# Preventing Functional Decline with a Simple Mobility Program

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# Background

In an effort to decrease length of stay (LOS), Parkview nurses identified mobility as a concerning factor for older adult patients. For this reason, Parkview's initial NICHE project focused on decreasing LOS by increasing patient mobility.

### Purpose

To maintain patient mobility from day 1
To shorten LOS by increasing patient activity
To improve documentation of activity
To promote early intervention by PT/OT

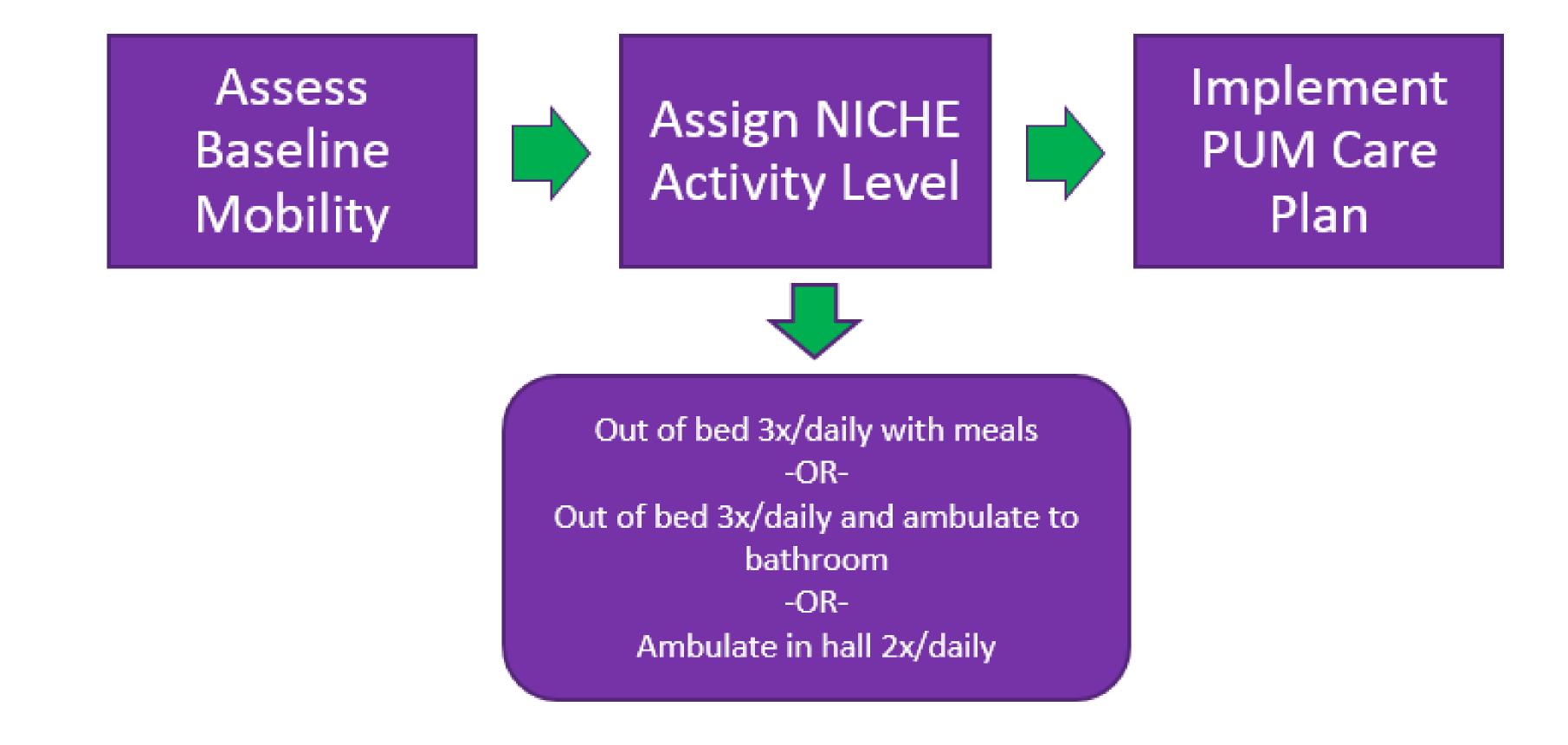
#### Method

Three levels of mobility were built into the electronic record to serve as a mobility prompt that links to the necessary charting. Based on the admission assessment, the nurse chooses the appropriate mobility level which launches the tasks to both the Nurse and Patient Care Tech's work list.

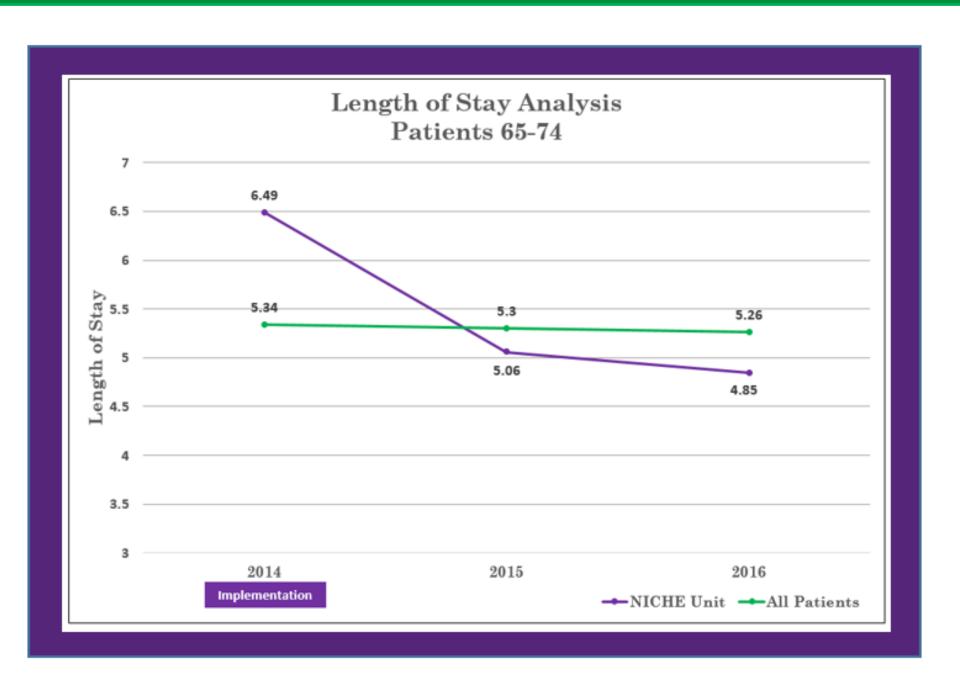
#### Guidelines for task selection:

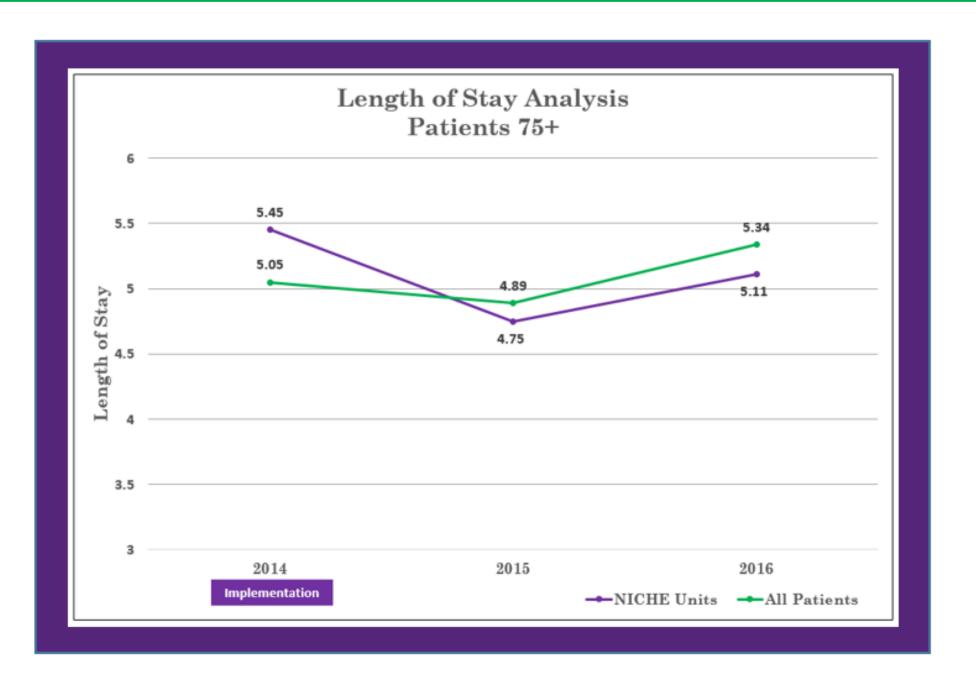
- ·All patients should be out of bed an in a chair 3 times a day unless they have a history of immobility or they have an appropriate order for bedrest.
- Patients with minimal tolerance to activity should be out of bed 3 times a day and walking to the bathroom.
- If the patient was independent in ADLs at home, they should be ambulating in the hall 2 times a day.

# Implementation



#### Results





Implementation of 3 simple levels contributes to a reduction in length of stay among patients 65 and older on NICHE units.

From 2014 through September of 2016, patients 65-74 had a LOS reduction from 6.49 to 4.85 days.

From 2014 through September of 2016, patients 75+ had a LOS reduction from 5.45 to 5.11 days.

In 2015 & 2016 patients 65+ on NICHE units had a shorter LOS than patients 65+ on Non-NICHE units.

# Sustainability

In an effort to sustain NICHE mobility levels and increased patient mobility:

- NICHE levels were incorporated into Parkview's Progressive Upright Mobility policy (PUM) and care plan.
- Patient materials were created to ensure that patients understand the importance of staying active during hospitalization.
- Geriatric Resource Nurse and Geriatric Patient Care Tech training was offered throughout the year. These individuals serve as unit champions in older adult care and assist in driving mobility initiatives.

# c. Walk in the hall as often as you can 2. Take part in your care. Talk with the doctor and nurse about your usual physical function, discharge goals and safe activity while in the hospital. 3. Be safe. Ask for help. Don't get up alone. Wear sturdy footwear. 4. Tubes can make movement difficult but often do not prevent you from getting out of bed. Ask the nurse how you can keep moving with tubes and Vis. 5. Eat and drink well. Talk up alone. Wear sturdy footwear. 4. Tubes can make movement difficult but often do not prevent you from getting out of bed. Ask the nurse how you can keep moving with tubes and Vis. 5. Eat and drink well. Talk with the deletitian nutritionist if you don't like the food or have concerns. 6. Get good sleep. Ask about nighttime routines that can assist you with getting rest. Earplugs may be helpful. 7. Make sure glasses, hearing alds, canes, walkers and other important Items are located where you can reach them. 8. Try to do more each day to get back to your usual physical function, discharge goals and safe activity while in the hospital. 6. Get good sleep. Ask about nighttime routines that can assist you with getting rest. Earplugs may be helpful. 7. Make sure glasses, hearing alds, canes, walkers and other important Items are located where you can reach them. 8. Try to do more each day to get back to your usual physical function, discharge goals and safe activity while in the hospital. 6. Get good sleep. Ask about nighttime routines that can assist you with getting rest. Earplugs may be helpful. 7. Make sure glasses, hearing alds, canes, walkers and other important Items are located where you can reach them. 8. Try to do more each day to get back to your usual physical function, discharge quite and usual event your usual physical function, discharge quite and usual event your usual physical function, discharge quite and usual event your usual physical function, discharge quite and usual event your usual physical function, discharge quite and usual event your usual physi

#### Discussion



Simple but consistent steps to improve mobility can have a significant impact on the prevention of functional decline, and as a result, can decrease length of stay. The positive outcomes associated with this project are rooted in the shared governance model found at Parkview Health. Clinical nurses identified the need for change, became vested in leading the process, and held one another accountable through routine auditing and timely feedback. The team would like to thank Parkview leadership, our vested clinical staff, and ultimately our patients that provide us with the opportunity to provide them with excellent care.

