EARLY MOBILITY IN THE NEUROSCIENCE ICU
Rebekah Marsh, BSN, RN, CCRN

THE NEUROSCIENCE INTENSIVE CARE UNIT (NICU)
Harborview Medical Center

- TJC Comprehensive Stroke Center
- The NICU specializes in complex neurological injuries
- We serve adult victims of severe head and spinal cord injuries, diseases/disorders of the brain, spine and peripheral nerves
- 30 bed ICU with approximately 100 staff members

Review current mobility status:
- compliance daily shift change report

Assess for mobility barriers:
- clinical instability
- planned procedures

Assess for readiness:
- mobility status; goal is ambulation

- current orders adequate?

Team discussion & mobility plan development

RN shift change report:
- shift to shift RN handoff

Mobility rounds:
- charge RN, bedside RN, PT/OT

Daily patient rounds:
- multidisciplinary team

EARLY MOBILITY IN THE NICU
Our purpose is to advance early mobility in the critically ill Neuroscience patient to promote functional recovery.
AT THE BEDSIDE: MOBILITY ELIGIBILITY

ELIGIBLE
All NICU patients are considered for mobility every 24 hours

INELIGIBLE
• Bedrest order
• Moderate to severe vasospasm
• Clinical instability
• Uncontrolled intracranial pressure
• Spine precautions
• Alcoholic/ substance withdrawal
• Sheath precautions
• Alcohol/ substance withdrawal
• Confusion/ severe delirium
• IPN precautions
• Uncooperative behavior
• Active seizures
• Uncontrolled pain

MOBILITY DEFINED
What constitutes mobilization?

mo·bil·i·ty
/moˈbilədē/
for the purposes of this project, mobility is defined as dangling, sitting up in a chair/ cardiac chair, getting up to the bedside commode, standing, or ambulating.

*However, due to limitations in how "bed in chair position" is charted in the electronic medical record, this was not possible to include in data collection

NICU MOBILIZATION RATE
NICU Quarterly Percentage Eligible Patients Mobilized

Project goal: 75%
SUSTAINABILITY PLAN

Educate
Audit
Advocate
Share
Reward
Integrate

LESSONS LEARNED

You have the skills to make a difference.

Speed is the enemy of thinking.

Culture eats strategy for breakfast.

Be curious, not furious.

You have the skills to make a difference.

Speed is the enemy of thinking.

LESSONS LEARNED

Be curious, not furious.

Speed is the enemy of thinking.

Culture eats strategy for breakfast.

YOU HAVE THE SKILLS TO MAKE A DIFFERENCE

Speed is the enemy of thinking.

LESSONS LEARNED

Be curious, not furious.

Speed is the enemy of thinking.

Culture eats strategy for breakfast.

YOU HAVE THE SKILLS TO MAKE A DIFFERENCE

Speed is the enemy of thinking.

REFERENCES

ACKNOWLEDGEMENTS

• Special thanks to the NICU AACN CSI team: Celeste Horton, Kathy Parenteau, Megan Wehner, and our Neuroscience CNS and Coach, Pat Blissitt
• AACN CSI Faculty Leads: Marian Altman & Debbie Brinker
• Harborview Nursing Leadership: Larry Healey, NICU Nurse Manager and Dana Kyles, Assistant Administrator
• Data synthesis: Abdelhak Abdou, Clinical Data Analyst
• Grant funds access: Catherine Sullivan, Clinical Education
• Mobilization consultation: our Physical and Occupational Therapists
• Our physician partners: the Neurocritical Care, Neurosurgery, and Neurology Services
• Winning graphic design and slogan: Ariel Rogozinski, RN & Kurt Fujitani, RN
• And above all, the NICU Staff, for their hard work and dedication!

THANK YOU!