

# Activity & Mobility Promotion: Mobility Measurement

## FAST FACTS FOR PHYSICIANS

We are starting a Quality Improvement project with a goal of increasing the use of daily patient mobility and activity goals. As a result, you will be hearing mobility and activity scores discussed on rounds and we want to make you aware of their meaning. Evidence supports that lower levels of activity and mobility are associated with all-cause mortality and increased complications such as pressure ulcers, DVTs, respiratory complications, decreased endurance and increased debility. Documenting activity and mobility using a common language assists with daily functional goal setting and improved communication across providers regarding functional status.

**Nursing, Physical and Occupational Therapy are documenting the following mobility tools:**

	Patient Performance	Patient Capacity	
	JH HLM	AMPAC Mobility	AMPAC Activity
	Johns Hopkins Highest Level of Mobility Scale	Activity Measure for Post-Acute Care <b>Inpatient Basic Mobility Form</b>	<b>AMPAC Inpatient Activity Form (self-care)</b>
<b>Scale</b>	1 (lying in bed) to 8 (walking 250+ feet)	6 (unable to perform mobility activities) to 24 (able to mobilize within a home setting)	6 (unable to perform self-care activities) to 24 (able to perform basic self-care without assistance)
<b>Score Utility</b>	Discuss barriers to greater mobility if AMPAC scores are high but JH HLM scores are low  Evaluate for decline over 2-3 days	Question Value of physical therapy consult for scores of 22-24 (or JH HLM=8)	Question value of occupational therapy consult for scores of 22-24

Surgical Pathways- JH HLM goals are pre-determined and imbedded in order sets.

**Daily Goal Setting – Use the AMPAC score to set a daily JH HLM score as per the following:**

AMPAC Mobility Score	JH HLM Goal
24	8 Walk 250 feet or more
22-23	7 Walk 25 feet or more
18-21	6 Walk 10 steps or more
13-17	5 Static Standing (1 or more minutes)
6-12	4 Transfer to chair/commode*

\*At minimum patients who are not ordered for bed rest should be in a chair for a portion of the day