

Interdisciplinary Care Approach in the Neuroscience Intensive Care Unit and Its Effect on Early Mobilization

Kamille J. Sprenkle PT, DPT

Lehigh Valley Health Network, Kamille.Sprenkle@lvhn.org

Maureen T. Smith RN, MSN, CNRN

Lehigh Valley Health Network, Maureen.Smith@lvhn.org

Follow this and additional works at: <http://scholarlyworks.lvhn.org/medicine>



Part of the [Medical Sciences Commons](#)

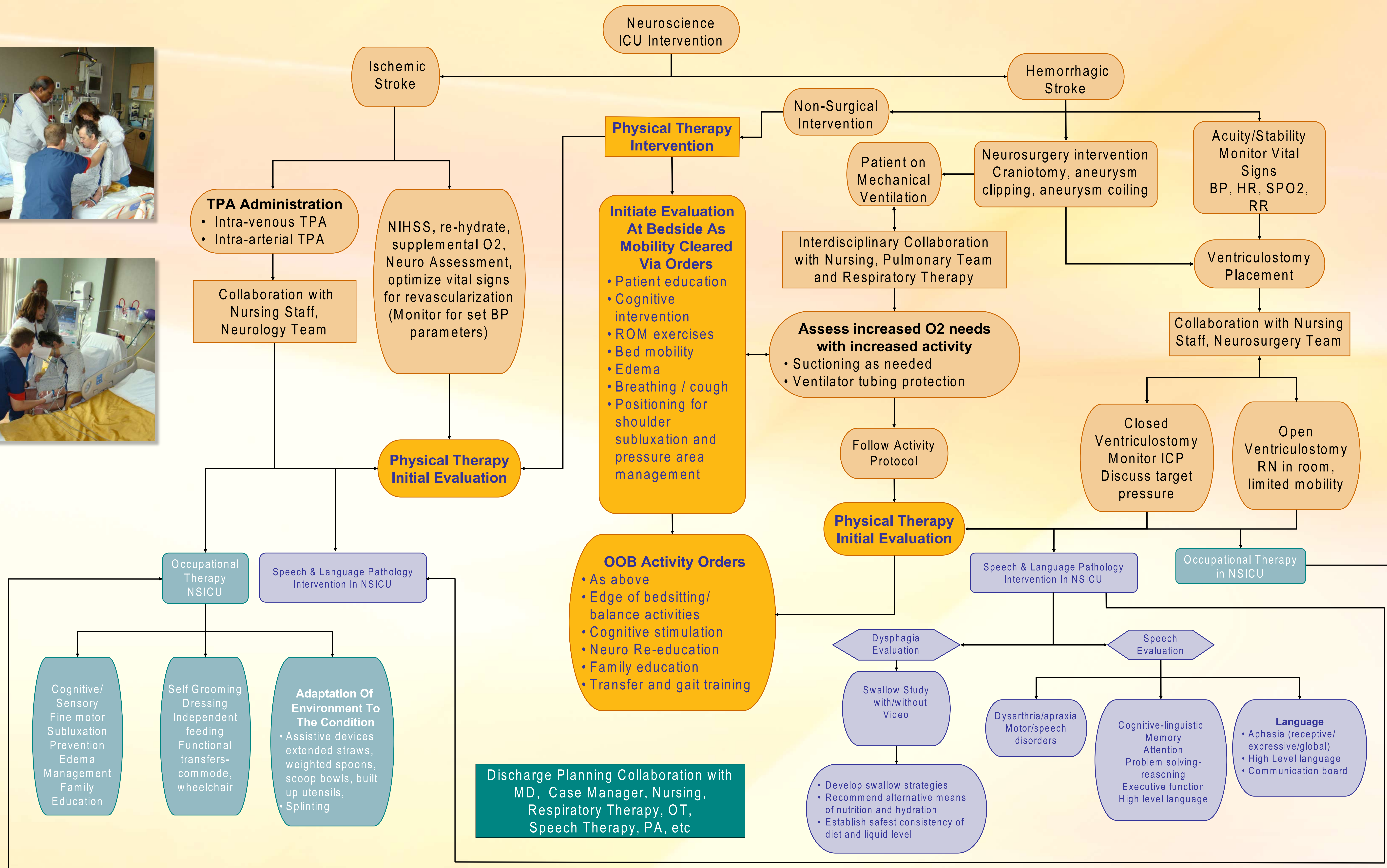
Published In/Presented At

Sprenkle, K. J., & Smith, M. T. (2011). Interdisciplinary Care Approach in the Neuroscience Intensive Care Unit and Its Effect on Early Mobilization. *LVHN Scholarly Works*. Retrieved from <http://scholarlyworks.lvhn.org/medicine/33>

This Poster is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.

Interdisciplinary Care Approach in the Neuroscience Intensive Care Unit and It's Effect on Early Mobilization

Kamille J. Sprenkle, PT, DPT; Maureen T. Smith, RN, MSN, CNRN
Lehigh Valley Health Network, Allentown, Pennsylvania



Objective:

Using interdisciplinary collaboration, create an algorithm to improve mobilization in Neuroscience Intensive Care Unit (NSICU).

Background and Problem:

Critically ill patients can have limited mobility due to multiple etiologies. Skeletal muscle strength decreases by 1/3 a grade per day and up to 50 percent reduction of the total muscle mass in two weeks of bed rest.

Project Description:

Physical Therapists collaborated with the Nursing staff in the NSICU to develop an algorithm to assist in the early implementation of the hospitals' initiative of the mobility protocol. Key elements of the patient centered care are initiated upon patient admission and include an algorithm, protocols and interventions from a dedicated group of physical therapists specially trained to care for the neuroscience patient. This algorithm will demonstrate the interdisciplinary approach to the care of the stroke population within the NSICU to increase the mobility. Specific disciplines and their involvement are identified.

Project Goals:

Demonstrate how interdisciplinary communication is used to optimize patient outcomes including:

- Expedite the initiation of the mobility protocol with ventricular dependent patients, patients with hemorrhagic and ischemic strokes.
- Prevent sequelae of prolonged bed rest: Achilles tendon contractures, muscle wasting, pulmonary complications, decreased functional mobility, higher cost of care, increased length of stay and ICU psychosis.
- Facilitate discharge planning process and decrease LOS in the hospital.

Results and Implications:

The importance of an interdisciplinary approach for the care of the neuroscience critically ill patients is evident. The collaborative approach to creating an algorithm to improve mobilization in the NSICU demonstrates the patient centered initiative geared towards optimizing patient care. The quality of life of the patient, as it pertains to increased mobility, decreased complications of prolonged bed rest and discharge process, may be improved by this process.