



# Mobility Fairs

Fairs target different shifts, can be hosted on multiple days, and consist of up to seven stations. All staff on a unit are expected to spend approximately 15 minutes at each station.

## 1. Introduction to MOVE

- Overview of the project
- Mobility post: "Mobility is Not Lying in Bed"

## 2. Documentation

- What needs to be documented and how do I find mobility information?
- Discussion of "I thought she could ambulate but I'm not sure" (Covinsky et al., 2011)
- The shortened algorithm (7 questions) and hand out lanyard cards designed to be worn along with hospital badges documenting the different mobility levels for easy reference for staff

## 3. Interprofessional Team Functioning/ Mobilize 3x daily/Hazards of bed rest/ Patient & Family Pamphlet

- Highlight "Team work"
- Highlight the focus on ADLs as a way to optimize mobility
- "How could you mobilize this patient 3x/day?" and if they flip over the card, there are some strategies on the back
- Focus on the patient/family as part of the team and make sure that they are engaged and involved with the program (they will be getting a pamphlet, etc.)
- "Question the culture of the bed" – hazards of bed rest, patients in "sick role" where the bed legitimizes the admission, etc.

## 4. Myth Busters

- Senior-friendly focused activity using a laptop

#### **5. Loss of strength station (run by PTs)**

- Demonstrate the loss of muscle strength with bed rest by getting the participant to lift the different weights and “feel/experience” the difference
- Use a 2.5, 5 and 7.5/10 pound weight to demonstrate the loss of muscle strength, loss of 5%/day, so 10 days of bed rest results in 50% decrease in strength. Age-related body composition changes result in seniors have less muscle strength at baseline, which makes them at risk for functional decline and disability.
- Loss of muscle strength greatest in legs
- Loss of quadriceps strength makes the patient vulnerable to functional decline and dependence

#### **6. Sit at the side of the bed station**

- Set up bed
- Teach people how to get someone to sit at the side of the bed safely

#### **7. Reflection, Feedback & Evaluation, and Food & Hydration Station**

- Provide Post-it notes, so that participants can provide comments with respect to usefulness, what worked well, what could be improved
- May also be an opportunity to further explore barriers about the project which could be used to inform the Knowledge-to-Practice coaching and/or brought to the unit champions for further exploration and feedback