



AMP: ACTIVITY & MOBILITY PROMOTION - HOSPITAL

Implementing a culture of activity & mobility

Hospitalized patients generally spend much of their day in bed. Immobility and its associated negative consequences increases length of stay and hospital-acquired harms, leading to worse patient outcomes. Once at home after hospitalization, patients are often physically more vulnerable, with consequences such as increased falls, too often resulting in an emergency room visit or hospital re-admission.

The Activity & Mobility Promotion (AMP) - Hospital multidisciplinary program aims to specifically support acute hospitals and other health care facilities that want to change the culture of patient immobility. AMP - Hospital provides frontline caregivers and hospital leaders with the tools and support needed to design and implement structured quality improvement processes to successfully increase patient activity and mobility.

PROGRAM OUTCOMES

The Activity & Mobility Promotion Program firmly establishes the concept that a systematic approach is beneficial in combatting the harms of immobility in our hospitals. In our Adult ICUs, Pediatric ICU, and throughout our hospital we have adopted structured quality improvement processes to promote a culture of activity and mobility.

Activity and mobility programs can reduce length of stay, decrease readmissions, and improve patient outcomes. Such programs are an excellent method to drive value by “bending the cost curve” via improving patient outcomes at a lower cost to the hospital.

ABOUT THE INNOVATORS

Michael Friedman, PT, is the Director of Rehabilitation Therapy Services at the Johns Hopkins Hospital and faculty member of the Johns Hopkins School of Medicine, Department of Physical Medicine and Rehabilitation. He is responsible for the delivery and integration of high quality Physical Therapy, Occupational Therapy, and

OTHER AMP PROGRAMS:

- **AMP - ICU** Promotes early mobility in the adult ICU
- **PICU Up!** Promotes early mobility in the pediatric ICU

Speech Language Pathology inclusive of inpatient and outpatient services.

Erik Hoyer, M.D., is an assistant professor of physical medicine and rehabilitation at the Johns Hopkins University School of Medicine and deputy director for patient safety. He leads efforts to improve patient safety and care at Johns Hopkins including the Activity and Mobility Promotion (AMP) program.

WHY CHOOSE A JOHNS HOPKINS SOLUTION?

Since 1889, Johns Hopkins has led the way in both biomedical discovery and patient and population care. Faculty research most often leads to innovative protocols, programs and services, establishing the standard by which others follow and build upon.

Our goal: make these innovations available beyond our walls to improve the health outcomes of individuals and populations—within our community and throughout the world.