INCREASING EARLY MOBILITY ON AN ACE UNIT: Tracking the Number of Steps Walked and the Amount of Time Spent Taking Them
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BACKGROUND
Identification of Needs:
- Early ambulation is important in preventing iatrogenic effects of hospitalization including:
  - VTE
  - Pressure ulcers
  - Deconditioning
  - Falls
  - Delirium
- Many patients do not qualify for inpatient physical therapy services
- Some patients meet their PT goals and are D/C’d from PT services before hospital discharge
- The ACE Unit promotes early mobility but there was no coordinated focus on ambulation when PT services were no longer needed
- Nurses and nurse tech’s need motivation to assist patients to ambulate as much as possible
- Patients need motivation to be out of the bed
- Delirium
- Therapeutic activities program
- VTE

OBJECTIVES
- Increase number of steps taken
- Increase number of minutes active
- Increase awareness of the need for early mobility
- Increase awareness of adverse effects of immobility
- Decrease number of pressure ulcers
- Decrease length of stay

TRACTIVITY MOBILITY PROTOCOL

The bedside activity flowsheet and the TractivityPro activity graphs provide a visual reminder for the patient to ambulate and a means for staff to record progress or detect possible deterioration.

TRACTIVITY SENSOR IN ANKLE BAND
1) TRACTIVITY SENSOR REGISTERED TO PATIENT ON ADMISSION
2) PATIENT IS ENCOURAGED TO AMBULATE THREE TIMES DAILY FOR AT LEAST 10 MINUTES EACH TIME
3) NURSE TECH UPLOADS PATIENT ACTIVITY DATA DAILY @4am
4) NURSE TECH REPORTS DATA AT BEDSIDE INTERDISCIPLINARY ROUNDS

RESULTS

Harms Index – (N=100) occurrences

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<tr>
<td>Falls</td>
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<td>28</td>
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<td>6</td>
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<tr>
<td>Pressure Ulcers</td>
<td>16</td>
<td>17</td>
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<td>6</td>
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LENGTH OF STAY (DAYS)

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<tbody>
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<td>Length of Stay (DAYS)</td>
<td>11.55</td>
<td>10.32</td>
<td>7.24</td>
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FURTHER INFORMATION

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