THINK MOBILITY IN ARI ICU
Introduction of an MDT Readiness to Mobilise Assessment Tool

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Project Aim: 100% of ARI ICU patients will be assessed daily for their Readiness to Mobilise using an MDT assessment tool

A Bit Of Background:

- Critically ill patients can develop profound weakness while in ICU
- At least 50% of patients develop significant weakness after critical illness
- Weakness can last years preventing patients returning to their normal activities
- Early Progressive Mobility (EPM) is deemed safe and ensures patients are discharged from ICU and hospital sooner
- After EPM patients report increased Quality of Life, physical function & muscle strength

Process Change

Change 1: Several tests of change with MDT to ensure chosen assessment tool useable in ARI ICU
Change 2: Assessment Tool at every bed space. Staff recording use daily. Reasons given if not used. Results advertised on QI Board. Twitter started. Handover documentation adapted. QI Meetings
Change 3: Mobility Level & Intervention recorded on adapted MDT Daily Goals Sheet, Nursing Care Plan & Physio Documentation
Change 4: 100% compliance reached. Tool adopted in ICU. It’s just what we do!

Results

Next Steps

Achieve overall aim of 100% of ARI ICU patients mobilised daily by:

- Rolling Education sessions incl. use of Ax Tool
- Prescribed exercise programmes for each patient mob level
- Cascade training of rehab equipment
- Enhanced weaning strategies
- Outcome Measure implementation
- Occupational Therapy in ICU
- Sustained QI approaches in ICU e.g. QI Meetings, Twitter

Key Learning Points