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Energy Conservation

Patient name: _____ Admission: _____

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- I. **The client/caregiver can state reasons for energy conservation.**
 - A. It decreases the physical stress on the body and promotes healing.
 - B. It decreases consumption of oxygen in the body.
 - C. It is needed for those with respiratory diseases and with physical limitations.

- II. **The client/caregiver can state methods to promote energy conservation.**
 - A. Perform stretching and relaxation exercises before getting out of bed.
 - B. Use a tub seat and handheld showerhead when bathing.
 - C. Rest before difficult tasks.
 - D. Take frequent rest periods during the activity.
 - E. Pace activities, and do not rush.
 - F. Plan trips before going up and down stairs.
 - G. Roll, push, or pull instead of lifting. Use a cart to carry things.
 - H. Organize work area, and keep frequently used items within reach.

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- I. Avoid having a work area that is too high or too low.
- J. Delegate work to others.
- K. Avoid extreme heat and cold.
- L. Schedule activity when most able to tolerate it (i.e., after rest periods, after pain medication, and at least 1 hour after meals).
- M. Sit to perform an activity instead of standing, when possible.
- N. Hold objects close to you instead of away from your body.
- O. Use arm supports to perform an activity (i.e., resting elbows on table while shaving, brushing teeth, and eating).
- P. Limit activity on days of high air pollution.

REFERENCES

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