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## Nurse Driven Early Mobility in the Intensive Care Unit: Mobility Protocol and a Designated Mobility Champion

Intensive Care Unit, Newark-Wayne Community Hospital, Newark, NY  
*Rochester Regional Health*

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# Nurse Driven Early Mobility in the Intensive Care Unit: Mobility Protocol and a Designated Mobility Champion

Intensive Care Unit Team Members  
Intensive Care Unit, Newark-Wayne Community Hospital, Newark, NY

## Background

Decreased mobility can lead to health issues such as: metabolic disturbances, neuromuscular dysfunction, pressure injuries, hospital-acquired pneumonia, and delirium

Many patients discharged from ICU face lingering disabilities and increased mortality rate following discharge

Nurse-driven early mobility has been shown to decrease adverse effects of ICU admission, are safe and feasible, and give nurses greater autonomy in planning mobility interventions

## Objectives

To address staff concerns on lack of mobilization in the ICU, the following goals were identified:

Address activity orders and mobility status at interdisciplinary rounds

Increase patient out-of-bed mobility from 35% to 50% per Care Connect flowsheets

## Barriers

### Identified:

Resources (staff, Geri-chairs, assistive devices, lack of off shift PT)

Bedrest orders, patient condition

Passive ROM team education/engagement

### Unanticipated:

Increase in COVID-19 patients not fitting eligibility criteria for mobility (extended periods of proning required)

## Implementation

### Mobility Protocol:

Nurse-driven mobility protocol adapted from valid/reliable tools

### Mobility Champion:

Patient care tech who completed additional education with PT/OT

Attends ICU interdisciplinary rounds 3 days/week

Assists staff in getting patient out of bed (OOB) and ambulating in hall when patient is able

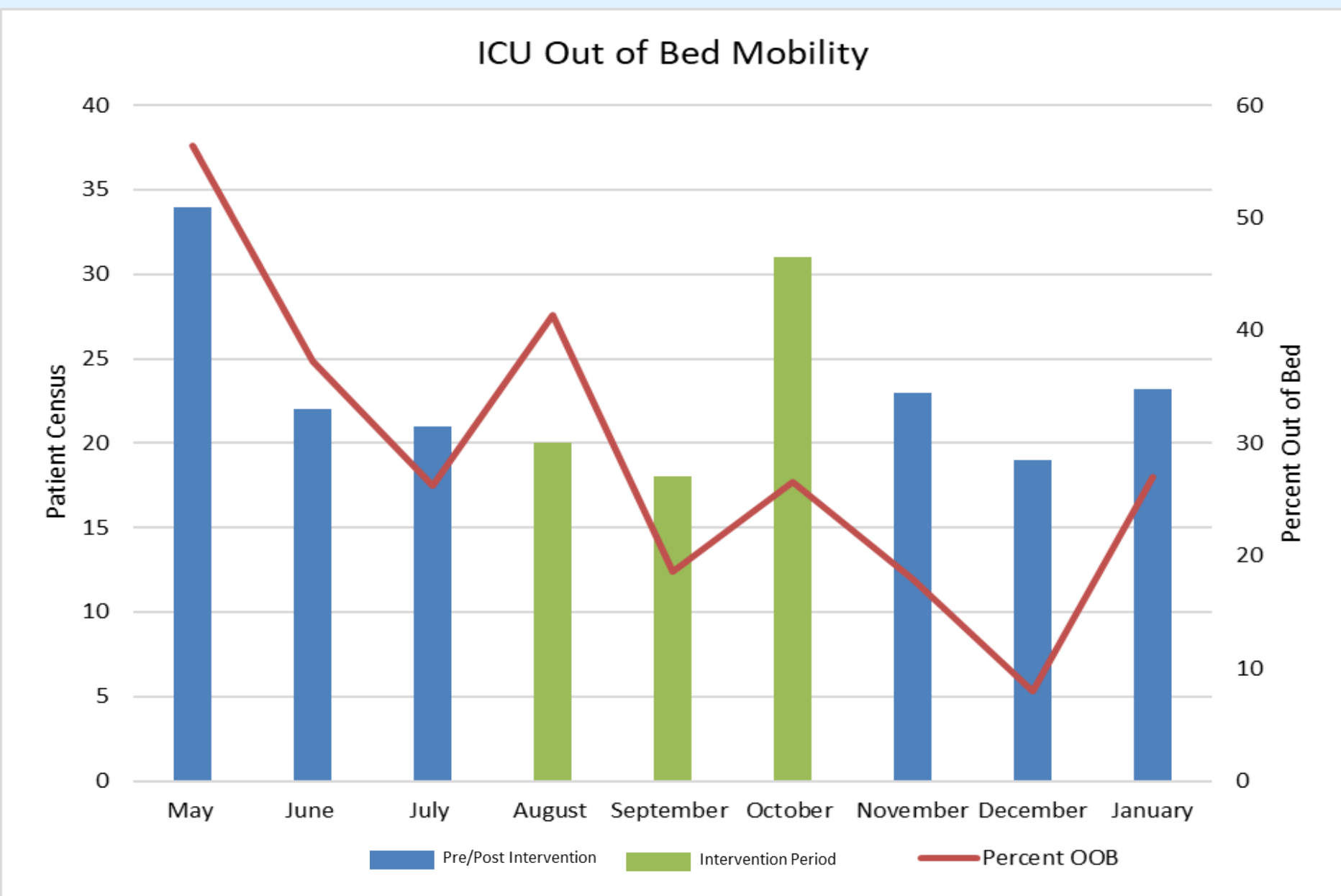
OOB not feasible, champion assists with range of motion exercises

## Recommendations

Implement for all ICU patients

Use adapted mobility tool during interdisciplinary rounds to determine patient eligibility and determine level of assistance

Education addressing importance of early progressive mobility, team member role, documentation, communication, patient education



## Outcomes

### Initial

Goal of 50% impacted by acuity during COVID pandemic

Staff recommends continuing use of mobility champion

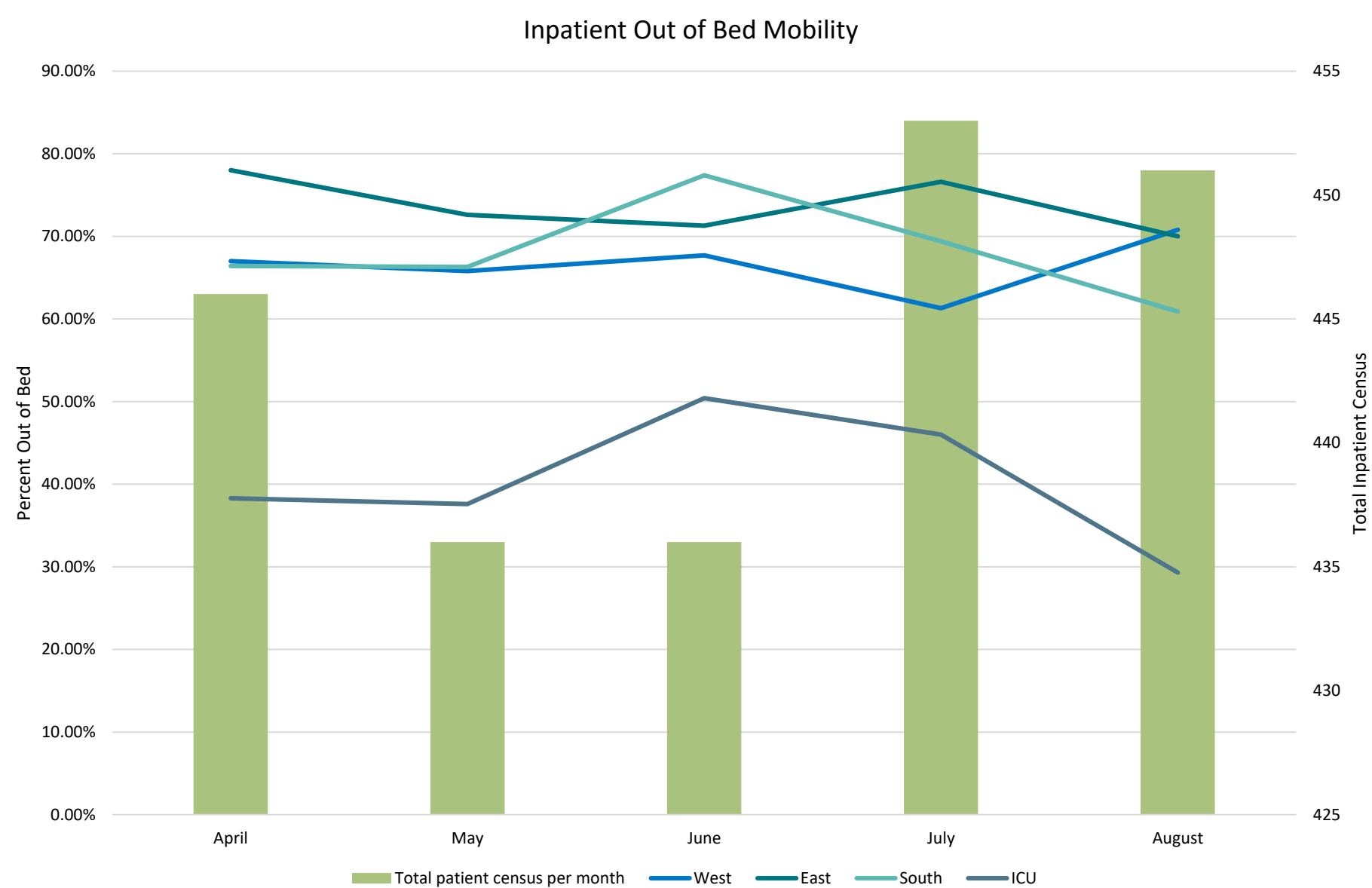
### Current

Mobility champion extended on all acute inpatients units

Champion, PT, nursing determine who mobilizes and their goal

Adapted mobility tool still in use

Since July, mobility champion assisted with 300+ OOB ambulations



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