

Introduction to Pediatric Range of Motion

Curriculum Overview

Designed for:

- High school students
- Post-secondary students in health occupations courses
- Certified Nursing Assistant (CNA) training courses

Length:

The activities in this curriculum will last approximately 1 hour. With supplemental materials, this curriculum can be adapted to a longer block of time.

Goal:

To help participants learn how to properly complete passive range of motion on a pediatric patient.

Synopsis:

This curriculum accompanying pediatric manikin will help students learn about completing pediatric Range of Motion exercises on a patient. The lesson begins with activities that students may complete before the content is presented. Educators have a choice to include the empathy activity focusing on patient-centered care to teach important nursing soft skills. The lesson uses a slide presentation and integrates the Pediatric Nursing Manikin to learn the proper procedure and documentation surrounding it. A brief quiz is included for assessment.

Curriculum Components:

- Teacher's guide - Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Student materials
- Assessment tools
- PowerPoint presentation slides

Learning Objectives:

- Utilize proper range of motion terminology
- Identify reasons for range of motion exercises
- Identify guidelines for safe range of motion
- Demonstrate proper pediatric passive range of motion techniques