

# An Evidence-Based Quality Improvement Project to Improve mobility in Medical Telemetry

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## Background

- Bedrest is the new smoking
- It causes 1-5% muscle loss daily
- LOS increased
- Increased financial burden to patient and their families
- Increased financial cost to the hospital

## Purpose

- To maintain patients' pre-hospitalization mobility level
- To prevent injury from falls due to decrease in muscle loss
- To prevent skin injury due to bed rest

## Methods

- SJO Mobility dashboard
- Data collected from 4th quarter 2023 to 2nd quarter 2024
- Pre education; NA and RN Skills Day

## Results

- Increased patient mobility
- Improved teamwork with other axillary teams, OT and PT
- Decrease in pressure injury

## Discussion

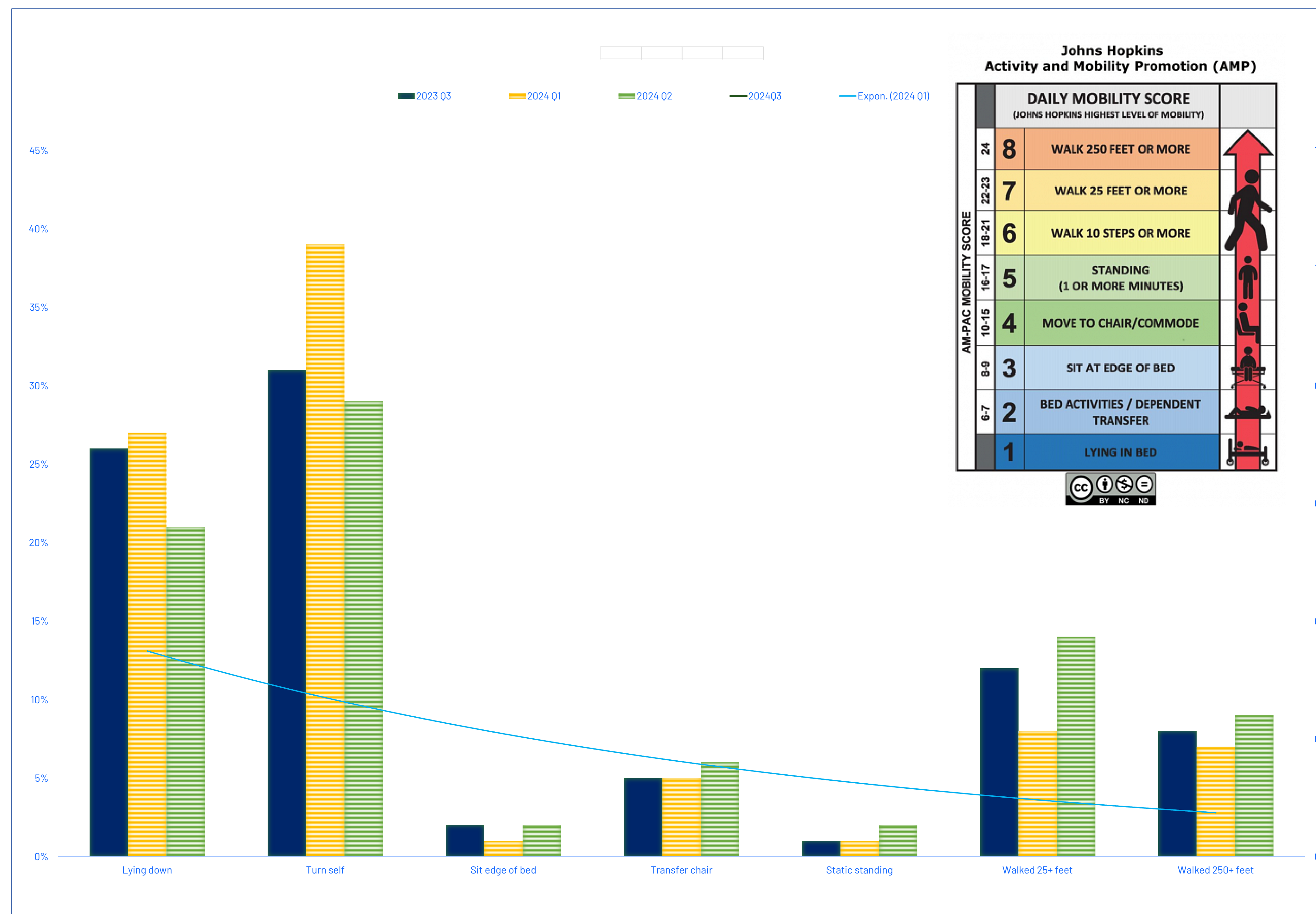
- High staff motivation led to positive results
- Results may have been higher except for unit staff turnover

## Implications for Practice

- This project is scalable to any medical surgical unit
- Continued implementation of mobility hospital policy

## Acknowledgments

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References available upon request.