

Moving and Grooving

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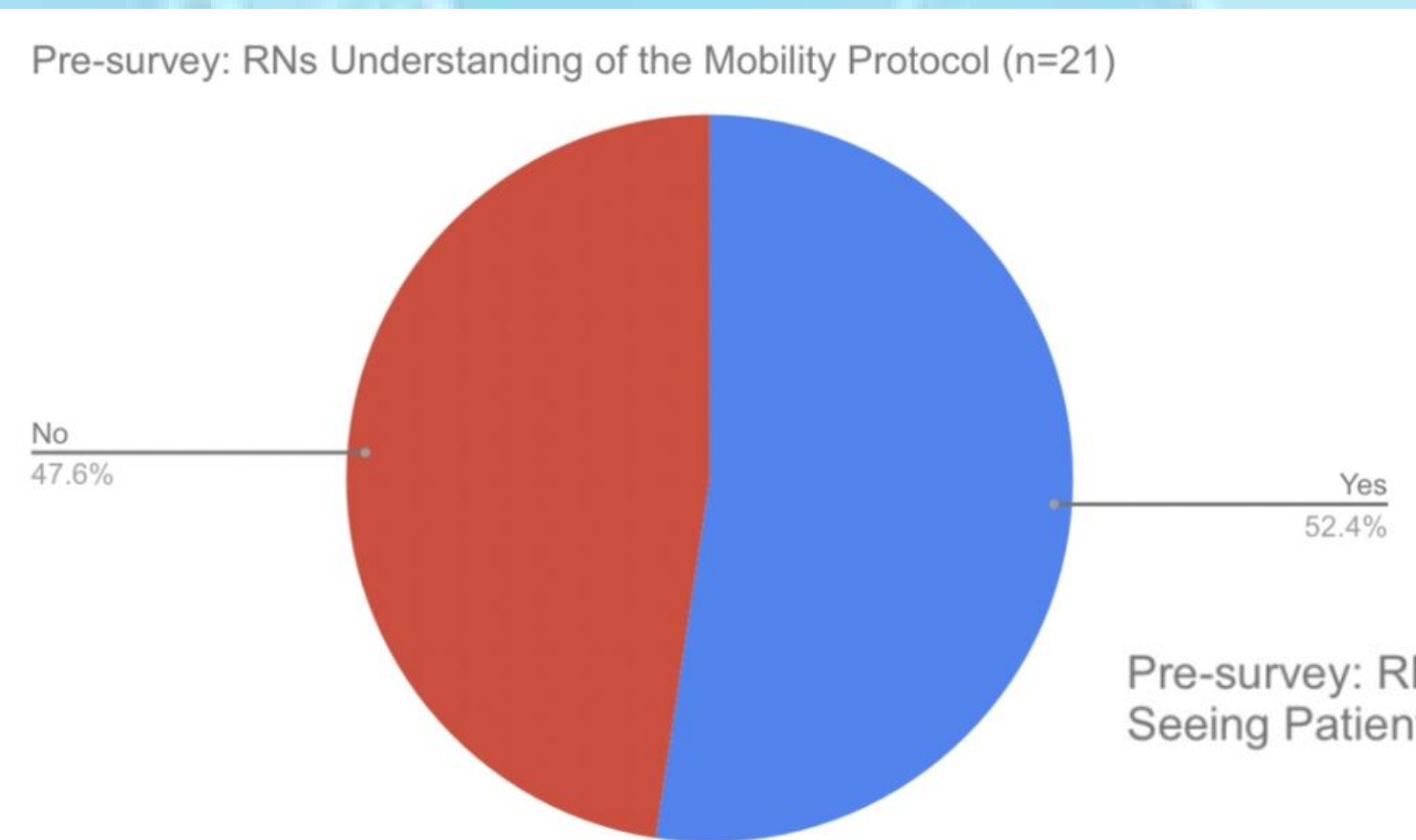
Moving and Grooving

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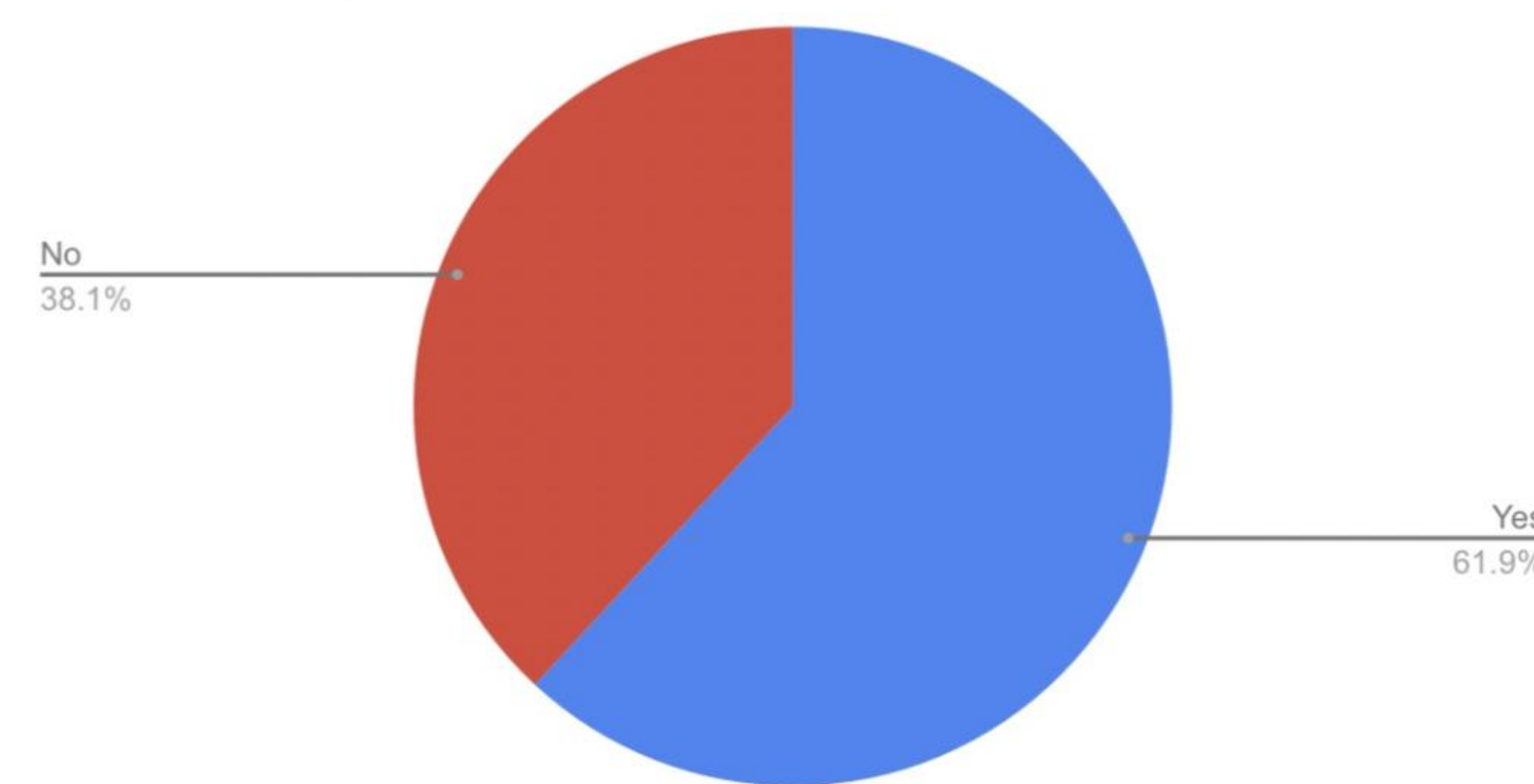
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Background

- Evidence from a chart review on 3 medical- surgical units on LVHN shows that only 18.3% of nurses were documenting on mobility under the daily care tab.
- Current Practice at LVHN
 - PolicyTech
 - Progressive Mobility Protocol
 - Mobility Protocol Attachment A
 - Epic Documentation
 - Functional Assessment
 - Mobility # under ADL's
- Based on pre-survey results between 3 medical surgical floors, 52.4% of nurses stated that they are unfamiliar with the mobility protocol.



Pre-survey: RN Hesitancy Implementing Mobility Protocol Prior to PT/OT Seeing Patient (n=21)



PICO

- For medical surgical nurses using the mobility protocol, does re-education about the protocol increase knowledge and documentation in the medical record?
 - P – Medical- Surgical Nurses
 - I – Re-education on the Functional Mobility Protocol
 - C – Pre-survey knowledge and documentation
 - O – Increase in Med-Surg Nurses using the Mobility Protocol

Evidence

- Prolonged bed-rest has been associated with a number of adverse outcomes that can have severe consequences, especially for the elderly (Timmerman, 2007)
- A mobility protocol for critically ill patients may provide nurses with the structure and impetus to progress pt. activities in a systemic manner that prevents bed-rest related complications (Timmerman, 2007)
- Older adults who participated in a mobility protocol maintained or improved functional status and had a reduced LOS (Padula,2009)

Implementation/ Process

- Participants included RN's on 7B, 7C, and 5C
 - Survey available to all RN's on units on a volunteer basis
- Baseline Data collected via a pre- survey and from chart audits
 - Pre- survey used to determine the knowledge RN's already had in the importance of early mobility
 - Chart audits performed on each unit to document how many RN's documented mobility status for any given admission to the unit
- Educational PowerPoint adapted from LVHN Mobility Protocol
 - Explaining what the Protocol is and how to use it
- Effectiveness of the PowerPoint teaching documented by post- education survey and through chart audits on each unit

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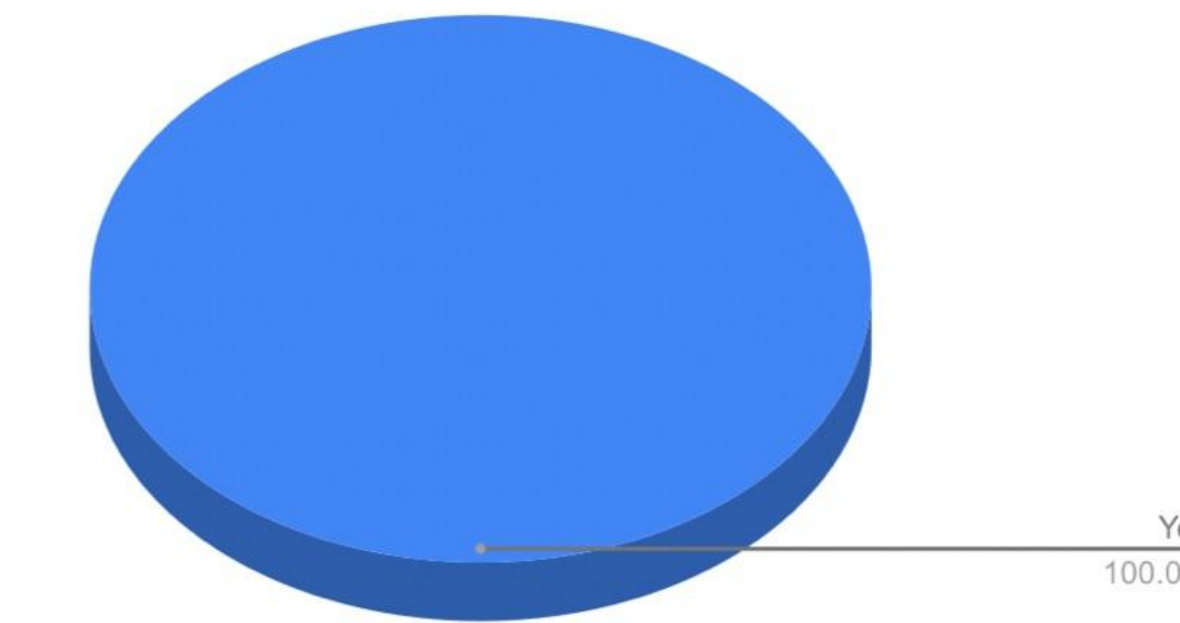
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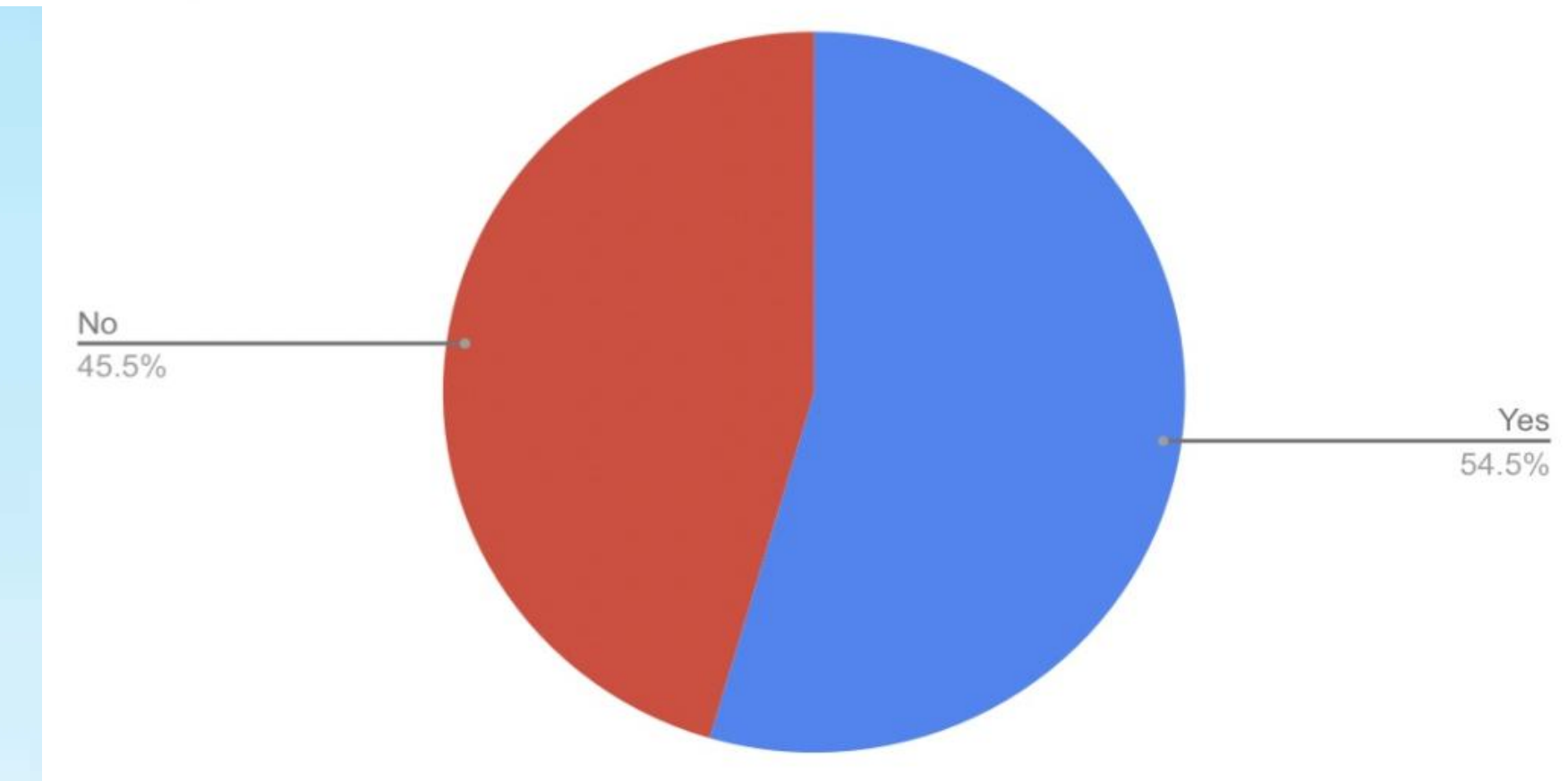
Results

- Chart audits after re-education on the mobility protocol from the same medical- surgical floors showed that 44.4% of nurses are now documenting mobility in the Daily Care tab.

Post-survey: RNs with an Understanding of the Mobility Protocol (n=10)



Post-survey: RN Hesitancy Implementing Mobility Protocol Prior to PT/OT Seeing Patient (n=11)



Outcome / Conclusions

- The results from the post- survey suggest that nurses understand the Mobility Protocol more now that they did previously.
- After reviewing the protocol though, nurses still seem to be hesitant to advance patients without the guidance of a Physical Therapist.
- Future research should focus on possibly training nurses on mobility and creating simulations for nurses to practice mobility with patients so they become more confident in their skills.
- One setback with this project was that less colleagues responded to the post-survey compared to the pre-survey, skewing results

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