



# Lesson plan

<b>Class</b>	Health promotion and disease prevention		
<b>Education</b>	EQF 4		
<b>Subject</b>	Mobilisation and transfer		
<b>Duration</b>	135 minutes		
<b>Description</b>	This lesson plan focuses on the theoretical aspect of working with the ergonomically principles, using a transfer analysis, followed by skill training applying the theory in order to keep the student and the patient safe during a transfer.		
<b>Learning goals</b>	<ol style="list-style-type: none"> <li>1. Knowledge of ergonomic principles</li> <li>2. Apply the ergonomical principles of transferring a patient from lying to sitting position</li> </ol>		
<b>Lesson</b>	<b>Learning goals</b>	<b>Learning activities</b>	<b>Learning resources</b>
<b>1. lesson</b>	Knowledge of the ergonomic principles	Presentation and dialogue in plenum about the ergonomic principles (i.e a Power Point with speak or in a Teams meeting)	PowerPoint, tablet/PC, pencil, paper, subject related book
<b>2. lesson</b>	Presentation of the transfer analysis Student work with the transfer analysis	Continued presentation  Introduction to transfer analysis (i.e a Power Point with speak or in a Teams meeting)  Work with transfer analysis	PowerPoint, tablet/PC, pencil, paper, subject related book
<b>3. lesson</b>	Interactive preparation prior to practical skills training	Video and answering the questions for reflection  Practical skill training	PowerPoint, tablet/PC, pencil, paper, subject related book