

2. Safety and activity

Safety is freedom from physical or emotional trauma or injury.

To remain safe is a basic expectation and right of all patients. A health-care environment. Nurses must focus on the basic needs of safety and security so that patients do not experience accidents or sustain injuries.

2.1 Factors that influence patient safety

- a. Age.
- b. Impaired Vision.
- c. Impaired Hearing.
- d. Impaired Mobility.
- e. Impaired Cognition.
- f. Exposure to Heat or Cold.
- g. Allergies.
- h. Increased Risk of Aspiration, Drowning, or Suffocation.

2.2 Safety of health-care providers

Nursing is a profession that exposes its members to numerous work-related stressors that can impact their health. The potential for musculoskeletal injuries, radiation exposure, puncture injuries, and violence toward nurses and other health-care providers still exists. New devices have been developed, such as needleless syringes, passive guards on syringes, and sit-to-stand lifts.

2.3 Hazards to health-care providers

- 1. Back injury:** Most commonly result from activities that require bending and twisting the torso, such as lifting patients up in bed, transferring patients from a bed to a chair, and changing linens.
- 2. Exposure to a patient receiving radiation therapy:** Whether internal or external.

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3. Puncture injuries: Can occur when handling anything sharp enough to pierce the skin; most occur as a result of the penetration of a needle or a syringe, hence the sometimes interrelated term *needle-stick injury*.

4. Violence: Can be precipitated by physical stressors (e.g. delirium, cognitive impairments, alcohol or drug use) and emotional stressors (e.g., manic episodes of bipolar disorder, grief, jealousy, and caregiver role strain).

2.4 Restraints

Restraints are devices used to limit movement of a body limb or body activity. They should be used only as a last resort to prevent injury to the patient or others after other less-restrictive measures have failed.

-Types of Restraints

1. Physical restraints immobilize a limb or movement of a body part; examples include wrist restraint and ankle restraint.
2. Environmental restraints confine a person to an area; examples include side rails, a wheel chair with an immovable tray, and a seclusion room.
3. Chemical restraints alter disruptive and aggressive behavior so that the patient cannot cause harm to self or others; examples include sedatives and psychotropic medications.



Fig. (1): Wrist restraints.

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2.5 Body mechanics: Includes

- 1- Balance:** The wider the base of support, the more stable the body.
- 2- Body alignment:** Proper posture places the spine in a neutral position where the line of gravity passes through the center of gravity (alignment).
- 3- Coordination:** Movement is initiated in the cerebral cortex and is coordinated by the cerebellum.
- 4- Joint mobility:** Joint movement permits the performance of such activities as sitting, standing, bending, and walking. (ROM is the maximum extent of movement by a joint)
- 5- Gait:** Refers to the manner in which a person walks.

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Figs. (2, 3, and 4): Types of assistive devices that maintain both patient and nurse safety.