

ACTIVITY & MOBILITY PROMOTION (AMP)

A Patient centered culture of mobility

Hospitalized patients generally spend much of their day in bed. Whether in the ICU or in other hospital units, 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 hospital re-admission.

The Activity & Mobility Promotion (AMP) multidisciplinary program aims to support hospitals and health care providers that want to change the culture of patient immobility. AMP 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 “bend the cost curve” via improving patient outcomes at a lower cost to the hospital.

ABOUT THE INNOVATORS

- Michael Friedman, PT, MBA,
Director of Rehabilitation Therapy
Services, Johns Hopkins Hospital
- Erik Hoyer, M.D.,
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AMP PROGRAMS:

- **AMP - Hospital** Implements activity and mobility culture hospital-wide
- **AMP - ICU** Promotes early mobility in the adult ICU
- **PICU Up!** Promotes early mobility in the pediatric ICU

- Sapna Kudchadkar, M.D.,
Director, Johns Hopkins PICU
Clinical Research Program
- Dale Needham, M.D.,
Medical Director, Critical Care
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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.