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Comparison of nursing student's and nursing teacher's technique for moving patient to side of bed: Kinesthetic and kobujutsu

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Purpose: Sheet is generally used for moving patient to side of bed, but in nursing basic education in Japan, we also teach a method of doing it by one person without using nursing tools. In this study, we compare and clarify the difference in the movement of nursing student's and nursing teacher's technique using the kinesthetic and kobujutsu method.

Methods: Study participants had no physical disorders such as low back pain and included one nurse and 48 nursing students. Techniques based on the kinesthetic and kobujutsu method for moving patient to side of bed were taught. After practicing for 30 minutes, we took video and compared.

Results & Discussion: Nursing students could perform both the kinesthetic and kobujutsu method roughly; In kinesthetic method, nursing students weren't close to the patient and lifted the patient's body using strength of the arms. The nurse was close to patient, and rotated; in kobujutsu method, the body axis of the patient nursing students moved was bent to the left; The nurse was close to the patient, and rotated and laid the patient's body straight. Nursing students were able to mimic the series of movement during 30- minute practice, but unable to acquire technical skills to the same level as the nurse. Nursing students were unable to shift their weight effectively.

Conclusion: In moving patient to side of bed, the nursing students weren't close to patient than the nurse in both kinesthetic and kobujutsu method.

Biography

Masako Nakamura has completed her Doctor of Sport Sciences at Waseda University, Japan. She is an Associate Professor of Fundamentals of Nursing at Kyoritsu-Women's University, Faculty of Nursing. Her interests are coaching in nursing, use of simulation in nursing and nursing education.

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