



U Move: Implementing an Evidence Based, System Wide, Inter-Professional, Progressive Mobility Standard

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Disclosures



The presenter(s)

Have "No Relevant Financial Relationships with Commercial Interests"



UCLA Health System



- ❖ UCLA Health System is comprised of:
 - Ronald Reagan UCLA Medical Center
 - UCLA Medical Center, Santa Monica
 - Resnick Neuropsychiatric Hospital at UCLA
 - Mattel Children's Hospital at UCLA
- ❖ 2.5 million people enter UCLA health system
- ❖ Over 100,000 patients admitted to hospitals



Significance & Background



- ❖ Prolonged inactivity & bedrest are unnatural human states
- ❖ Total inactivity = 10- 20% decrease in muscle strength per week (1-3% per day)
- ❖ 3-5 weeks of complete immobilization can lead to a 50% decrease in muscle strength

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(Parry & Puthucherry, 2015)

Significance & Background



- ❖ Outcomes of immobility
 - Multi organ system negative effects
 - Decline in walking ability
 - Depression
 - Confusion
- ❖ Ambulation is the most frequently missed nursing intervention
- ❖ Early & progressive mobility prevents functional decline

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(Kalish, 2013, Koukourikos, 2014)

Goals & Objectives



- ❖ CNSs charged to lead a culture of mobility across the health system
- ❖ Every inpatient is on a mobility program of some level
- ❖ Coordination between lift team, safe patient handling, nursing, therapies, physician colleagues

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Program Structure



- ❖ Interprofessional team
- ❖ Progressive Patient Mobility Guideline
- ❖ BMAT – Banner (Bedside) Mobility Assessment Tool
- ❖ Electronic Documentation
- ❖ Unit signs
- ❖ Metrics

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U Move Team



- ❖ Led by CNS expert in progressive mobility
- ❖ Team
 - Bedside nurses from all patient care areas
 - CNSs
 - Physical therapists
 - Transporters
 - Safe Patient Handling
 - Nursing informatics

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Progressive Patient Mobility Guideline



- ❖ Developed by mobility subject matter expert CNS & physical therapy
- ❖ Written so units can modify for population specific mobility plans
- ❖ Includes new validated nursing mobility assessment tool (BMAT)

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BMAT



- ❖ Developed as a nurse driven assessment tool
- ❖ Four-step functional tasks to identify mobility level
- ❖ Mobility level corresponds to safety mobility equipment
- ❖ BMAT assessment

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BMAT



Test	Task	Response	Failure Mode Response (Failure/Partial/Fail)	Pass
Assessment Level 1 Transfer of patient from stretcher to chair	<p>Task 1: Transfer of patient from stretcher to chair.</p> <p>Assess patient's ability to transfer from stretcher to chair.</p> <p>Assess patient's ability to transfer from chair to stretcher.</p>	<p>Response: Patient is able to transfer from stretcher to chair and from chair to stretcher.</p> <p>Failure: Patient is unable to transfer from stretcher to chair or from chair to stretcher.</p> <p>Partial: Patient is able to transfer from stretcher to chair but unable to transfer from chair to stretcher.</p>	<p>Failure/Partial/Fail: Patient is unable to transfer from stretcher to chair or from chair to stretcher.</p>	<p>Pass: Patient is able to transfer from stretcher to chair and from chair to stretcher.</p>
Assessment Level 2 Transfer of patient from chair to wheelchair	<p>Task 2: Transfer of patient from chair to wheelchair.</p> <p>Assess patient's ability to transfer from chair to wheelchair.</p> <p>Assess patient's ability to transfer from wheelchair to chair.</p>	<p>Response: Patient is able to transfer from chair to wheelchair and from wheelchair to chair.</p> <p>Failure: Patient is unable to transfer from chair to wheelchair or from wheelchair to chair.</p> <p>Partial: Patient is able to transfer from chair to wheelchair but unable to transfer from wheelchair to chair.</p>	<p>Failure/Partial/Fail: Patient is unable to transfer from chair to wheelchair or from wheelchair to chair.</p>	<p>Pass: Patient is able to transfer from chair to wheelchair and from wheelchair to chair.</p>
Assessment Level 3 Transfer of patient from wheelchair to bed	<p>Task 3: Transfer of patient from wheelchair to bed.</p> <p>Assess patient's ability to transfer from wheelchair to bed.</p> <p>Assess patient's ability to transfer from bed to wheelchair.</p>	<p>Response: Patient is able to transfer from wheelchair to bed and from bed to wheelchair.</p> <p>Failure: Patient is unable to transfer from wheelchair to bed or from bed to wheelchair.</p> <p>Partial: Patient is able to transfer from wheelchair to bed but unable to transfer from bed to wheelchair.</p>	<p>Failure/Partial/Fail: Patient is unable to transfer from wheelchair to bed or from bed to wheelchair.</p>	<p>Pass: Patient is able to transfer from wheelchair to bed and from bed to wheelchair.</p>
Assessment Level 4 Transfer of patient from bed to stretcher	<p>Task 4: Transfer of patient from bed to stretcher.</p> <p>Assess patient's ability to transfer from bed to stretcher.</p> <p>Assess patient's ability to transfer from stretcher to bed.</p>	<p>Response: Patient is able to transfer from bed to stretcher and from stretcher to bed.</p> <p>Failure: Patient is unable to transfer from bed to stretcher or from stretcher to bed.</p> <p>Partial: Patient is able to transfer from bed to stretcher but unable to transfer from stretcher to bed.</p>	<p>Failure/Partial/Fail: Patient is unable to transfer from bed to stretcher or from stretcher to bed.</p>	<p>Pass: Patient is able to transfer from bed to stretcher and from stretcher to bed.</p>

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(Boynton, 2014)

Methodology & Plan



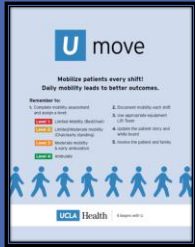
- ❖ Lean Six Sigma methodology for quality improvement
- ❖ Outcomes measured pre & post implementation
- ❖ U Move Go Live in June 2016 system wide

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Unit Signs



U Move flyers

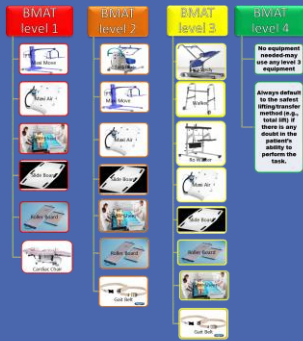


Hallway distance markers every 25 feet



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BMAT Equipment Algorithm



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White Board



- ❖ Patient room white board
- ❖ BMAT score
- ❖ Individualized patient mobility goals & plan
- ❖ Equipment to be used

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Electronic Documentation



- ❖ Bedrest orders require a reason
- ❖ BMAT incorporated into assessment documentation
- ❖ Nursing mobility documentation consolidated & integrated into plan of care & patient story

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Implementation Process



- ❖ System-wide interprofessional education
 - U Move champions – train the trainer
 - Electronic documentation education with patient care scenarios & simulation
 - Mobility plan of care
 - Daily documentation
 - Competency validation
 - BMAT assessment
 - Safe Patient Handling Equipment

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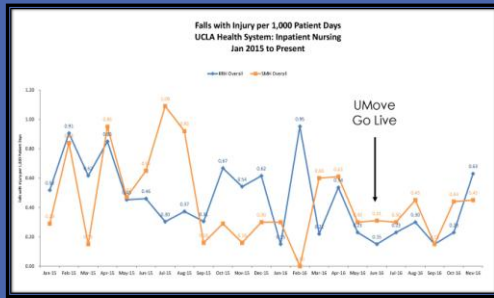
Outcomes



- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ Process Outcomes <ul style="list-style-type: none"> ○ ↑Percentage of BMAT completion ○ Improved nursing documentation <ul style="list-style-type: none"> ○ Activity assessment ○ Mobility/activity | <ul style="list-style-type: none"> ❖ Clinical Outcomes <ul style="list-style-type: none"> ○ ↓Patient falls with injury ○ ↓Patient handling incidents when ambulating patients |
|--|---|

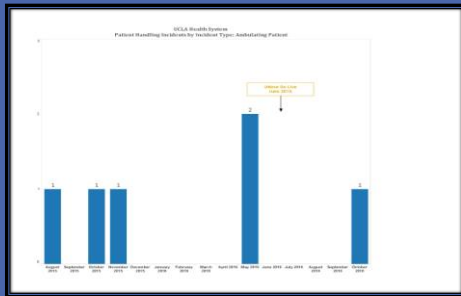
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Patient Falls with Injury



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Patient Handling Incidents



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Impact & Next Steps



- ❖ Program status & outcomes to be disseminated system-wide
- ❖ Goals:
 - U Move fully enculturated
 - Reduction in falls with injury
 - Improved documentation
- ❖ Expansion to pediatrics & neuropsychiatric hospital

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Thank You



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References



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