

# Safe and early mobilisation

## Education session outline

Topic area	Key messages	Timing	Learning strategy
Introduction/learning objectives	Objectives of the session are: <ul style="list-style-type: none"> <li>To develop an understanding of the importance of safe and early mobilisation</li> <li>To provide guidance and support for clinicians to 'Give it a go' and get patients out of bed and mobilising as soon as possible to prevent deconditioning</li> </ul>	2 minutes	
Safe and early mobilisation	Show video: <i>Safe and early mobilisation</i>	4 minutes	
What are we doing well on our ward to support safe and early mobilisation?	Staff identify their current practice and what is working well to support safe and early mobilisation on their ward	5 minutes	Facilitated group discussion
What can we improve?	Staff identify areas for improvement	3 minutes	Facilitated group discussion
Where to from here?	To support improvement initiatives a Quality Improvement Toolkit is available on the <a href="#">CEC website</a> or contact LHD Quality Improvement Leads	2 minutes	Facilitated group discussion
Questions and resources	<a href="#">CEC website</a>	4 minutes	
<a href="#">Link to video and PowerPoint Presentation</a>			