Mobility is Medicine

Pilot Project to Create Culture Change on Acute Medical Nursing Units

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PURPOSE 1

- Create a comprehensive mobility program for patients on acute care medical nursing units by partnering staff and volunteers.
- Volunteers will act as change agents for the nursing staff by demonstrating the value of patient mobilization.

PROBLEM 2

- 35-50% of hospitalized older adults experience functional decline between admission and discharge (Inouye et al, 2000)
- Functional decline is a major complication of hospitalization (Inouye et al, 2000)
- Older adults spend 83% of their time in bed during hospitalization and lose function as early as the day after admission (Brown et al, 2009)
- Immobility increases risk of pressure sores, falls, pneumonia, orthostatic hypotension and constipation (Covinsky et al, 2003; Gillis & McDonald, 2005)

SOLUTION 3

- When nurses initiated interventions to provide mobilization upon admission, older adults were 3 times less likely to decline in functional status (Doherty-King, 2006)
- Nursing care which encourages patients to engage in activity during hospitalization can prevent deconditioning and disability (Boltz et al, 2008)

Perceived Barriers To Mobilization (Brown et al, 2007) 4

- Lack of time
- Lack of equipment
- Lack of staff to assist
- Lack of patient motivation
- Presence of medical apparatus
- Symptoms of illness (weakness; pain; fatigue)
- Risk of fall

DESIGN OF THE PROJECT 5

- Choose 2 pilot units
- Role description for the volunteer
- Recruitment of appropriate volunteers
- Training of volunteers
- Introduction of volunteers on the 2 units
- Explanation of volunteer role to nursing staff
- Support for volunteers
- Feedback from volunteers/staff/patients
- Measurement of outcomes

VOLUNTEERS 6

- Recruited and trained 6 volunteers
- 5 volunteers are enrolled in a physical therapy or health related field in college; 1 volunteer is a senior in high school planning a career in medicine
- Volunteers received 3 hours of hands on training with a physical therapist and several hours of supervised practice

VOLUNTEER ROLE 7

- Independently mobilize patients deemed safe by the physical therapist or nurse
- Assist nursing and physical therapy staff to mobilize patients requiring more than one person assistance
- Assist patients to prepare for planned mobilization sessions and Wellness Workout

INTERVENTION 8

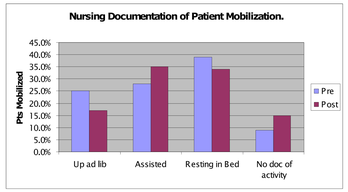
- Volunteers spent 224 hours on the 2 pilot units (general medical unit and medical oncology unit)
- Volunteers worked 3 hour shifts mornings and afternoons 7 days per week from June 10 – September 4, 2011(not all days/shifts covered)
- Volunteers accomplished 200 mobility encounters; most involved walking the patient in the hallway using a gait belt and/or walker
- Volunteers communicated with the nurse prior to and following each mobilization episode

METHODS 9

The following data was collected prior to (June 3-6,2011)and following (September 7-9, 2011) the intervention

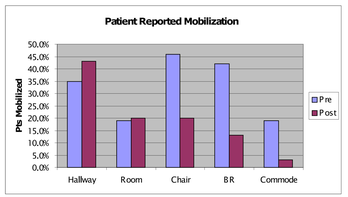
- Nurse documentation of patient mobilization
- Patient reported mobilization
- Patient perception of mobilization
- Observed discussion of patient mobilization by nursing staff in shift to shift report

NURSING DOCUMENTATION 10



Although the patient groups were not matched , it appeared that the nursing staff assisted more patients with mobilization after the intervention (mobility volunteer pilot program)

PATIENT REPORTED MOBILIZATION 11



Patients reported more episodes of hallway and room ambulation after the pilot program

OBSERVED NURSING REPORT 12

- Nurses mentioned patient mobility status more often in shift report following the pilot program (pre=66%; post=100%)
- Patient care attendants mentioned patient mobility status more often in shift report following the pilot program (pre=60%; post=100%)

NURSING STAFF'S REPORTED PERCEPTION OF THE VALUE OF THE MOBILITY VOLUNTEER PROGRAM 13

- Increased staff's time to do other activities (100%)
- Provoked staff to think about the patient's mobility needs (82%)
- Increased staff's reporting of mobility status during report (88%)
- Increased staff's documentation of mobility status (82%)
- Felt comfortable having the volunteer mobilize the patient (100%)
- Perceived that the patients enjoyed walking with the volunteer (100%)
- Perceived staff are mobilizing patients more often than they did before the program (88%)
- Requested the continuation of the program(100%)

VOLUNTEERS' EVALUATION OF THE EXPERIENCE 14

- Requested to return to the role during college break (100%)
- Experience reinforced their desire to pursue a career in the health care field
- Enjoyed being part of the health care team
- Valued the opportunity to work with independently with patients
- Felt they made a difference in patients' lives

SUMMARY 15

The mobility volunteer pilot project:

- Demonstrated the feasibility of introducing a mobility volunteer role that is safe and valued by staff and patients in the acute care setting
- Increased nursing staff's perception of the need to prioritize patient mobilization
- Appeared to increase nurse initiated and assisted patient mobilization

Next "steps" 16

- Expand the program to other units
- Refine the referral process
- Focus on detailed documentation of patient mobility by nursing staff in the electronic record
- Prospective study to evaluate the effectiveness of changing nursing practice as evidenced by increased levels of patient mobilization by nursing staff

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