

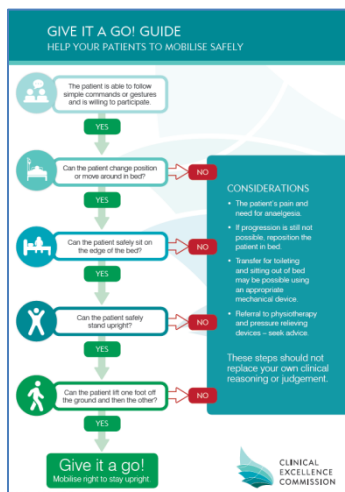
POINTERS FOR SAFE MOBILISATION - GIVE IT A GO!

INFORMATION FOR CLINICIANS & HEALTH PROFESSIONALS

These pointers will give you a more in depth understanding of the patient's capacity to mobilise:

- Check patient notes for any instructions related to mobilising, particularly any contra-indications or restrictions to weight-bearing, sitting upright or walking
- Ask the patient and or family/carer how they were walking before coming to hospital
- Find out if they could or get out of bed, how far they could walk and whether they needed much assistance?
- Check if the patient usually uses a walking aid (eg frame or stick). If not available, ask the family to bring it in or arrange loan equipment
- Check the patient is well enough to get out of bed (eg stable BP – including postural hypotension, HR, SpO2, Hb)
- Ensure that the patient has the ability to participate, follow commands or gestures.

- Consider timing mobilisation with pain relief
- Help patient locate/put hearing aids and glasses on if required
- Check attachments such as IV, drains and catheter are secure and on exist side of bed
- Appropriate footwear or non-slip socks on feet
- Safe environment (eg bed brakes on, chair in position, bed height, clear path)
- Referral to physiotherapists (where possible) may be required to see patients whose mobility has been altered by their condition, illness or injury, and to make recommendations regarding their mobility and level of supervision
- **It is not necessary for nursing staff to wait for a physiotherapy assessment prior to encouraging patient mobility**
- During these activities and prior to progressing from one to the next, consider how well the patient is managing
 - if progression is not possible, reposition the patient in bed
 - transfer for toileting and sitting out of bed may be possible and use appropriate mechanical lifting device and consider referral to physiotherapy.



About the NSW Falls Prevention Program

The CEC's Falls Prevention program aims to reduce the incidence and severity of falls among older people and reduce the social, psychological and economic impact of falls on individuals, families and the community.

For further information, please visit

<http://www.cec.health.nsw.gov.au>

Acknowledgement

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