

## **#1) In Motion Getting Started – have you?**

- ✓ Checked the Chart and Kardex for:
  - patient's mobility at home (from the patient, family and/or chart)
  - results of Safe Mobility Assessment
  - cognitive status
  - info from the OT, PT or SLP
- ✓ Looked for OT/PT Mobility Card above bed

## **#2) Perform the Pre-handling Screen**

### **Strength – can the patient:**

- ✓ In Bed – knees bent, lift their hips off the bed and hold up for 5 seconds
- ✓ In Bed – lift each leg up, holding the knee straight, hold up for 5 seconds OR
- ✓ In Sitting – hold each foot off the floor with a straight knee for 5 seconds

### **Balance – can the patient:**

- ✓ Sit upright on the side of the bed with or without help.
- ✓ Sit and lean forward in a chair with or without minimal help. THEN
- ✓ Maintain balance standing with/without help/gait aid.

### **Cognition – can the patient:**

- ✓ Understand and follow instructions appropriately and cooperatively?
- ✓ Stay alert for 30 minutes
- ✓ Be free of impulsive behaviour
- ✓ Is their cognitive status unchanged from their normal?

### #3) Did the patient pass the screen?

#### YES

- ✓ Patient should be up every shift, as long as tolerated, preferably for meals.
- ✓ Patient should be toileted upon request or at rounding; transferred to the commode or walked to the bathroom as per patient's ability

#### NO

- ✓ Check for specific PT or OT instructions to guide you in mobilizing the patient.
- ✓ Get a second person to help mobilize
- ✓ Default to a 2 w/w in hospital when patient is used to a walker and no PT/OT info available.
- ✓ Consider using the hoyer with 2 people
- ✓ Consider HTR chair for decreased seating balance