

Early Mobilization Assessment Algorithm



Environment Check:

- Chair/wheelchair is set-up beside the bed on patient's stronger side (as applicable)
- Chair is against a firm surface
- Brakes are on the bed and the chair (if applicable)
- Lines and tubes are positioned properly

Patient position/set-up:

- Patient is seated at the edge of the bed with 1/3 of patient's thigh on bed surface
- Bed height is high enough that patient's hips are just above their knees with feet on the floor
- Patient's feet are hip width apart and are behind their knees
- Patient is wearing appropriate footwear to prevent slipping
- Appropriate gait aid available (if necessary)
- Consider OT referral for cognitive, visual, perceptual and impaired ADL issues affecting mobility

Transfer to Chair:

- Have a *firm* hold on the patient – hands around patient's buttock, hips, or holding their hand
- Avoid pulling up through patient's shoulder
- Block patient's weaker leg (if applicable) while transferring to chair to avoid knee giving out

