

Movement Matters

A decline in patient's mobility can start within 2 days of hospitalization. It is estimated that every day of immobility results in a 5% loss of muscle strength. The benefits of moving daily prevent delirium, functional decline, and falls. It has been proven to shorten length of stay in hospital by 1.5 days. Most importantly it improves a patient's return to independent functional status and decreases the rate of depression.

Last Friday Operational and Clinical managers met for a presentation on Mobility, Movement matters.

The pilot units were 4North and CTU (Clinical Teaching Unit). The mobility team presented the bundle, rollout plan and opportunities learned from the pilot units. Nurse champions have been identified and will support the managers during the rollout and audit process. A mobility team lead also has been assigned to each unit to support the team during this time frame.

Changes that will be noticed by staff will be the revised comfort round log, assigning a mobility level on each patient, documenting the activity in the log when an activity is completed and discussing/documenting the plan of mobility daily during Care Rounds and with the patient/family on and at the Inpatient Whiteboard.

The comfort rounds have not changed. They continue to be completed every 2 hours or more frequently if required. The revised log will now be a multidisciplinary log allowing Physiotherapists / Occupational Therapists and Ambulation Assistants a common place to document so a daily summary of activity can be captured.

Once staff have been educated patient information will be posted and shared so that patients will have a role in their own recovery.

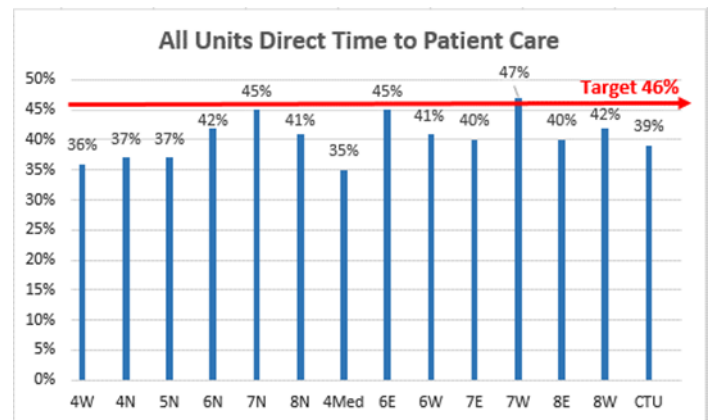
Movement matters, it takes a team!



Christine, Tara and Allison take a walk with Annie Lehkey on the unit

Standardized Unit taking steps in the right direction!

When the concept of Standardized Units began in 2015, the goal was to identify innovative and efficient ways to get our frontline nursing staff to where they're needed most - with our patients. The 5S bundle addressed efficiencies in workflow while Shift-to-Shift handoff, and Care Rounds allowed units to have focused discussions about each patient's plan of care. In-Room Patient Whiteboards provide the opportunity for staff to communicate the plan of care with the patient and their families.



From December to April, activity follows were repeated on the Medical and Surgical units as a “check-in” since the implementation of standard unit bundles. **Compared to the same time last year, there was an average improvement in direct patient care time from 38% to 41% with some units achieving the goal of 46% or better.** New standard units (4 Med and CTU) were able to collect their baseline data as their journey toward standardization.

Frontline staff are encouraged to provide feedback as the teams continue to meet weekly to build on the great work done so far!

Have a great weekend!

The SOP Team

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