



Activity & Mobility Promotion:

FAST FACTS FOR NURSES: FAQs

| Questions | JHH Highest Level of Mobility (JHH HLM) | AM PAC |
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| What does this assessment reflect? | <ul style="list-style-type: none"> Report of observed activity and mobility performed | <ul style="list-style-type: none"> Report of anticipated assistance required perform activities |
| How do we use the scores? | <ul style="list-style-type: none"> Identify patients who are at risk for developing complications from immobility Set daily mobility goal (i.e. advance patient one level each day) Community discharge planning | <ul style="list-style-type: none"> Identify patients who are at risk for developing complications from immobility Community discharge planning |
| When should I document on the tool? | <ul style="list-style-type: none"> At minimum, twice per day Document most advanced activity performed over a period of time Documentation, score should reflect highest mobility level achieved. | <ul style="list-style-type: none"> On Admission during the nursing assessment, then Mon, Wed & Fri |
| What do I do if my patient is on bed rest? | <ul style="list-style-type: none"> Try to encourage range of motion activities, which is scored a 2. | <ul style="list-style-type: none"> Initiate protocol when out of bed activity orders are activated |
| Who can document? | <ul style="list-style-type: none"> Nurses Clinical Technicians | <ul style="list-style-type: none"> Nurses |
| How do I know what to score? | <ul style="list-style-type: none"> Observation of patient activity on the unit | <ul style="list-style-type: none"> Use your clinical judgment based on all information you have about the patient which may include self-report. |
| Are there special rules for scoring? | <ul style="list-style-type: none"> Dependent transfers (using a lift or 3 or more staff) scored as a 2 Score observation of activity and mobility independent of any other discipline Do not document what PT/OT do in their session. Exception, if nursing/technician participated with PT/OT with mobility, then nurse/technician can document event. | <ul style="list-style-type: none"> Using patient and family report in addition to your assessment is a valid way to answer questions |
| How can we integrate this into unit culture? | <p>The nurse manager or designee might consider implementing some of the strategies below:</p> <ul style="list-style-type: none"> Set the expectation for patients and family on admission that they will be mobilized on the unit. Discuss patient functional status during huddles and care-coordination. Hand off information on activity and mobility from shift to shift and put in context of how patient was functioning before they were hospitalized. Assign Superusers Audit documentation compliance and provide in the moment feedback Determine ideal documentation times on your unit and set a standard Program Ascom phones to alert when it is time to document Consider activity and mobility as a to vital signs Determine a method to hand off information on activity and mobility from shift to shift | |