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Nursing Move Early: An improved compliance towards early mobilization

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Background

Early mobilization of patients in the Acute Stroke Unit (ASU) has been shown to reduce the complications associated with critical illness. The effectiveness of this strategy will increase with enhanced Nursing compliance to it

AIM(s)

- 1) Implement early mobilization plan in ASU through Collaborative healthcare professionals' efforts
- 2) Encourage nurses in ASU to mobilize patients through developing and implementing a simple, clear and comprehensive guidelines for early mobilization
- 3) Evaluate the background knowledge and compliance of ASU's nurses on early mobilization through monitoring of adherence to guidelines of early mobilization

Methodology

- Nurses' knowledge on early mobilisation is assessed with pre and post Early Mobilization Survey questionnaire
- Monitoring of compliance for early mobilization of post stroke patients were carried out through formulated checklist
- Data on adherence of early mobilization of post stroke patients and associated complications were collected by retrospective review of medical records of ASU admissions
- Feedbacks on guidelines for early mobilization were obtained from the participated nurses for improvement of workflow and evaluation
- Stipulated timeline for plan-do-study-Act (PDCA) cycle:

Time Line of Events

June 2016

- Identification of the problem that nurses are not actively ambulating patients with stroke in ASU through physiotherapist feedback

November 2016

- Audit was conducted in ASU with results of 60% compliance to early mobilization prior to early mobilization training.

November -December 2016

- Introducing guidelines for early mobilization checklist and training was delivered to ASU nurse's **January 2017**

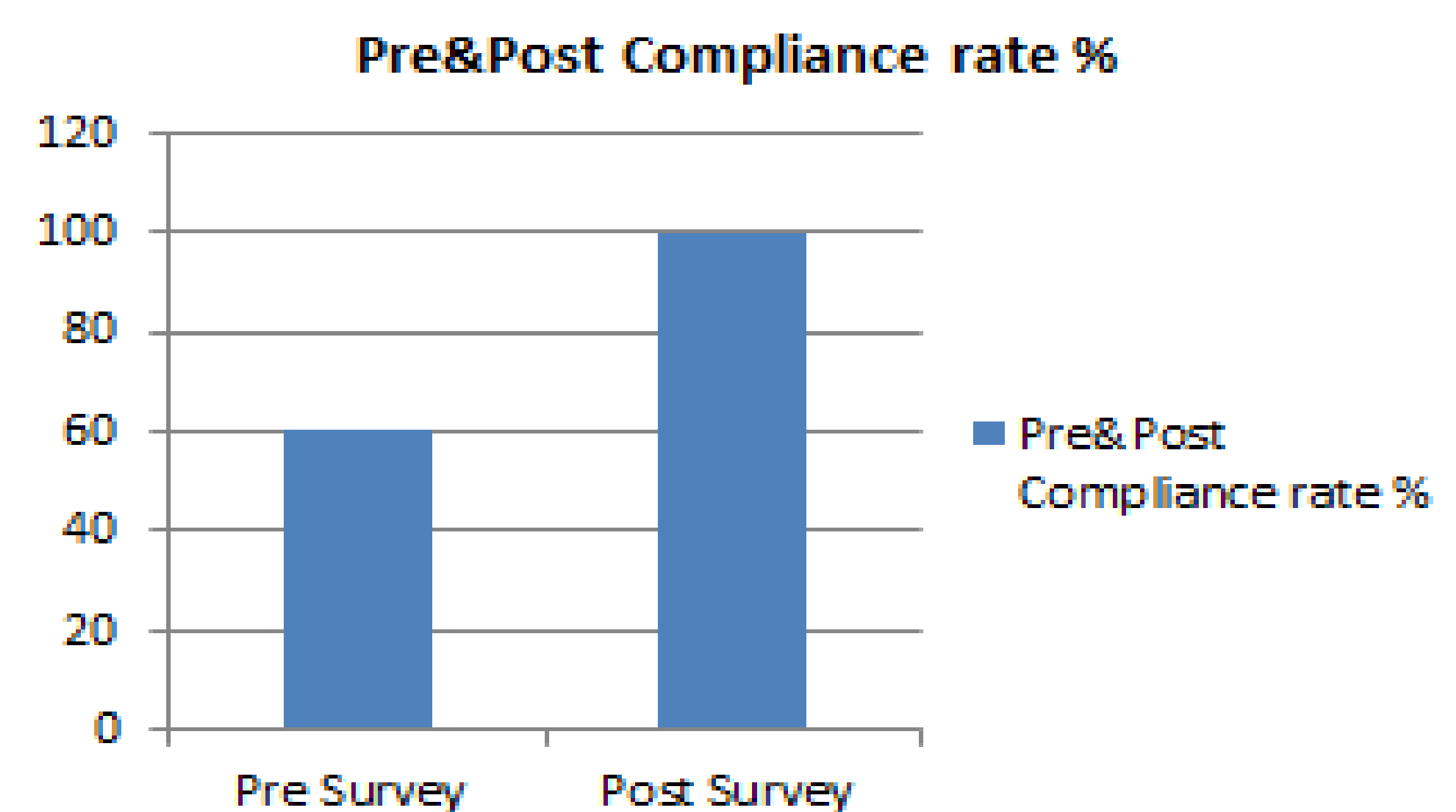
- Champion training was conducted by physiotherapists to improve compliance and standards of care

February - March 2017

- Implementation of actual protocol, collection of data on staff compliance and adherence to early mobilization

Results

- There was a significant improvement with compliance rate of 99% post early mobilization training
- Increased awareness was observed through post survey
- With the implementation of guidelines of early mobilization, there were nil episodes of fall rates and there was an increase in patient safety awareness and compliance to fall precautions



Significance of study

- Improving patients' outcome and safety through a joint effort in early mobilization
- Increasing awareness of early mobilization in the Nursing taskforce thus increasing confidence in management of post stroke patients in a local unit

Conclusion

With the PDCA cycle method, the early mobilization initiative from Nurses was successful and it has potential for patient benefit such as decrease length of stay and reducing the complications. It is observed that there is an increase in confidence and autonomy as nurses are empowered to mobilize the patients through implemented guidelines for early mobilization.

Observations have been made that acute stroke patient are more willing to mobilize when the nurses display confidence in their assessment and initiation of mobilizing thus increasing patient satisfaction.

The potential benefits of implementation of guidelines for early mobilization in ASU are vast with reduction of clinical complications and improving nurse's knowledge and confidence that is prominent.