

Covenant School of Nursing
Instructional Module 1 - Learning Guide
Topic: Mobility & Restraints

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, 10th ed. - o Immobility- Chapter 39 - o Restraints- Chapter 14 ▪ p. 311 (Omnibus Budget Reconciliation Act) paragraphs 3 & 4 Watch: • https://www.youtube.com/watch?v=vHYKR3GWMZk (Range of Motion). 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 - o Select Passive Range of Motion - o Select Applying Restraints - o Select Using Restraint Alternatives
Evaluation Methods
• Unit Exam • Demonstration in lab

Texas DEC's	QSEN Competency (s)
Knowledge IIB.2.4.6 IID1.b. IIE.12 IIF.2 IIH.3.a. IIIB.1.a.b2.3.4. IID.1c. Clinical Judgments and Behaviors IIB.1.2.3.a.4. IIC.7 IIf.1.a.b.2.a.b.6 IIIB.1.3.a.6.8. IID.3.	Patient Centered Care
Student Learning Outcomes	NCLEX Test Plan
1,3,7,8	HPM: Health Promotion/Disease Prevention
Concepts	Faculty
Mobility/Safety/Comfort	J. Wolfe, MSN, RN, CNE
Date originated: 6/25/15	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; 12/01/2020; 01/25/2021; 01/26/2022