

**Covenant School of Nursing**  
**Instructional Module 1 - Learning Guide**  
**Topic: Mobility/Immobility**

**Learning Goals/Outcomes**

Upon completion of this lesson, you will be able to:

- Describe the impact immobility has on the body.
- Discuss factors affecting mobility and activity.
- Summarize the importance of ROM.
- Explain and demonstrate safe use of restraints.

**Pre-Class Preparation**

**Required:**

**Read:**

- Fundamentals of Nursing, 9<sup>th</sup> ed. Immobility- Chapter 28; Restraints- p. 306-307, 399-402

**Watch:**

- <https://www.youtube.com/watch?v=vHYKR3GWMZk> (ROM).

**Complete:**

- **The online activity listed under Online/Out of Class below.**

**Learning Activities**

Classroom Activities

- Classroom discussion.

Laboratory/Clinical Activities:

- Assess ROM.

Online/Out of Class:

- The online activities listed below have a course due date that is noted in the Lesson information. It is recommended that you complete the activities prior to class for an introduction to the lecture.

**An average score of 80% of each test is required. Failure to complete the assignments may result in an absence – review your syllabus**

- Go to My Evolve
  - Select Clinical Skills: Skills for Nursing Collection
    - Select Course Content
      - Select Essential Collection
        - Select Passive Range of Motion
        - Select Applying Restraints
        - Select Using Restraint Alternatives

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**Evaluation Methods**

- Unit Exam
- Demonstration in lab

<b>Texas DEC's</b>	<b>QSEN Competency (s)</b>
<b>Knowledge</b> IIB.2.4.6 IID1.b. IIE.12 IIF.2 IIH.3.a. IIIB.1.a.b2.3.4. IIID.1c. <b>Clinical Judgments and Behaviors</b> IIB.1.2.3.a.4. IIC.7 IIf.1.a.b.2.a.b.6 IIIB.1.3.a.6.8. IIID.3.	Patient Centered Care
<b>Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1,3,7,8	HPM: Health Promotion/Disease Prevention
<b>Concepts</b>	<b>Faculty</b>
Mobility	<b>A Harrison MSN, RN NPD-BC</b>
<b>Date originated: 6/25/15</b>	<b>Revision Dates: 01/13/16; 04/19/16; 12/7/16; 09/27/17; 01/17/18; 01/17/19; 07/24/19; 10/8/19; 01/28/2020</b>