The microsystem analysis of a certified stroke unit revealed the need for nurse-driven mobility initiatives for patients with stroke.

In 2010 795,000 individuals suffered a stroke.

Possible Benefits of nurse-driven mobility:
- **Decrease:**
  - Skin problems
  - Catheter acquired urinary track infection
  - Aspiration pneumonia
  - Falls and weakness
  - Pain
  - Length of stay
  - Re-admission rates
- **Increase:**
  - General well-being & strength

**GOAL**

Promote nurse-driven early & frequent mobility activities for patients with stroke through lateral integration of care:
- 50% of patients will have a specific, measurable mobility goal on the patient's dry-erase board.

**BACKGROUND**

- The microsystem analysis of a certified stroke unit revealed the need for nurse-driven mobility initiatives for patients with stroke.

**LITERATURE REVIEW**

- In 2010 795,000 individuals suffered a stroke.
- Possible Benefits of nurse-driven mobility:
  - Decrease:
    - Skin problems
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    - Pain
    - Length of stay
    - Re-admission rates
  - Increase:
    - General well-being & strength

**METHODS & IMPLEMENTATION**

**Educational Plan**

- Benefits of early mobilization & safe handling
- Gait belt use, ROM, safe lifting equipment: CNA skill labs, resource binder, posters, pictorial chart, demonstrations, patient brochure
- Goal setting with patients during bed side handoffs at shift change
- RN to CNA delegation, teamwork, improve CNA workflow
- Documentation of activity on dry erase boards and in electronic health record (EPIC)
- Hallway marked in 5 feet increments with paw prints for ambulation

**Patient Goal Setting**

- RN/CNA EPIC documentation
- Mobility goal on dry-erase board
- Mobility initiated by CNA
- RN Bedside hand-off, Pt Goal setting

**OUTCOMES**

- Improved CNA workflow
- Increased EMR documentation of mobility activities
- HCAHPS report: Increased patient satisfaction during & after implementation.

**HCAHPS Survey Percentile Ranking**

- "Nurses treat me with courtesy
- "Nurses listen carefully to you"

**References**


National Stroke Association, 2010