs to be taken into account when weight bearing or moving as to avoid putting unnecessary pressure on the weak side.

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2 Understand current legislation and agreed ways of working when moving and positioning individuals

2. 1 Management of health and safety at work regulation – This introduced the requirements for risk assessment when moving and position individuals. Risks must be assessed acted on and reviewed. All staff must be trained in moving and handling individual.

The lifting operation and lifting equipment regulations (LOLER) – The requirement for employers to provide lifting equipment that is safe to use and maintained. Staff also be provided with training.

Manual handling operation regulation. Employers state that they must carry out risk assessments for all moves and reduce the risk of injury's from happening and dangerous moving and handling. Employees must use all equipment as trained/follow all health and safety and avoid putting themselves and others in danger. Also report any hazards or risks to employer.

Agreed ways of working means the employer must have workplace polices and procedures for moving and handling. They must be explained to staff and provide staff with training and supervision. Employees must read polices and procedures to know how to carry out the task and if there are any changes to the person.

2. 2 I would only move a person if I have been trained to do so. I would check the persons care plan to see if the person has any preferences or needs before performing the move. I would wear appropriate foot wear when I

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move a person to avoid risk of being harmed e. g. when using a hoist I must not wear open shoes or saddles. I also do a manual risk assessment before performing any move. I do not use any equipment that I have not been trained to use and I check I have room to carry out the move. Equipment needs to be checked that it is working correctly e. g. hoist is charged/equipment is clean and not damaged. Infection control is important and wearing PPE. I would ask the persons agreement before the move and make sure I'm using correct equipment e. g. the correct sling for the person and that it is safe to use and clean. When finished with sling I would store it safely away to avoid accidents or it being used on some one else.

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

3. 3 Check the person, equipment and the environment before starting any move or positioning. Check the person can cooperate with the move.

Check the individual dos not have any object that that will get in the way e. g. walking stick or frames, catheter bags, handbags, lose clothing or footwear. Check surrounding for any obstructions.

3. 4 When risks have been identified on a risk assessment form, risk control measures will be put in place to minimise the risk of harm.

3. 5 If you involve the individual in their own care plan and risk assessments and allow them to have their say this would prevent conflicts from developing. People should be placed at the centre of the planning and given choice over their moving and positioning requirements.

5 Be able to move and position an individual

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5. 6 If the person is able to tell you they are in pain or not feeling well encourage them to tell you if they have any pain during the move Talk to the person throughout the move and give encouragement. Observe to ensure the person is safe. Look and listen for signs of pain or discomfort e. g. facial expressions or or groaning noise. You should stop the move immediately if you notice any of these.

6 Know when to seek advice from and involve others when moving and position an individual.

6. 1 When a manoeuvre is dangerous or risky to the health and safety of the individual or the carer . When the wrong equipment is available or the equipment is faulty. When a care plan says you should move a person with two employees and there is no one available. When a employee is unsure how to complete a task or use equipment.

6. 2 Moving and handling work place polices and procedures and guidelines. Individuals risk assessment and care plans about the persons needs. The person family and friends can help with what they found useful. Ask manager or work colleagues for information and advice.

Training courses

Internet website

Moving and handling specialist for specific health care enquires.