



## Comparison of MOVE Educational Interventions

Mode of Delivery	Strengths:	Things to Consider:
Classroom-Based Education	<ul style="list-style-type: none"> <li>• Staff accountability/responsibility is enhanced if attendance is taken and reported back to manager</li> <li>• Dedicated time to bring a team together</li> <li>• Supports the concept of shared responsibility for increasing mobilization</li> <li>• Can emphasize an interprofessional approach to mobility if multiple disciplines are represented</li> <li>• The topic of ageism lends itself to self-reflection and group discussion</li> <li>• Allows for group discussion and interaction by sharing ideas and feelings</li> <li>• Collective thinking of the team reflects the local unit context</li> <li>• Profiles the role of the educator/s as a resource for unit; starts to build relationship between staff and the educator/s</li> </ul>	<ul style="list-style-type: none"> <li>• Requires considerable preparation</li> <li>• Challenging to schedule staff</li> <li>• Challenging if group does not have interprofessional representation (e.g. if all participants are nursing staff, it can be challenging to reinforce the interprofessional aspect of the initiative)</li> <li>• Can be challenging to engage staff who are busy with other tasks</li> </ul>
E-Modules	<ul style="list-style-type: none"> <li>• Staff are able to complete on their own time and schedule</li> <li>• Content-rich in efficient time frame</li> <li>• Staff accountability/responsibility is enhanced if attendance is taken and reported back to manager</li> </ul>	<ul style="list-style-type: none"> <li>• Requires considerable preparation</li> <li>• No opportunity for inter-professional interaction or discussion</li> <li>• Ensuring compliance rates can be challenging</li> </ul>
Fairs	<ul style="list-style-type: none"> <li>• Interactive</li> <li>• Informative - can introduce various different topics at each</li> </ul>	<ul style="list-style-type: none"> <li>• Requires considerable preparation</li> </ul>

Mode of Delivery	Strengths:	Things to Consider:
	<ul style="list-style-type: none"> <li>station</li> <li>• Can target different shifts</li> </ul>	<ul style="list-style-type: none"> <li>• Resource-intensive</li> <li>• Challenging to schedule staff</li> </ul>
One-on-one education	<ul style="list-style-type: none"> <li>• Helps to ensure knowledge and skill competency on a one-to-one basis</li> <li>• Interactive</li> <li>• Short – can be completed within several minutes</li> <li>• Able to focus on individual needs of staff</li> <li>• Supports staff presence on the floor – emphasizes importance of intervention and focused effort it requires</li> <li>• Focuses on the individual needs of staff – identifies individual barriers/challenges and allows an opportunity for problem solving/solution finding</li> </ul>	<ul style="list-style-type: none"> <li>• Requires a certain level of skill and competency as there is a higher level of mentorship in one-on-one situations</li> <li>• Challenging to engage staff who are busy with other tasks</li> </ul>
Huddles	<ul style="list-style-type: none"> <li>• Interactive</li> <li>• Can include bed side demonstrations</li> <li>• Minimal preparation required</li> <li>• Short</li> <li>• Easy to schedule – can happen as frequently as every shift or as little as once a week</li> <li>• Encouraging and informative – allows staff to share success stories and help each other with immediate challenges affecting the mobilization of patients</li> <li>• Dedicated time to bring a team together</li> <li>• Supports the concept of shared responsibility for increasing mobilization</li> </ul>	<ul style="list-style-type: none"> <li>• Challenging to engage staff who are busy with other tasks</li> <li>• Difficult to focus on individual needs of staff</li> </ul>
Commercial Breaks	<ul style="list-style-type: none"> <li>• Short – only one minute</li> <li>• Interactive - directly encourages mobilization</li> <li>• Can be fun for both staff and patients</li> <li>• Minimal preparation required</li> </ul>	<ul style="list-style-type: none"> <li>• Can be challenging to engage staff and/or patients</li> </ul>