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PURPOSE

- To improve mobility and prevent functional decline during hospitalization through implementation of an interdisciplinary mobility protocol

BACKGROUND/PROBLEM STATEMENT

- 1/3 of hospitalized patients experience a functional decline after hospitalization (www.nicheprogram.org)
 - Immobility is a major cause
- Patients, families, and physicians voiced concerns regarding lack of patient mobility
- Chart audit on Memorial 6 North revealed
 - Inconsistent documentation
 - Unclear physician orders
- Patient's ordered activity did not always match their functional ability

DESCRIPTION OF PROJECT

- Identified interdisciplinary team
- Selected evidenced-based screening tool to assess patient baseline mobility
 - AM-PAC "6 clicks"
 - Developed at Boston University
 - Measures basic mobility
 - 4 point quantitative rating scale
 - Higher score = higher function
- Collected baseline admission and discharge data using tool
- Developed patient mobility categories with specific interventions
- Streamlined physician orders
- Included Therapy Services in daily patient huddles
 - Created patient and family educational brochure

DESCRIPTION OF PROJECT

- Educated nursing staff
 - Safe patient mobility
 - Proper body mechanics
 - Accurate completion of AM-PAC

Let's Get Moving

OUTCOMES

- Staff education
 - 35 RNs and Nurse Aides trained
 - 100% of the unit staff
- Quality – falls have decreased since education
 - 2013: 34
 - 2014 YTD: 18
- Development of mobility levels and interventions
 - Approved by Med Exec Committee

AM-PAC ADMISSION AND DISCHARGE DATA

168 patients screened

LEVEL	SCORE	ADMISSION	DISCHARGE
1 – GREEN	23-24	42%	56%
2 – YELLOW	17-22	29%	24%
3 – ORANGE	11-16	15%	11%
4 – RED	6-10	14%	9%
AM-PAC SCORE CHANGES FROM ADMISSION TO DISCHARGE			
WORSE	SAME	BETTER	
11%	49%	40%	

CONCLUSIONS

- Project work led to recognition of varied interpretation of activity orders
- Staff education is an important component in establishing a mobility protocol
- Identified need to streamline nursing documentation
- Collaboration has helped improve interdisciplinary communication
 - Cohesive treatment plan for patients

FUTURE IMPLICATIONS

- Hospital-wide mobility protocol
- Clarification of physician activity orders
 - "Mobility per protocol"
 - Appropriate mobility interventions
- Improve timeliness of therapy referrals
 - Decrease in unnecessary therapy referrals
- Dissemination of these best practice guidelines through publication
- Physical therapy participation in daily unit interdisciplinary huddle

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