

Hazards of Immobility



Cardiovascular System	Digestive System	Muscular System
<ul style="list-style-type: none"> ✓ Loss of consciousness due to positional changes causing increase in fall risk ✓ Increased heart rate placing greater demand on the heart ✓ Decreased volume of blood to the lungs, causing less oxygen to get to all the organs and tissues ✓ Sluggish circulation ✓ Clots in the veins, can be life threatening ✓ Reduced efficiency of the kidneys with increased urine output ✓ Edema (swelling) in legs, hands, or overall 	<ul style="list-style-type: none"> ✓ Decreased appetite ✓ Constipation ✓ Diarrhea from impactions ✓ Pain and irritability 	<ul style="list-style-type: none"> ✓ Decreased muscle fiber and muscle wasting ✓ Strength can decrease by 50% as soon as 3 weeks after inactivity ✓ Muscle contractures causing disfiguring and loss of motion and abilities

Autonomic Nervous System	Central Nervous System: Decreased activity results in	Peripheral Nervous System
<ul style="list-style-type: none"> ✓ Decreased bowel movements ✓ Infections in urinary tract ✓ Urine output is reduced, and stones can develop 	<ul style="list-style-type: none"> ✓ Emotional changes such as depression, anger, despair, feelings of helplessness ✓ Behavioral changes such as withdrawing from friends and favored activities, hostility, confusion, belligerence ✓ Decreased intellectual capability ✓ Decrease in ability to cope ✓ Changes in sleeping patterns 	<ul style="list-style-type: none"> ✓ Changes in sensation awareness ✓ Changes in vision ✓ Changes in pain perception ✓ Changes in coordination
Respiratory System	Skeletal System: Immobility can cause	Skin
<ul style="list-style-type: none"> ✓ Lungs are not used to full capability ✓ This can cause pooling of fluids in the lungs that can cause coughing, accumulation of phlegm and can lead to pneumonia ✓ Infections in lungs 	<ul style="list-style-type: none"> ✓ Osteoporosis because minerals aren't getting to the bones. This increases the risk for bone fractures. ✓ Calcium imbalance can affect the heart and cause muscle spasms ✓ Kidney stones causing severe pain ✓ Joints or bones fuse causing loss of motion and disfigurement ✓ Connective tissue fibers become shortened. Muscles contract which can cause disfiguring changes in the body ✓ Loss of muscle strength and muscle tone ✓ Balance loss when postures change causing an increase in fall risks 	<ul style="list-style-type: none"> ✓ Wrinkles can increase ✓ Skin quality declines ✓ Pressure sores can occur, especially over bony areas such as hips, ankles, knees, shoulders, elbows and bony part of the bottom (sacrum) ✓ Infections