6-2021

Promoting Mobility in Post-Surgical Patients: A Quality Improvement Project

Abel Sawa

Teresa Bigand

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Promoting Mobility in Post-surgical patients: A Quality Improvement Project

**BACKGROUND**
- Hospitalized patients suffer negative outcomes if not assisted to mobilize
- Nursing and therapy staff both play a role in patient mobilization
- A presurvey on a Surgical unit showed opportunities to improve interdisciplinary patient mobility

**PURPOSE**
To evaluate the impact of the Johns Hopkins Culture of Mobility Toolkit

**METHODS**
- Quality Improvement Project
- Nurse and therapy staff educated
- Mobility measures administered:
  1. Mobility Flowsheet (Figure 1)
  2. Perceived Mobility Knowledge Attitudes and Behaviors survey (PMKAB)

**RESULTS**
- A total 248 mobility flowsheets submitted
  1. 65% met patient goal (Figure 2)
  2. Symptoms and low motivation related to unmet patient goals
- A total of 32 PMKAB post-surveys
  1. Global score improved: 35.5 to 32.0
  2. Attitudes subscale biggest change

**REFERENCES**
Upon request

**DISCUSSION**
- Patients are able and willing to engage in mobility activities each shift post-surgery
- Interdisciplinary staff involved in this project reported more frequently mobilizing patients

**IMPLICATIONS**
- Promotion of “highest level of mobility” improves outcomes
- The Johns Hopkins Mobility program is feasible
- Toolkit to be implemented across WA/MT region