

EARLY MOBILIZATION: ICU MULTIDISCIPLINARY ROUNDS SHOULD INCLUDE MOBILITY

Fact

- Early mobilization is key in improving the health of your patient.
- The supine position is an independent risk factor for death in all ICU patients.
- Each day of bed rest reduces lean muscle mass by 1.6%
- HOB elevation to 30-45 degrees prevents aspiration and VAP is reduced by 34%
- Decreases Intracranial Pressure

Goals

- Unless otherwise stated by the Physician on the Patients orders adhere to the following
- Maintain head of bed at 30-45 degrees
- Include mobility discussions in rounds
- Maintains baseline mobility
- Promotes functional levels of ventilator days, length of stay, delirium and Improves sleep

Progressive Mobility

- Does patient tolerate chair?
OOB TID/ with meals
- Does patient stand?
Pivot/ transfer from bed to chair
- Does patient require assistance?
Advance to steps ambulation
- Does patient ambulate > 50 feet?
Ambulate in hall TID

