

# 5 Questions to ask before implementing Early Mobility in your ICU

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Early Mobility solutions have proven to be an effective tool for promoting an improved ICU experience.<sup>1</sup> The best path for incorporating these solutions is one built on a better understanding of the actual impact on your patients and your organization, which is why we want to offer 5 Essential Questions to consider as a starting point for your research.

## Before implementing any Early Mobility solutions in your ICU, consider the following:

### 1. Do you have a champion who can bring together the inter-professional members needed to change practice?

Team members can include: nursing managers, clinical nurse specialists/educators, physical and occupational therapists, respiratory therapists, unit medical directors and intensivists, members from unit shared governance or practice teams, pharmacists, and more.

### 2. How will the education process support this initiative for nursing, medical, and therapy teams?

Comprehensive training, accountability, and best practices reviews should be an integral piece of your implementation plan.<sup>2</sup>

### 3. Does your ICU have a mobility protocol in place?

For Early Mobility solutions to be most successful, it's important to ensure the availability of assessment/screening tools, documentation, and guidelines.<sup>3</sup>

### 4. Do you have easy access to the appropriate tools needed in the ICU to achieve safe and early mobilization for both patients and healthcare providers?

These tools may include ceiling lifts with the appropriate slings, friction-reducing devices, sit-to-stand lifts, walkers, platforms to hold patient equipment, and more.

### 5. Is Early Mobility on the radar of your nursing executive team?

To gain support from this group, it's important to involve the leadership in discussions and planning, clearly communicate the potential outcomes, address performance feedback, and track relevant outcomes (LOS, ventilator days, number of pressure ulcers, etc.).

We encourage and support healthcare providers actively seeking to better their approach to care through early mobility solutions. We believe they are a powerful way to reshape the patient experience and positively impact patient outcomes.

1. Perme, C., & Chandrashekar, R. (2009, May). Early Mobility and Walking Program for Patients in Intensive Care Units. *American Journal of Critical Care*. 18 (3) 212-221.

2. Castro, E., et al. (2015 August). Early Mobilization: Changing the Mindset. *Critical Care Nurse* 35 (4).

3. Balas, M. et al. (2012, April) Critical Care Nurses' Role in Implementing the "ABCDE" Bundle into Practice. *Critical Care Nurse*. 32 (2) 35-47.

At Arjo, we are committed to improving the everyday lives of people affected by reduced mobility and age-related health challenges. With products and solutions that ensure ergonomic patient handling, personal hygiene, disinfection, diagnostics, and the effective prevention of pressure ulcers and venous thromboembolism, we help professionals across care environments to continually raise the standard of safe and dignified care. Everything we do, we do with people in mind. [www.arjo.com](http://www.arjo.com)

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