

Move and position individuals in accordance with their plan of care. 1.



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Outline the anatomy and physiology of the human body in relation to the importance of correct moving and positioning of individuals. Muscles work like levers and allow the bones at a joint to work like hinges. Muscles pull and move the bones at particular joints; this makes the joint move and therefore the body moves. When a muscle contracts, it pulls the bones at a joint in the direction that it is designed to move. With reduced mobility, muscles can become floppy and make movement slower and more difficult, but when muscles are used on a regular basis, they remain firm and move more easily. When supporting moving and positioning activities, it is important to remember that muscles can only move the bones at a joint as far as the joint allows. For example, the elbow and knee joints have limited movement; trying to extend these joints beyond their range can cause painful damage to the joint. Nerve fibres run all the way through the body and send impulses to muscles, which enable the muscles to contract and relax. Nerve fibres are delicate structures and can easily become damaged through poor moving and handling techniques.

1. 2 Describe the impact of specific conditions on the correct movement and positioning of an individual. There are a number of conditions that can have an impact on the correct movement and positioning of people. Arthritis. People suffering with arthritis will often have stiff painful joints and frequently have limited movement in the affected areas. Care needs to be taken when moving or positioning arthritic people, to reduce the possibility of causing pain and discomfort. You also need to be aware of the limited movement of arthritic joints and not attempt to move these beyond their limits. Parkinson's disease. Sufferers of Parkinson's disease may experience limb rigidity that can affect normal

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movement and positioning. When assisting people to find a comfortable position, in either a bed or chair, be careful not to force the rigid limb further than it is able to, as this could damage the joint and cause discomfort or pain. People with Parkinson's disease have slower reaction times and it may take a person longer to initiate movement. It is therefore important to give people suffering from this condition time to move and not rush them. People may not be able to tell people if they are in pain, so you should look for non-verbal signs of pain or discomfort.

Cerebral palsy People who suffer with cerebral palsy may have contracted muscles or joints causing a fixed rigid limb. Care staff must be aware of the needs of people who suffer with cerebral palsy and ensure that effective communication skills are used when assisting people to move or reposition.

Stroke A stroke can have a devastating effect on somebody; it may leave a person with no long-term effects, with a permanent weakness down one side of their body or, at worst, in a deep coma from which they never recover. When moving and handling people who have suffered from a stroke, you will need to be aware of the extent of the stroke and what parts of the body have been affected.