

Early Mobilization to Enhance Patient Outcomes

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7K Orthopedics

Lehigh Valley Health Network, Allentown, Pennsylvania

Background: This presentation details opportunities and strategies taken by engaged staff on a 30-bed orthopedic unit to promote early mobilization in the older adult orthopedic population.

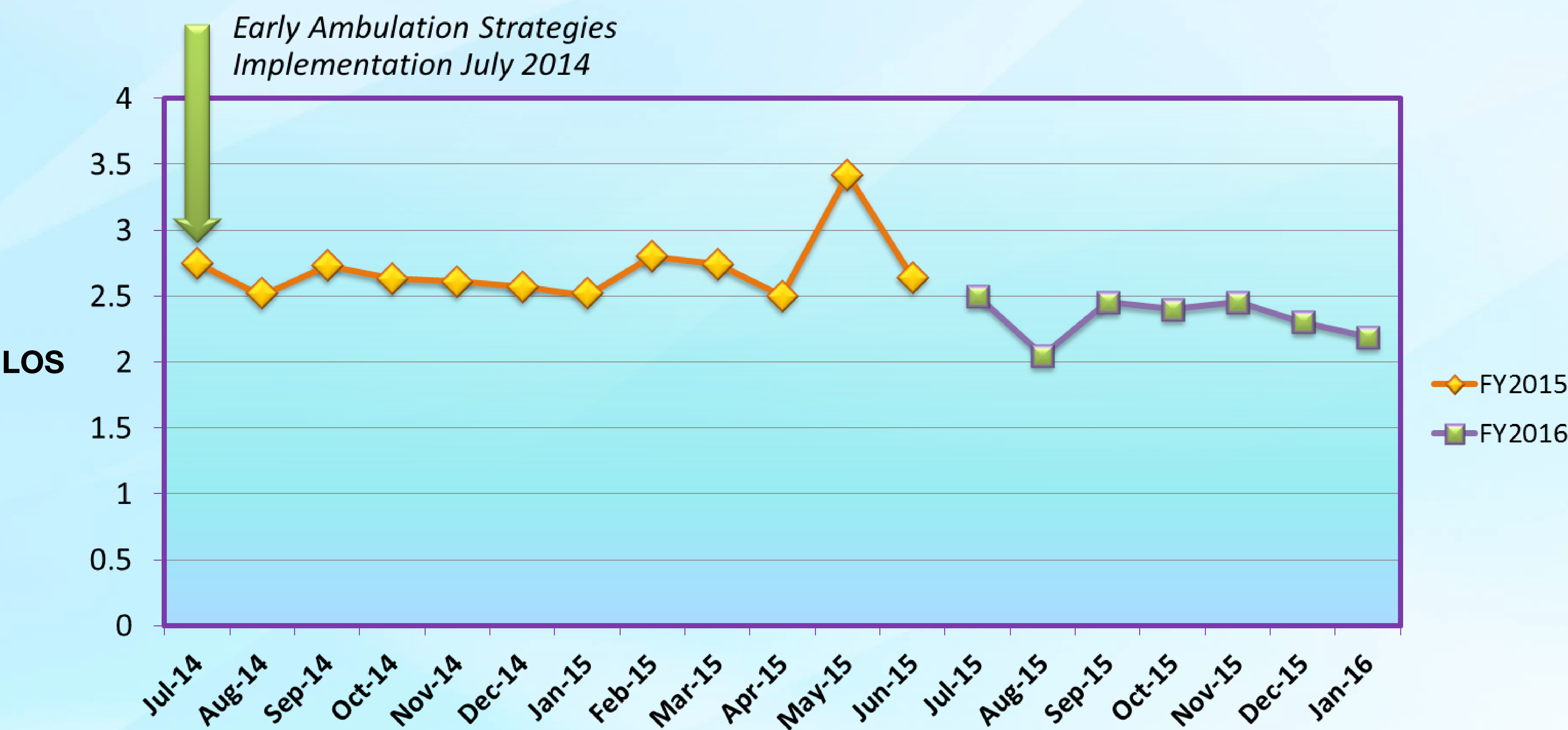
Goal

Every patient out of bed (OOB) on post-operative day zero by Physical Therapy (PT) or Nursing staff to decrease Length of Stay (LOS).

Barriers	Strategies
Patient knowledge deficit	<ul style="list-style-type: none">Preadmission education class sets expectationsEducation packetReinforce two day LOS
Pain management <i>--too nauseous or sedated to actively participate in therapy</i>	<ul style="list-style-type: none">Standardize care <i>The anesthesia department and orthopedic surgeons worked collaboratively to switch medication delivery to infusion pumps that deliver anesthetic directly to the affected extremity</i>
Pushback from registered nurses (RNs) <i>--patients OOB with nurse assistance</i>	<ul style="list-style-type: none">Staff educationCulture changeCommunication with night shift RNsHuddles – Case Managers aware of discharge
Time for PT twice a day	<ul style="list-style-type: none">PT adjusted hours to meet needs of patientsDesignated orthopedic PTs assigned to 7K (3)

Outcomes

LOS for Total Joint Replacement (TJR) Patients
July 2014 Through Present



POSITIVE OUTCOMES

- Decreased LOS
- Increased patient satisfaction
- Collabaoration - among nursing, therapy, anesthesia and surgical teams
- Empowerment - ability to enhance patient-family experiences

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