

Covenant School of Nursing
Instructional Module 1 - Learning Guide
Topic: Body Mechanics

Learning Goals/Outcomes

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

- Demonstrate proper body mechanics, and the use of equipment needed for safe patient handling and movement.
- Demonstrate measures to prevent back injury associated with patient care.

Pre-Class Preparation

Required:

Read:

- Potter & Perry, Fundamentals of Nursing, 10th ed. (2021) & 11th ed. (2023)
Chapter 38: Activity and Exercise
- Review power point

Watch:

- <https://www.youtube.com/watch?v=P6o8iPkgR3M> to 20:20 only (Protecting Nurses as a Valuable Resource).
- <https://www.youtube.com/watch?v=v34wi9eLaBs> (Barton Chair Training Video).

Complete:

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

Learning Activities

Classroom Activities

- Lecture
- Classroom discussion

Laboratory/Clinical Activities:

- Practice transferring with Air Pal, draw sheet/sliding board/and gait belt.

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% on 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: Assist with Moving a Patient in Bed
 - Select: Assisting with Positioning a Patient in Bed
 - Select: Assisting with Ambulation Using a Gait Belt
 - Select: Transferring from a Bed to a Stretcher
 - Select: Transferring from a bed to a Wheelchair Using a Transfer Belt

Evaluation Methods	
• Simulation • Ungraded CPE • Demonstration in lab • Clinical	
Texas DEC's	QSEN Competency (s)
Knowledge IIB.2.4.6 IID.1. b. IIE.12 IIF.2 IIH.3. a. IIIB.1. a. b., 2.,3.,4. IIID.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. IIID.3.	Patient Centered Care
Student Learning Outcomes	NCLEX Test Plan
1,3,7,8	HPM: Health Promotion/Disease Prevention
Concepts	Faculty
Mobility	D. Dutton, MSN, RNC-OB
Date originated: 6/25/15	Revision Dates: 1/13/16, 4/19/16,12/7/16,9/27/17,12/11/17,1/17/19, 07/23/19, 1/28/20, 4/28/20; 01/25/2021; 04/21/22