

# Utilizing a Standardized Early Mobility Guideline in the Pediatric Intensive Care Unit

Katherine Thompson, BSN, RN, CCRN | Kimberly McIltrout, DNP, CPNP, CWOCN | Mary Jo Simke, MS, BSN, RN



JOHNS HOPKINS  
SCHOOL of NURSING

## Background

- Early mobilization clinical benefits include decreased hospital acquired conditions, decreased length of stay, decreased incidence of delirium, and increased functional outcomes (Wieczorek, Burke, Al-Harbi, & Kudchadkar, 2015)
- Early mobility practices are not standardized in pediatric intensive care units (PICUs) across the country
- Without standardization of mobility protocols for pediatric patients, critically ill children are at higher risk for preventable complications from their ICU stay

## Purpose and Aims

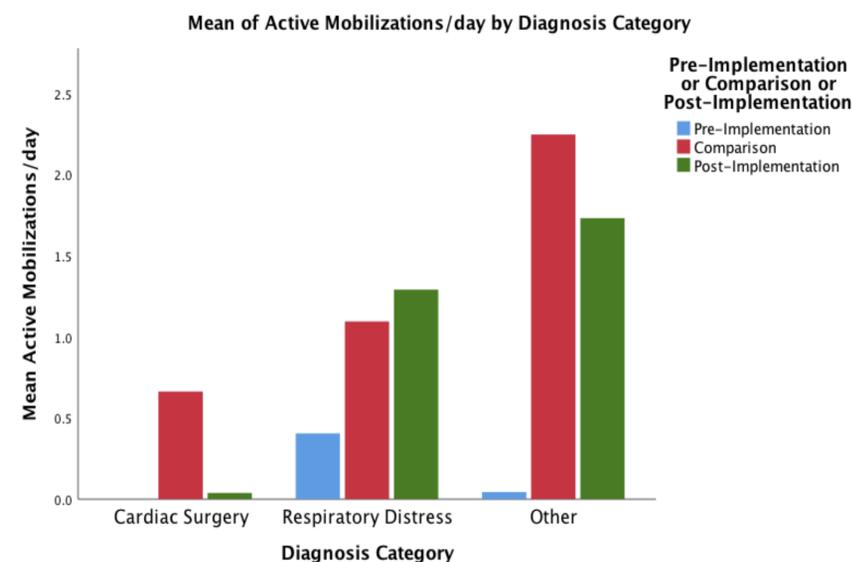
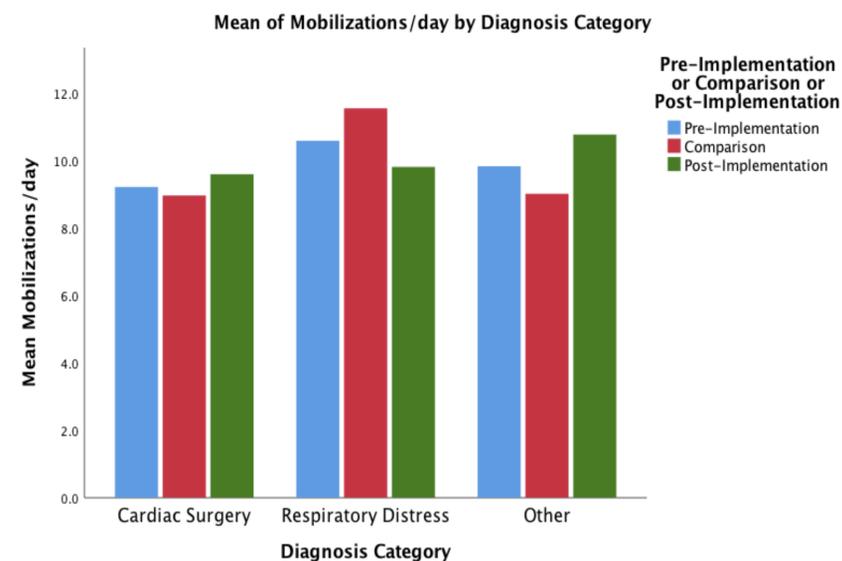
- The purpose of this project is to implement a pediatric specific mobility guideline, and educate staff on the guideline, in the pediatric ICU at an urban, tertiary, academic medical center
- Project Aims
  1. Increase in nursing led mobilization of patients
  2. Increase in nurses' knowledge, attitudes, and beliefs about mobilizing patients

## Methods

- **Design:** Pre – post QI project
- **Intervention:** Age-based mobility screening and action tool
- **Implementation:** 6 weeks
- **Data Collection:**
  - Nursing survey measuring knowledge, attitudes, and behaviors related to mobility
  - Chart auditing for mobilizations
    - Comparison data from one year prior to post implementation data

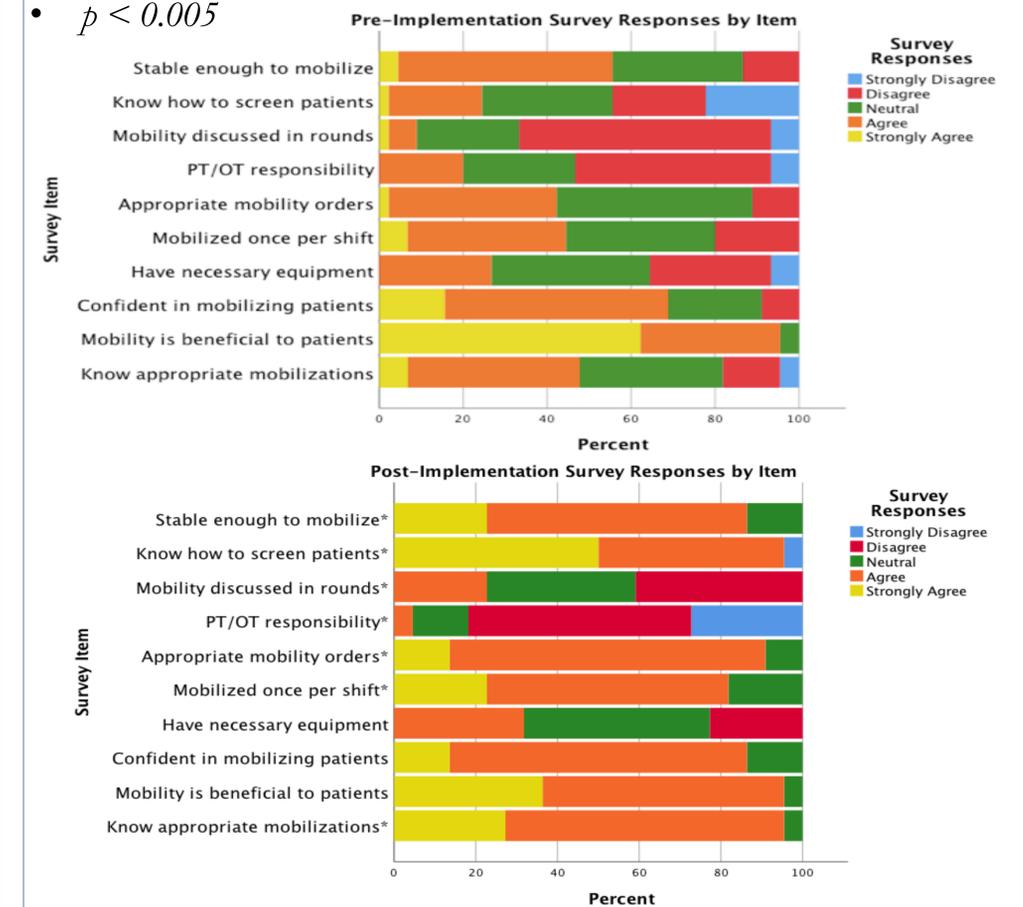
## Results

- Demographics of Comparison group and Post-implementation group most similar
- Mean mobilizations/day (SD)
  - Comparison: 10.4 (2.0)
  - Post-implementation: 10.1 (2.5)
- Mean active mobilizations/day (SD)
  - Comparison: 1.26 (3.2)
  - Post-implementation: 0.88 (2.4)



## Results (cont.)

- Significant increase in mean overall survey summary scores from pre to post (32.11 and 39.95, respectively)
- $p < 0.005$



- Significant improvement in responses of seven out of ten survey questions ( $p < 0.05$ )

## Dissemination and Conclusion

- Standardized guideline improved staff reported knowledge and actions related to mobility
- Provides framework for consistent mobilization practices
- Dissemination to unit based safety committee and Nursing Practice Council for approval of integration into electronic charting system
- Sustainable practice through inclusion in nurse rounding script and restructuring mobility goals during rounds