Implementing Early mobilization program in HGH MICU by the HGH rehabilitation services (Physiotherapy)

Aim Statement
We aim to improve the process of early mobilization of all pneumonia cases admitted to MICU through implementation of this program. We will ensure that all MICU Pneumonia cases are referred to physiotherapy within 24 hours of admission and safety will be maintained during mobilization, therefore reducing MICU length of stay will improve patient/relative satisfaction.

• Goal 1: Decrease referral time of MICU pneumonia cases to physiotherapy from 7 days to 2 days by August 2016

CONCLUSIONS:
• We have reduced the length of stay after implementing the Early Mobility Program in MICU, HGH from 11 days to 4 days.
• We increased the percentage of patients referred from Physician to Physiotherapists in MICU, HGH from 28% to 82% out of total admission of Pneumonia cases.
• Days between Patient admitted to MICU and referred to Physiotherapist – Jan-Aug 2016 median is 8 days to 2 days.
• We have received 100% of referrals within 24 hours in MICU for all Pneumonia cases.

RESULTS:

List the PDSAs you are currently conducting
• To increase compliance of physiotherapists to early mobilization checklist.
• Improving compliance of MICU Physicians to early referral to physiotherapy.
• Effectiveness of individual therapist VS Multiple therapist during patients mobilization.
• Educated the physiotherapists/nurses about mobility methods for MICU patients.

NEXT STEPS:
• We will continue monitoring the LOS and referrals
• We will spread this to all HMC ICUs as a mobility guideline
• We will continue testing early mobilization and getting referral within 24 hrs.

List of PDSAs
1. Develop early mobility checklist
2. Engage physician, nurses, respiratory therapist on early mobility program.
3. Use new equipment’s such as chairs, hoists, walkers with intravenous pole and oxygen tank carrier.
4. Educate MICU Staff on advantage of early mobility.
5. Patient and family education via early mobilization.

Revision from HGH Physiotherapy
Final Guideline for HMC ICU’s