



# ACTIVITY & MOBILITY PROMOTION (AMP)

Patient-centered programs to promote a culture of mobility

TOOLKITS | EDUCATION | CONSULTING

## THE CHALLENGE

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 increase length of stay and hospital-acquired harms, leading to worse patient outcomes. Once at home after hospitalization, patients are physically more vulnerable, with negative consequences such as increased falls, too often resulting in hospital re-admission.

## THE OUTCOMES

The implementation of AMP provides structured quality improvement processes to promote a culture of activity and mobility:

- Reduces length of stay
- Decreases re-admissions
- Improves patient outcomes

## THE SOLUTION

The AMP multidisciplinary program aims to support health care providers that want to change the culture of patient immobility by providing caregivers with the tools and support needed to design and implement structured quality improvement processes to successfully increase patient activity and mobility.

### AMP PROGRAMS

#### AMP – Hospital

Creating a culture of activity and mobility for patients while in the hospital or inpatient rehabilitation

#### AMP – ICU

Promoting early rehabilitation in the adult ICU

#### AMP – PICU Up!™

Promoting early mobilization in the pediatric ICU





# BECOME AN AMP HOSPITAL

## GET THE AMP HOSPITAL TOOLS

- Multidisciplinary educational tools
- Mobility goal calculator
- Patient Mobilization Attitudes & Beliefs Survey
- Johns Hopkins Highest Level of Mobility (JH-HLM) Scale with instructions and FAQs



### FIND US

[www.JohnsHopkinsSolutions.com/amp](http://www.JohnsHopkinsSolutions.com/amp)

## JOIN THE AMP LEARNING NETWORK

*How we help you implement and sustain AMP at your institution:*

- 2-day on-site implementation assessment
- Webinars and conference calls to lead your team through the phases of implementation
- Discounted registration to the Johns Hopkins ICU Rehabilitation Conference
- Participation in a live workshop



### FOLLOW US

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### CONTACT US

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## LEARN ABOUT ADULT AND PEDIATRIC CRITICAL CARE REHABILITATION

- e-Learning modules
- Multidisciplinary educational tools
- Multidisciplinary team site visits

## ATTEND THE ANNUAL JOHNS HOPKINS CRITICAL CARE REHABILITATION CONFERENCE

- For information visit [bit.ly/icurehab](http://bit.ly/icurehab)