

Qualification: Diploma in health and social care

level 2

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Unit: AN 25- Move and position individuals in accordance with their care plan

### 1.1 Identify current legislation, national guidelines, policies, procedures and protocols in relation to moving and positioning individuals

Personal assistants and adult care workers their job roles require given care and to assist individuals to enable them to live as independently and safely as possible. Some people as part of their day-to-day activities may require help with changing positions and moving.

To carry out all high standards of moving and positioning activities you must make sure that you follow not only with the training you accomplished but again with your employer's agreed ways of working, such as make sure you involved in moving and positioning of individual you are supporting. For example where I did my work placement most of their customers' needs assistance to move from one place to another or to change their position this may be due to an individual having a physical disability that prevents them from mobilising independently. I always involved in moving them from one place to another and again I followed the employer's agreed ways of working. Someone requiring care or support; it will usually mean the person or people supported by the learner. All these must put in consideration.

- Health and Safety at Work etc. **Act** 1974.
- Manual Handling Operations Regulations 1992 (as amended 2002)
- Provision and Use of Work Equipment Regulations 1998
- Lifting Operations and Lifting Equipment Regulation 1998

### 1.2 Summarise own responsibilities and accountability in relation to moving and positioning individuals

Firstly, you have to read through individuals' moving and handling risk assessments before you carry out any moving and handling activities or using any moving and handling equipment to ensure the safety and well-being of individuals. You must understand all these.

- 1) You must understand anatomy and physiology in relation to moving and positioning individuals
- 2) You must understand current legislation and agreed ways of working when you are moving and positioning individuals
- 3) Have ability to minimise risk before moving and positioning individuals

- 4) Capable to move and position an individual
- 5) Capable to prepare individuals before moving and positioning
- 6) You must know when to seek advice from and /or let others be involved when moving and positioning an individual
- 7) Job description
- 8) Own Competence level
- 9) Organisational policies and procedures

For example where I did my work placement, the first day I went there, the staffs wanting to move one of their customer from one place to another and one of them was saying she needs to go through the risk assessments again before they can carry out any moving and they went through it for the sake of safety and well- being of individuals because failure to follow the care plan and any presenting conditions can lead to causing the individual injury, pain and discomfort. It can also lead to legal action being raised.

### 1.3 Describe health and safety factors in relation to moving and positioning of individuals

These are the requirement of this regulations employers must assess the risks to the health and safety of their employee and others in the workplace; this includes the risks from moving and positioning individuals. Because of the so many risk in moving and positioning an individual employers must reduce the risk of injury to staff and people using care services by: avoiding those manual handling tasks that could result in injury, where reasonably practicable. Assessing the risks from moving and handling that cannot be avoided. Recognition of the risks, commitment to introducing precautions to reduce that risk, a statement of clear roles and responsibilities, an explanation of what is expected from individual employees, arrangements for training and providing/ maintaining equipment. Arrangements for monitoring. In health and safety factors, all these are very important.

- Environment
- The individuals
- Yourself and others
- The task
- Equipment

### 2.1 Outline the anatomy and physiology of the human body in relation to moving and positioning

In the process of moving and positioning individuals, make sure you are very careful you don't move their joints beyond their range of shifting. Muscles are banded together to bones by tendons. When the muscle fibres undertake, they decrease and pull on the tendons and bone to which they are connected. You must move and position an individual gradually. Also you must move and position individuals in accordance with their plan of care. Firstly we need to know the normal range of movement of the muscles and joints so in the process of moving, handling and positioning a person we know each limb limit. We need to put other factors into consideration that may inhibit a person's movements as:

- Old Fractures
- Torn Muscles
- Rheumatism and Arthritic conditions.

All this should be written within the individuals care plan. This is a step by step plan on that has been agreed with them on how to move and handle them. It is suitable if you are always noticeable when going towards a patient. Make sure you always followed the correct procedures, and do not try to carry out any procedure you have not been trained to do and do not use equipment you have had no training on. For example where I did my work placement, there was a day the staffs they wanted to move one of their customers from one place to another. One of the staffs said to me to come and assist them, I said no immediately because I never been trained to do and I cannot use equipment that have not been trained on. And again I do not the procedures to follow. I know that it can lead to big trouble for me and the patient even people around me that moment.

## 2.2 Describe the impact of specific conditions on the movement and positioning of an individual

Move and positioning individuals it is based on their care plan. Simply means when you know their care plan then you will be able to apply the correct moving and positioning individuals. To avoid to injury the customers, yourself even people around you. The understanding of anatomy and physiology in relation of the human body are very important of correct moving and positioning of individuals. The spinal column is made up of individual bones called vertebrae. In between the bones there are joints that attach these together. A ligament connects bone to assist joints. When a muscle contracts it will pull the bones at the joint in the correct direction that it is designed to move. As people with arthritis often have stiff, painful joints, and limited movement of joints, very important not to move the joints beyond their limits, and also be very careful in the process of moving and positioning the individual to prevent pain and displeasure. This impact of specific conditions on the right

movement and positioning of an individual is essential when working with separate with different conditions because this disturbs us of how we assist them to move and change their positions. Look at this example, an individual living with dementia who is confused might not know what plan they have for him or her during assisting the individual. That is why it is very important you need to take your time to show to the individual living with dementia what you want to do before you do anything at all. Someone with arthritis definitely need help to move gently because of their condition they may be in a lot of pain so to position or move them may be intolerable. Individual with stroke might have one arm or leg stronger than the other so this have to be taken into an account when weight bearing or moving in other to avoid pressure on the weak side. For example where I did my work placement, one of their customer she has dementia anytime I want change her cloth or change her bed, I need to take time to explain to her what I want to do, I will keep on explaining till she understand because their do not understand things easily because of their conditions.