Quality Improvement Project Using Daily Mobility Goals to Increase Mobility in Hospitalized Hematologic Malignancies Patients

Background

- Mobility plays an important role in a patient's overall health and healing. Recent studies have shown that mobility and exercise can be particularly beneficial to BMT and Hematologic malignancy patients during recovery. A study performed in 2014 found that aerobic exercise and strength training resulted in better physical functioning and symptom management along with an overall decrease in depression (Bergenthal). Dr. Tsuda looked at using a Wii Fit in an elderly population undergoing chemo therapy and found that depression levels were lower and it was a safe and effective way to mobilize patients (2016).
- Finally, a study conducted at the Anderson Cancer Center used a point based system to reward their patients for performing different types of physical activity. They found that the patients ranked their overall quality of life better and had better recovery time an symptom management (Brassil, 2014).
- Our study was split into three phases Pre-Implementation During this phase a process map developed (figure 1). Pre-data on the mobility and AM-PAC scores for the units at 5am and 5 pm to coincide with the delirium screening.
- Post Implementation
  - Average Round Time: 6 minutes 12 seconds
  - Mobility discussed: 10 seconds
- Post Implementation
  - N=10
  - Average Round Time: 6 Minutes 27 seconds
  - Mobility discussed: 4 seconds

References