

Early Mobilization Assessment Algorithm



Environment Check:

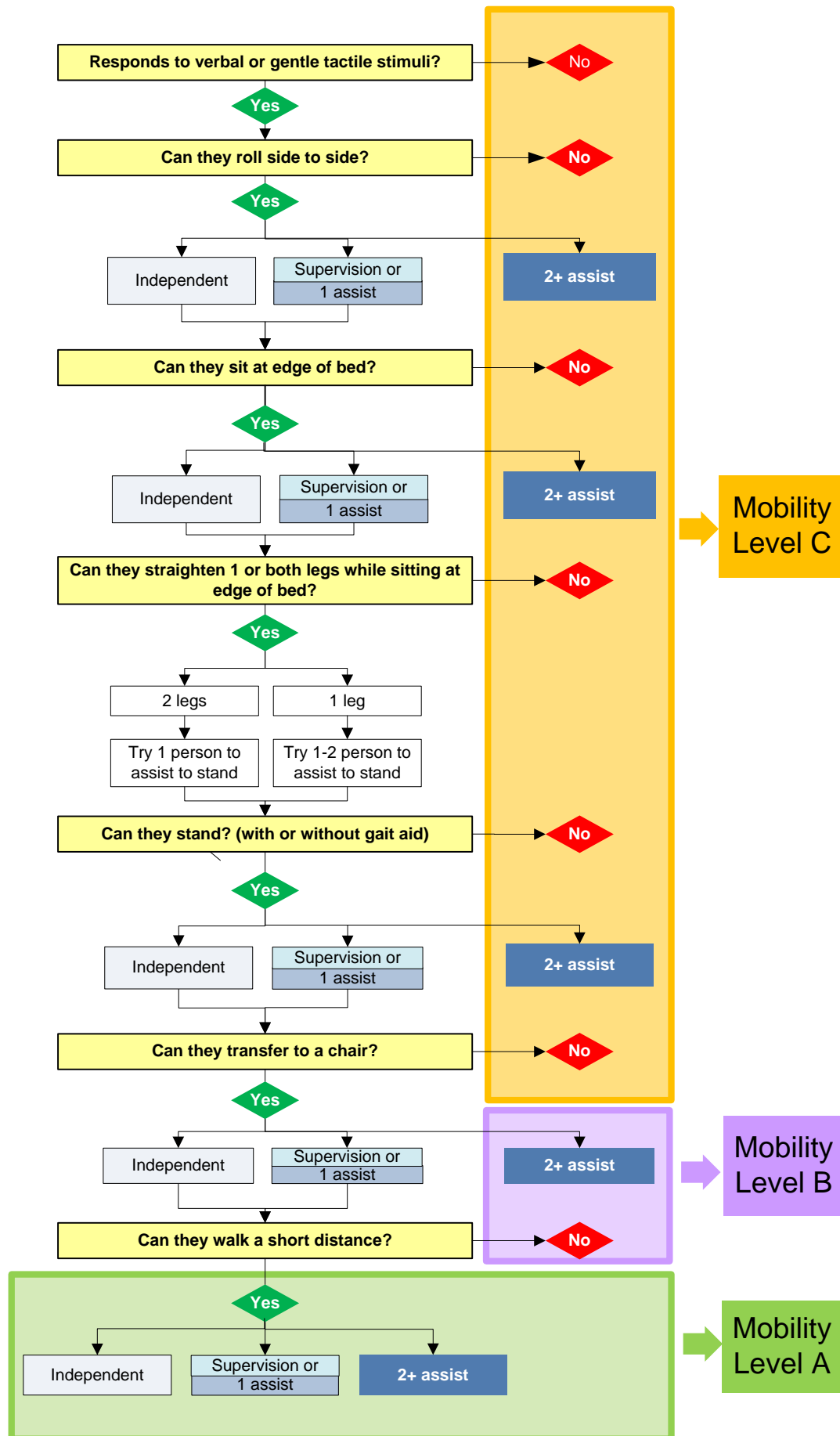
- Chair/wheelchair is set-up beside the bed on patient's stronger side (as applicable)
- Chair is against a firm surface
- Brakes are on the bed and the chair (if applicable)
- Lines and tubes are positioned properly

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



Simplified Mobility Assessment Algorithm

This algorithm can be used by all staff to determine mobility level

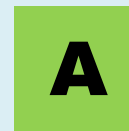
1. Can they respond to verbal stimuli?
2. Can they roll side to side?
3. Can they sit at edge of the bed?
4. Can they straighten one or both legs?
5. Can they stand?
6. Can they transfer to a chair?
7. Can they walk a short distance?



Cannot stand to transfer



Bed to chair transfers



Ambulates

Develop individualized
mobility care plan

Mobility level		Core Mobility Activities	Other Activities to Encourage
A1	Ambulates independently	Ambulate 3x/day or more, with or without a gait aid	<ul style="list-style-type: none"> • Participate in personal care • Use the bathroom (BR) for toileting • Eat meals sitting in chair/wheelchair (WC) • Active range of motion exercises
A2	Ambulates with assistance		
B	Bed to chair transfers	Up to chair or wheelchair (WC) 3x/day or more	<ul style="list-style-type: none"> • Participate in personal care • Bathroom (BR)/commode chair for toileting • Eat meals sitting in chair/wheelchair (WC) • Self-propel wheelchair (WC) • Active range of motions exercises
C	Cannot stand to transfer	<ul style="list-style-type: none"> • Mechanical lift to chair /wheelchair (WC) • Active/passive repositioning every 2 hours 	<ul style="list-style-type: none"> • Participating in personal care • Upright/side of bed/chair for meals • Standing with assistance • Active/passive ROM 3x/day and/or self-propel
Other opportunities for mobilization		Participating in personal care, toileting, up for meals, range or motion exercises	