The Imperative

Getting patients out of bed is considered a major tenant of good medical and nursing care. Yet, challenges abound to mobilize inpatients. As the inpatient population continues to be older with multiple chronic comorbidities, front-line staff are increasingly met with challenges safely providing opportunities to mobilize this population (Ortman, Velkoff, and Hogan 2014 & CMMS 2012). Even when capable of walking, the majority of older inpatients spend most of their day lying in bed (Brown, et al. 2009 & Pedersen, et al. 2013). BIDMC lacks a standard mechanism by which patients on general medical/surgical units are assessed for mobility and provided a mobility care plan.

The Goal

Maintain or Increase JH-HLM Score by 1 Level for each patient (thereby maintaining or enhancing mobility).

Specific Objectives

1. Conduct daily Current & Goal HLM Scores (care plan) for all patients on a medicine floor (Rosenberg 7)
2. Increase knowledge among floor providers about new mobility protocol (HLM Scale & Clinical Pathway)
3. Engage patients and families/friends in Mobility Care Plans

Provider Education

"Patients and families won’t want to move."
"We need more staff in order to move patients."
"Documenting a new scale will be too cumbersome."
"Patients will fall more if they’re up more."

Barriers to Mobilizing: Shifting Perceptions

Education and information reinforcement showed they just weren’t aware it could be done safely.
On average, patients studied had HLM score documented for 56% of their stay (more in general pop.)
No significant increase in falls (April lowest rate since October 2014)
Existing resources used

Patient & Family Engagement Tools

Next Steps

- Spreading all components to Farr 2 & Farr 7
- Brainstorming about transfer of information to post-discharge facilities/home care: discharge summary, plan

Innovative Measuring

Standard Protocols

Results

Long-Term Outcome (Goal)

Maintain or Increase JH-HLM Score by 1 Level for each patient (thereby maintaining or enhancing mobility)

These patients had an average change in their HLM score of 1.04 from admission to discharge.

Our Team

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Moving on Up!

Lessons Learned from a Progressive Mobilization Pilot

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Specific Objectives

Innovative Measuring

Standard Protocols

Provider Education

Existing resources used

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Lessons Learned from a Progressive Mobilization Pilot

Innovative Measuring & Standard Protocols

The Intervention: **Innovative Measuring & Standard Protocols**

**JH-HLM:** **Highest Level of Mobility Score**

New daily mobility assessment for all patients on CC7

<table>
<thead>
<tr>
<th>Activity</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk</td>
<td></td>
</tr>
<tr>
<td>Lap around unit</td>
<td>8</td>
</tr>
<tr>
<td>Walk into hallway</td>
<td>7</td>
</tr>
<tr>
<td>Walk into bathroom</td>
<td>6</td>
</tr>
<tr>
<td>Stand</td>
<td></td>
</tr>
<tr>
<td>&gt; 1 minute</td>
<td>5</td>
</tr>
<tr>
<td>Chair</td>
<td></td>
</tr>
<tr>
<td>Transfer</td>
<td>4</td>
</tr>
<tr>
<td>Bed</td>
<td></td>
</tr>
<tr>
<td>Sit at edge</td>
<td>3</td>
</tr>
<tr>
<td>Turn self/Bed Activity*</td>
<td>2</td>
</tr>
<tr>
<td>Lying</td>
<td>1</td>
</tr>
</tbody>
</table>

1. Use the HLM Scale to assess your patient’s activity & corresponding score.

   *Bed Activity includes active participation in rolling or bed level exercises. Patients who require use of No-Lift equipment for Out-of-Bed mobility can score no greater than 2.*

2. Note in the bedside Vitals book (red) the score when the activity occurred.

![Vitals Chart]

Adapted with permission from the AITPA Learning Center, Johns Hopkins Department of Medicine.

Bring your patient’s JH-HLM Score to Case Management rounds & Huddles! Know Current Score & Goal Score

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**Innovative Measuring**

**Standard Protocols**

[Flowchart showing patient assessment and mobilization process]

Please note patient’s previous level of mobility and exercise capacity. Make sure to provide the patient with an assistive device if one is used at baseline. If the patient requires more than minimal assistance of two caregivers or if the patient is dependent for mobility at baseline then use No-Lift equipment to mobilize.
Moving on Up!

Lessons Learned from a Progressive Mobilization Pilot

The Intervention: **Provider Education**

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Let’s have our patients walk instead of wasting away in bed

Physical Therapist team members trained staff on facilitating safe and frequent mobility.

Facilitation of Safe and Frequent Patient Mobility

**Objectives**

- Understand the importance of patient mobility in minimizing complications related to hospitalization
- Understand the impact of deconditioning on discharge destination and patient’s quality of life
- Understand proper patient handling techniques and other patient safety strategies in order to reduce the incidence of patient and caregiver injuries.

Clinical Nurse Specialists led staff through interactive, fun sessions on mobilizing patients.

**Mobility of CC7 Patients**

- Think about “moving the chains” with our patients on a daily basis
- Set small, attainable goals; progress may be very slow
- Each day of progressive mobility results in a greater chance of your patient leaving the hospital with more independence and improved health
Moving on Up!
Lessons Learned from a Progressive Mobilization Pilot

The Intervention: **Patient and Family Engagement Tools**

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### Patient and Family Information Sheet

- Created to guide patients with healthy, safe mobility during their hospital stay.

### Mobility “My Activity Logs”

- Encourage tracking and goal-setting by patients and family members.

### Reach your Highest Level of Mobility!

**My Activity Log**

Use this chart to keep a log of your daily activities. Write in the times you did various things and record how you felt. It can help you set goals and stay on track.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>How I felt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit at edge of bed</td>
<td>8am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Woozy</td>
</tr>
<tr>
<td>Sit in chair</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stand</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walk to bathroom</td>
<td>11am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Lightheaded</td>
</tr>
<tr>
<td>Walk in hallway</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2pm</td>
<td></td>
<td></td>
<td>Stronger, but tired after</td>
</tr>
<tr>
<td>Lap around the unit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercises</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Leg lifts each day</td>
</tr>
</tbody>
</table>

*Be sure to fill out your My Activity Log and reach your Highest Level of Mobility!*
Moving on Up!
Lessons Learned from a Progressive Mobilization Pilot

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Short/Medium-Term Outcomes (Objectives)
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Long-Term Outcome (Goal)
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Results

Shifting Perceptions & Roadblocks
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"We need more staff in order to move patients."
Existing resources used

"Documenting a new scale will be too cumbersome."
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No significant increase (April lowest rate since October 2014)

Sharing our Story within the BIDMC Network: Producing an Educational Team Webinar