Hazards of Immobility

Decline in mobility is a leading complication of hospitalization for older patients

Onset of complications—
Pathophysiological changes within 24 hours of bed rest:

Respiratory System

- Decreased lung volume
- Pooling of mucous
- Cilia less effective
- Decreased oxygen saturation
- Aspiration atelectasis

Gastrointestinal System

- Increased risk of aspiration
- Loss of appetite
- Decreased peristalsis
- Constipation

Musculoskeletal System

- Weakness
- Muscle atrophy
- Loss of muscle strength by 3-5%
- Calcium loss from bones
- Increased risk of falls due to weakness

Psychological

- Anxiety
- Depression
- Sensory deprivation
- Learned helplessness
- Delirium

Circulatory System

- Loss of plasma volume
- Loss of orthostatic compensation
- Increased heart rate
- Development of DVT

Genitourinary System

- Incomplete bladder emptying
- Formation of calculi in kidneys and infection



