

PATCH program
Home palliative care
Adverse effects of bedrest—

INTRODUCTION:

Prolonged bedrest adversely affects nearly every organ system and should be discouraged, especially by medical professionals. In the home, you will see many patients whose health may be optimized by getting them up out of bed.

LEARNING OBJECTIVES:

At the end of this module, the student should be able to:

1. Recognize the serious consequences of bedrest
2. Identify certain consequences as potentially preventable
3. Teach others to avoid bedrest when possible
4. Educate patients and families on prevention of these consequences of bedrest.

WHAT YOU NEED TO COMPLETE THIS MODULE:

1. View the following slide show: <http://champ.bsd.uchicago.edu/deconditioning/index.html>
2. Answer questions.

Be prepared to discuss your answers

1. How long does it take an immobilized joint to develop osteophytes?

2. How much of one's muscle strength can be lost in 4 days of bedrest?

3. Four mechanical forces that contribute to skin breakdown?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
4. Two mechanics that change in the respiratory system during bedrest
 - a. _____
 - b. _____
5. At discharge from hospitalization, what is the percentage of elderly who have deteriorated in their ADLs? _____