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Comparison of methods for moving patient up on bed: Kinesthetic versus kobujutsu

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Purpose: Generally, two nurses assist a patient in moving up on bed. Japanese basic nursing education teaches the methods of assisting alone without any tool. In this study, we compared kinesthetic and kobujutsu methods, which are nursing methods of moving patient up on bed, to clarify the proper method.

Methods: Three nurses each assisted a patient up on the bed using kinesthetic and kobujutsu methods and the performances were videoed. Data of the trajectory between the eyebrows of the patient, angle of nurse's back bent, assistance time, and patient's movement distance were collected.

Results: Kinesthetic method is the way to promote upward a scapula in turn. The trajectory between the eyebrows of the patient was S-shaped like the trajectory of natural motion. Kobujutsu method involves pulling upward the buttocks at lateral position, and then returning the upper body to supine position by setting the line of the buttocks and straightening the alignment. Patients will feel uncomfortable, when the upper body is not adjusted well. The nurse's back was less bent in kinesthetic than kobujutsu method, indicating fewer burdens on the lumbar in kinesthetic than kobujutsu method. The time to make the patient move the same distance was shorter in kinesthetic than kobujutsu method.

Conclusion: On comparing kinesthetic to kobujutsu methods for assisting in moving patient up on bed, kinesthetic method is suggested as more appropriate for patients and nurses.

Biography

Mina Sakurai is an Associate Professor at Kyoritsu-Women's University, Faculty of Nursing. She teaches the nursing students fundamentals of nursing, such as body mechanics and mobility. Her recent interest is Educational Technology.

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