

Mobilizing Patients in the TBICU



Mobility Goals

Goal: Evaluate baseline mobility and achieve maximum mobility potential as quickly and safely as possible

Documentation: Nursing document baseline mobility status on admission and continue documenting each shift. Nursing educate patient on mobility plan and goals, and document progress to goals on patient whiteboard.

Mobility Progression: On POD 0, or the day the patient extubates and is awake, begin mobilization. Continue mobilizing patient through the mobility levels below until nursing deems it appropriate to stop based on patient ability.

Mobility Level 2 – 3: On POD 0 or the day the patient extubates, help the patient **mobilize to the edge of the bed with their feet on the floor** within 4 hours of extubating.

- Verify trunk control and quad strength
- If surgery ends between 10pm and 6am and the patient is asleep, complete this step in the morning.
- Goal: 2 times a day or until they can move to the next mobility level

Mobility Level 4 – 5: On POD 1, or if patient can complete mobility level 3, help the patient **mobilize from their bed to their chair**

- Aim to have patient in a chair within 8 hours of extubating
- Aim to have the patient sit in their chair for 6 hours a day total.
- Goal: 2 times a day or until they can move to the next mobility level

Mobility Level 6 – 7: On POD 1 or 2, or once patient can complete level 5, **help the patient walk in the room or hallway.**

- Patient should be out of bed for 6 hours a day total (includes time walking and time in chair).
- Goal: 2 times a day or until they can move to the next mobility level

Mobility Score		
<small>Highest Level of Mobility Observed During Shift</small>		
	8	Walk around unit Walk to mailbox
	7	Walk In Hall Walk in Home
	6	Walk in Room
	5	Stand >1 min
	4	Transfer to Chair
	3	Sit EOB
	2	Bed activities Turn Self
	1	Lying in bed Bedbound