

EARLY MOBILIZATION OF ICU PATIENTS



Joy Nwigwe, MSN, APRN-BC, RN – Doctor of Nursing Practice (DNP) Degree Program Student | jnwigwe@chamberlain.edu
Chamberlain University College of Nursing

chamberlain.edu

Introduction

- Immobility of Intensive Care Unit (ICU) patients is a global problem with negative impact on all body systems with immediate and long-term sequela (Hester et al., 2017).
- Short periods of immobility results in the loss of up to 5.5 percent of muscle cells and strength per day (Guedes, Oliveira, & Carvalho, 2018).
- Physiologic instability and complex care requirements predispose ICU patients to immobility.
- The early mobility benefits in ICU are globally acknowledged, yet it is the most unaccomplished nursing care (Jones et al., 2019). The low mobility of ICU patients is mostly a consequence of nurse knowledge, attitude and behavior.
- Hence, implementing the nurse-driven early progressive mobility protocol to improve nurse knowledge, attitude and belief in mobilizing ICU patients.

Background

- **Setting:** A non-profit hospital providing quality healthcare to low socio-economic community at the south side of Chicago.
- **Target Population:** ICU registered nurses.
- Immobility of ICU patients is the priority need identified.

Approach

- The nurse-driven early progressive mobility protocol was implemented as the Evidence-Based (EB) intervention.
- A one-group pre-test post-test correlational design used.
- Kurt Lewin's change theory as theoretical framework and the Health Belief Model explains nurse behavior.
- **Challenge:** Penetrating a closely guarded organizational culture, solved by building professional relationship with the nurses.
- Data analysis will compare the pre- and post-implementation survey data for change in the nurses' scores on the John Hopkins patient mobilization attitudes and beliefs survey (PMABS-ICU).

Model

Project is still undergoing data analysis.

Outcomes

- To improve nurse knowledge, attitudes and beliefs regarding early mobilization of ICU.
- Still undergoing data analysis.

Discussion

- Project is still undergoing data analysis.
- EB intervention will provide the nurse with a decision tool on mobilizing the adult ICU patients.
- Implementing the early nurse-driven mobilization protocol will inspire practice change, promote faster patient recovery and reduce immobility complications.

References

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