

# Chapter 10

Patient Activity, Patient Positioning, and Nursing Observation Orders

---

---

---

---

---

---

---

---

Doctors' orders for Patient Activities refers to the amt. of walking, sitting, and other motions

- ☞ Activity will change as patients condition changes
- ☞ Common activity orders are:
  - ☞ CBR, BR c BRP, Dangle in am
  - ☞ Use bedside commode or BSC
  - ☞ Up c help, Up in chair, OOB
  - ☞ BRP when A & O, Up in hall
  - ☞ Up ad lib, Up as tol, Amb, May shower.
- ☞ These orders are written in approved medical abbreviations.
- ☞ They are not written in sloppy doctors' handwriting.
- ☞ The repetitive reading of doctors' handwritten orders soon prepares you to become an expert.

---

---

---

---

---

---

---

---

## Patient Positioning Orders

- ☞ Doctor may want patient to remain in a special position.
- ☞ The following are common position orders:
  - ☞ Elevate Lt. arm on two pillows
  - ☞ Elevate head of bed 30 derees or HOB ^ 30 degrees
  - ☞ Fowler's Position
  - ☞ Log roll
  - ☞ Turn to Unaffected side
  - ☞ Flat in bed for 8 h, no pillow
  - ☞ Turn q2h

---

---

---

---

---

---

---

---

### Doctor's Order for Nursing Observations

- ☞ Doctor may want nursing to make periodic observations
- ☞ They may want to be called in the event of certain circumstances.
- ☞ The following are common orders:
  - ☞ BP qh X4, Observe for SOB and notify physician
  - ☞ Apical rate, check pedal pulse R foot q2h, I &O, wt. daily
  - ☞ Neuro check q2h, tympanic membrane temp q 4h
  - ☞ CVP q2h, pulse oximetry q4h, check CMS fingers Rt hand
  - ☞ VS q shift

---

---

---

---

---

---

---

---

### VS Consist of

- ☞ Oral, tympanic membrane, axillary, rectal are all ways to take the temperature.
- ☞ Pulse sites are apical, radial, pedal, femoral, carotid, popliteal, brachial
- ☞ Respirations

---

---

---

---

---

---

---

---