



Commercial Breaks

A unit manager or mobility champion who is promoting mobilization on the unit will play a song related to mobility for one minute, once a week. Each song has a message.

Examples of songs that can be used for commercial breaks

Song segment: I'm Walkin' by Fats Domino

- Message: Get your ambulating patients to walk

Song segment: I Like to Move It by Real 2 Real

- Message: Moving is the best thing you can do for your patients

Song segment: Mr. Bojangles by Jerry Jeff Walker (or cover band)

- Message: "You might not get them (older people) to dance but you can get them to dangle"

Song segment: Brian Wilson by the Barenaked Ladies

- Message: Either depression or to question the culture of bed.

Song segment: Diana's Lullaby by JoRane

- Message: ageism, personhood