### Introduction

- **Problem:** Immobility cultures and negative perceptions toward early mobility in ICUs nationwide cause several detrimental outcomes in adult mechanically ventilated (MV) patients. 
- **Objectives:**
  1. Develop an evidence-based mobilization screening tool for RN use in order to increase the percentage of patients that are screened by RNs for safe mobilization by 50%.
  2. Zero patients received early mobility prior to implementation of the safety screening tool. Out of the patients deemed safe for mobilization, 62% (n=10) participated in early mobility.
  3. Initial RN Perceptions survey, Implementation of the modified safety screening tool was utilized by RNs only.

### Purpose

**Purpose:**
To address the profound repercussions of immobility in MV patients in the MICU by implementing an interdisciplinary early mobility protocol.

### Methods

- IRB approval was received from Mercy Medical Center and the University of Iowa: not human subject research.
- **Setting:** Mercy Medical Center 20-bed MICU
- **Population:** Adult >18 years of age, mechanically ventilated patients in the MICU
- **Literature Review:** 32 articles (RCTs, prospective cohort studies, systematic reviews) met inclusion criteria.
- Early mobility = >1 in the level of mobility patients attain while in the ICU & complications associated with immobility.
- **Implementation:** Initial RN Perceptions survey, implementation of safety screening tool, continuing education, mobility champions, electronic monthly updates, continuous feedback, Final RN Perceptions survey, presentation of the project’s outcomes, & incentives

### Outcomes

- **Outcome 1:** Before introduction of the safety screening tool, PT were the only providers screening MV patients for safe mobilization.
  - The modified safety screening tool was utilized by RNs only.
  - % of Patients Safety Screened Pre-Implementation: 38% vs. 62% Yes
  - % of Patients Safety Screened Post-Implementation: 20% vs. 67%

- **Outcome 2:**
  - Zero patients received early mobility prior to implementation of this project.
  - Out of the patients deemed safe for mobilization, 62% (n=10) participated in early mobility.
  - % of Patients Eligible & Participated in Early Mobility: 30% vs. 58%

### Evaluation

- **Objective 1:** Develop an evidence-based mobilization safety screening tool for RN use in order to increase the percentage of patients that are screened by RNs for safe mobilization by 50%.
- **Objective 2:** Increase the percentage of patients that participate in early mobility by 50%.
- **Objective 3:** Identify nurses’ perceptions on ease, safety, and confidence/knowledge toward early mobility and provide education to positively shift these perceptions to create a culture of mobility.

### Conclusions

- **Positive perceptions**
  - RNs have increased confidence in their decision-making.
  - Participation in early mobility has increased.
  - Perceptions surrounding early mobility became more positive.

### References


### Acknowledgements

- Advisors: Dr. Julie Stank-Hutt & Dr. Dana Fowler
- Mentor: Britney Toops, MICU Nurse Manager
- Special thank you to the Mercy Medical Center MICU staff, my family and friends who have supported this journey, and Dr. Anna Krupp & Dr. Heather Dunn for sharing their expertise and knowledge. There are no conflicts of interest.