



# STANDARDIZE ICU MOBILITY. COORDINATE YOUR TEAM. IMPROVE OUTCOMES.

**Mobility protocol for critical care**

Early mobility protocols help nurses keep the ICU safe and stable — even as patients' conditions fluctuate quickly and dramatically.<sup>1</sup>

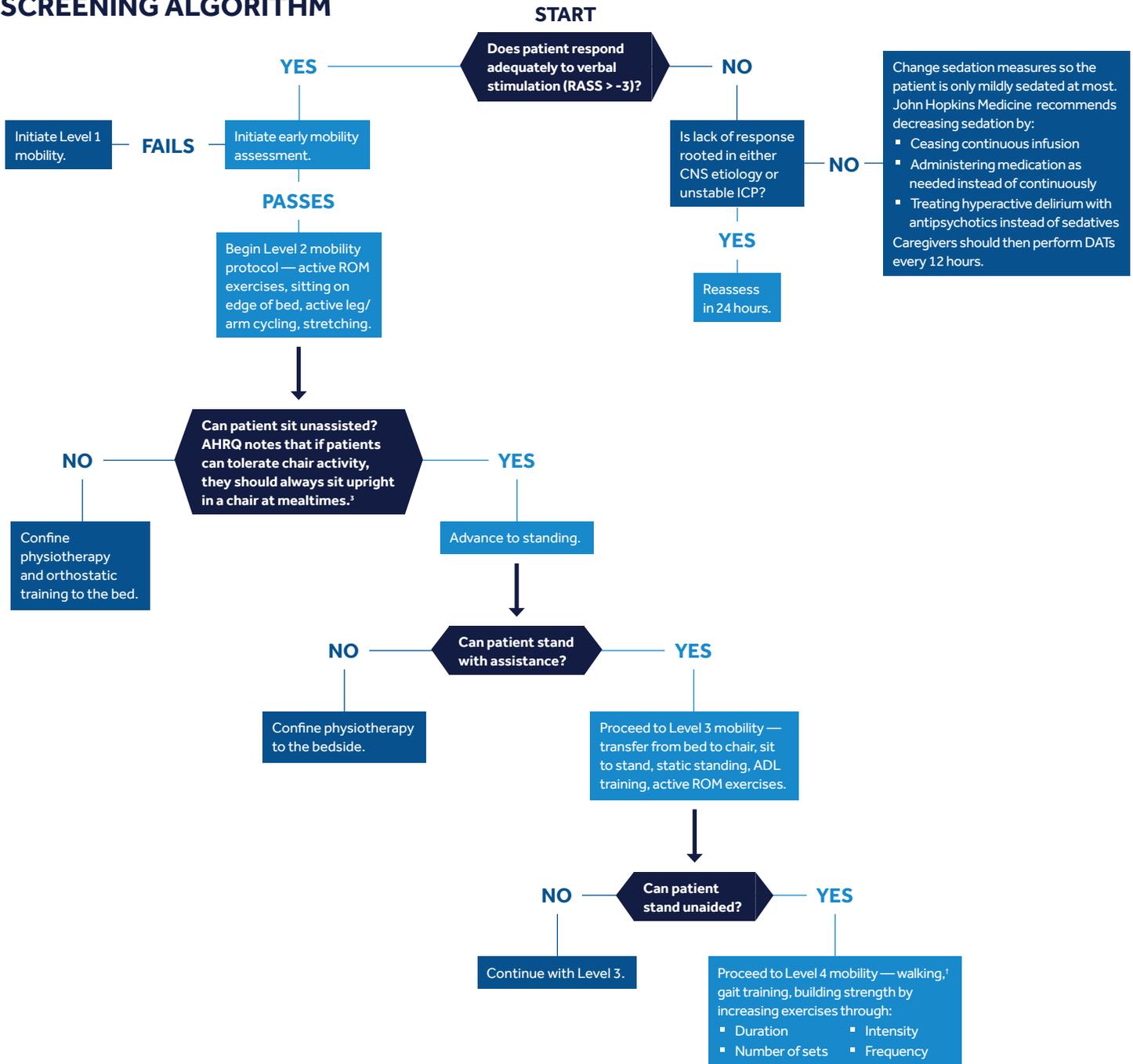
Caregivers follow two sets of criteria to correctly implement these guidelines:

- Exclusion — if contraindications ever appear in a mobilized patient, caregivers should consult a physician before resuming therapeutic activity.<sup>2</sup>
- Movement — if a patient ever fails to attain the movement criteria to advance to the next level of activity, caregivers should consult a physical therapist.<sup>3</sup>

## **Communication matters**

From shift to shift and unit to unit, a patient's mobility status should always be shared among nurses. So that caregivers can meet their patient's physical goals and achieve standardized care together.<sup>4</sup>

# SAMPLE ICU EARLY MOBILITY SCREENING ALGORITHM



† AHRQ recommends that a patient should not ambulate on the same day he is extubated.<sup>3</sup>

1. Sommers J, Engelbert RH, Dettling-Ihnenfeldt D, et al. Physiotherapy in the intensive care unit: an evidence-based, expert driven, practical statement and rehabilitation recommendations. *Clin Rehabil.* 2015;29(11):1051–1063.
2. Engel HJ, Needham DM, Morris PE, Gropper MA. ICU early mobilization: from recommendation to implementation at three medical centers. *Crit Care Med.* 2013;41(9 Suppl 1):S69–80.
3. Agency for Healthcare Research and Quality. ICU Early Mobility Protocol. In: *AHRQ safety program for mechanically ventilated patients.* 2017;16(17)-0018-S2-EF.
4. Balas MC, Vasilevskis EE, Burke WJ, et al. Critical care nurses' role in implementing the "ABCDE bundle" into practice. *Crit Care Nurse.* 2012;32(2):35–48.
5. Agency for Healthcare Research and Quality. ICU Early Mobility Screening Algorithm. In: *AHRQ safety program for mechanically ventilated patients.* 2017;16(17)-0018-S2-EF.

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## Legend

RASS: Richmond Agitation-Sedation Scale

CNS: Clinical nurse specialist

ICP: Intracranial pressure

DATs: Daily awakening trials

ROM: Risk of mortality

AHRQ: Agency for Healthcare Research and Quality

ADL: Activities of daily living