

“Keep Moving Campaign”

Jacqueline Kimani RN, MSN, PCCN, PHN



Background

- Mobility for this project is defined as the patient getting out of bed.
- Immobility is a major contributor to increased morbidity and mortality for patients who are hospitalized.
- In Med-Tele our patient population is at high risk for falls.

Purpose

- The purpose for the project was to increase mobility for the patients admitted in the Med-Tele unit.

Methods

- Quality improvement project.
- Mobility cards utilized on the patients' white board each shift.
- RN to NA report at the beginning of the shift and as needed.

Results

- Pre data:
April 2022 = 7 falls
- Post data:
January 2023 = 1 fall
February 2023 = 5 falls

Discussion

- Project limitations include:
 - Nurse turnover
 - Motivation
 - Nurse buy in the process
 - Decrease in staff meetings

Implications for Practice

- Early patient mobilization is important to avoid potential decrease in the prior functional level of hospitalized patients.

Acknowledgments

Thank you all for your guidance Kim Rossillo MSN, RN, NPD-BC, PCCN-K; Adrianna Velez MSN, RN; Jennifer Alderson MHA, BSN RN, SCRNP; Jennifer Caldeira BSN, RN

