MOBILITY IS MEDICINE

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FOR YOUR SAFETY-MOVE FORWARD

COI DISCLOSURES

- Andrew Rich - Clinical Manager for Arjo
- Amber Perez - Clinical Director for Wy’East Medical
- [MMI] Mobility is Medicine - Graphic Design and technical support
- Danielle Gabele - No conflict to disclose
OBJECTIVES

By the end of this presentation the learner will:
• Identify mobility success stories
• Discuss the complications of immobility
• Evaluate the outcomes of mobility with and without SPHM
• Identify available resources for implementing a Safe Mobility Program

CASE STUDY 1 - AMBER

• ICU patient, critically ill, not expected to initially recover
• Developed ARDS - RotoProne Bed - Hallucinations / Delirium
• Delirium - Primary indicator for death
• Early Mobility begins after 16 days in the ICU
• Psychological benefits of mobility

CASE STUDY 2 - DANIELLE
Having an impact...

http://www.youtube.com/watch?v=JXv262YKzc8

THE COMMENTS

JoeST204

nathannselder

OMG this is ABSOLUTELY AMAZING! I cannot believe how far you have come. Love you and keep up the awesome work!

nathanmoeller

JoeST204

Thattha boy Joe! You're doing great!

nathannselder

JoeST204

http://www.youtube.com/watch?v=luz4tQx79I0&feature=plcp

Having an impact...

http://www.youtube.com/watch?v=JXv262YKzc8
"A new piece of equipment called the Walking Track was recently installed in our building. With the track, my feet just seemed to go on their own. It felt like I was running (that might have been my excitement)."

"The whole experience was really emotional for me because I really felt like I was walking down the hall with my friend, Katie and ... I was."

DEFINING MOBILITY

MOBILITY VS THERAPY  RANGES BETWEEN MOBILITY AND THERAPY  NURSING INTERVENTION-EMPOWERMENT: NURSE DRIVEN PATIENT IMPACT

WHY MOBILITY

Exercise helps to improve the immune response, help to restore homeostasis, and promote anti-inflammatory responses in the body to promote healing.

Lack of activity allows the body to degrade- Simply put- Use it or Lose it!

Patients discharged from acute care facilities in the U.S. may experience ongoing and long-term physical, cognitive and emotional impairments as a result of debilitation acquired during hospitalization. Exercise helps to improve the immune response, help to restore homeostasis, and promote anti-inflammatory responses in the body to promote healing.

Mobility has a positive psychological influence on a patient.
WHY MOBILITY

Positive Effects of Mobility

Improved discharge disposition
Reduced falls
Reduced pressure ulcers
Reduced VAP's
Decreased LOS
Decreased delirium
Decreased Pressure Injuries

MOBILITY PROTOCOL EXAMPLE
INTEGRATING BMAT FOR SAFE E.M. PROTOCOL
UNDERSTANDING THE FOCUS OF MOBILITY

- Clinical efficient mobility
- Quality of movement
- Therapeutic exercise

So, is it safe to say in many cases...
...mobility is a clinical decision

MEASURING MOBILITY OUTCOMES: LAGGING INDICATORS

- Establish clinical baselines
- Respond to the detection of holes in the system
- Chase the incident
- Often a snap shot in time
- Perform Root Cause Analysis
- Plan interventions
- Implement
- Evaluate

MEASURING MOBILITY OUTCOMES: LEADING INDICATORS
MOBILITY WITHOUT SPHM

<table>
<thead>
<tr>
<th>Patient Risk Factors</th>
<th>Caregiver Risk Factors</th>
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<tr>
<td>• Risk of injury from fall</td>
<td>• Patient handling injury risk increased</td>
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<tr>
<td>• Non-compliance with mobility orders r/t Fear of Falling</td>
<td>• Does not engage in Mobility Protocol r/t lack of support, safety, etc.</td>
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MOBILITY WITH SPHM

Patients are happy and safe and SO are caregivers!

BED MOBILITY SOLUTIONS
OUT OF BED

Consider patients' mobility level when determining appropriate equipment.

WEIGHT BEARING/AMBULATING

THERAPY
OUT OF BED·SAMPLE GUIDE

• MOBILITY LEVEL 1· DEPENDENT
• MOBILITY LEVEL 2· MODERATE
• MOBILITY LEVEL 3· MINIMAL
• MOBILITY LEVEL 4· INDEPENDENT

sphM Passions
WORKERS’ SAFETY
EARLY MOBILITY
PREVENTABLE PATIENT FALLS
HAPU
DVT
SYSTEMS/QUALITY OF CARE OUTCOMES
SUSTAINABILITY

RESOURCES FOR SUCCESS
A CALL TO ACTION

Find out which mobility initiatives your facility is participating in, planning, etc.

Join their efforts and INFUSE Safe Patient Handling into your Mobility! You don’t have to be the expert at mobility, offer SPHM solutions.

Join the CAUSE, find a mobility mentor.

THANK YOU

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