



Let's Get Moving!

Early mobility is important for preventing complications and is a great, easy way for patients to build strength while in the hospital.

Early ambulation can lead

- Improved physical function
- Improved balance and muscle mass
- Reduced risk of pneumonia
- Decreased risk of delirium
- Decreased risk for pressure

What can you do?



Set goals with your patient each day during bedside shift report.

At baseline, if your patient:

Has NO mobility limitations, encourage the patient to walk at least three times per day.

- If unable to ambulate, ensure movement in bed or at bedside occurs. There are benefits to even small movements!

Has limited mobility, assist the patient to walk at least twice per day.



Set a schedule with your patient

Work with your patients to identify times to walk around or increase movement each day as appropriate.

Encourage your patients to get out of bed for meals.



Make it fun with your patient!

Find ways to make it fun for you and your patient.

- Take a tour of the unit.
- Introduce your patient to their care team.

What else should you do?

If you are concerned about your patient's ability to walk, be sure you have another caregiver with you.

Before and during the walk, you should:

-  **Help patients steady themselves.**
-  **Remove or safely secure medical equipment.**
-  **Clear the pathway for the patient.**
-  **Remind the patient not to walk alone.**

Make sure there are no items on the floor in the walking path. Patients may not know their weaknesses and in the may have an increased risk of falling and injuring themselves if they attempt to walk alone.

Reference: Teodoro, C. R., Breault, K., Garvey, C., Klick, C., O'Brien, J., Purdue, T., Stolaronek, A., Wilbur, H. W., & Matney, L. (2016). STEP-UP: Study of the Effectiveness of a Patient Ambulation Protocol. *Medsurg nursing: official journal of the Academy of Medical-Surgical Nurses*, 25(2), 111–116.