MoVE – A family centred approach to early mobilisation in the PICU

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Background
There is a plethora of literature supporting the benefits of early mobility for adult patients in the intensive care unit. However, evidence in paediatric populations is still emerging. The Paediatric Intensive Care Unit (PICU) at the Royal Hospital for Children (RHC) has taken the opportunity to be at the forefront of this exciting initiative. As the first PICU in the UK to deliver such a service, we are overcoming prevailing barriers to mobilising children admitted to PICU, particularly when ventilated. Evidence suggests when parents can be involved in their child’s care whilst in PICU it reduces trauma and distress. (Davidson et al, 2012) Move on Ventilators Early (MoVE) uniquely addresses the benefits of early mobility whilst integrating families into the daily activities of their child.

Method
Each morning, a physiotherapist will screen each child and allocate them to a risk stratified group (Fig. 1) Once allocated to a group, goals are jointly set with families and nursing staff. Since launching MoVE the change in culture within PICU has resulted in nursing staff continuing to empower families when physiotherapists are not present (ie weekends and public holidays).

Aim
The aim of MoVE was to create an environment where patients could mobilise and take part in activities irrespective of being admitted to PICU. At the core of this, we wanted families to feel empowered in setting daily activity goals and supported to be involved in said activities. In line with NHS Scotland’s 20/20 vision, we placed patients and families at the heart of the development and ongoing evaluation of the service.

Definitions of Activity

Using a random number generator, data is collected on two days per month. On those days all patients take part in the audit to determine number of activities achieved, parental involvement, number of goals achieved and if mobility was achieved by day 3 of admission. Parent feedback has been gathered by physio led interviews, twitter comments and through every day interactions with parents.

Results

| Percentage of parents participating in at least 1 early mobility activity daily for first 80 days of MoVE | 70% |
| 6 month average (Nov-April) daily parental involvement | 85% |

Parent and patient feedback has been overwhelmingly positive. Parents enjoy seeing their child progress through the MoVE groups while playing a crucial part of that process. Many parents feel that being able to participate in more activities and increased mobility equates to less ventilator time and time in PICU.

Conclusions
The MoVE initiative has proven to be an effect platform to engage parents with their child’s care whilst in PICU. Feedback has shown that we are able to normalise the environment for these patients. Although there is limited data on parents experiences before the project launch, the culture within our unit has shifted to ensure that parents are able to regularly interact with their children in a way that was not previously possible.

Acknowledgements
Thank you to all the staff in PICU who have wholeheartedly embraced this initiative. Thank you to the families who have been involved and let us be part of your journey.

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