

Mobility Impairment

Setting: **Inpatient** Population: **Adult** Keywords: **movement, mobility impairment, mobility, ambulation**

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Clinical Description

Care of the hospitalized patient experiencing limitation in ability to independently and safely move self from one position or place to another.

Key Information

- Mobility impairment may hinder the patient's ability to perform daily activities and may lead to negative health outcomes and the need for greater physical assistance.
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Clinical Goals

By transition of care

A. The patient will demonstrate achievement of the following goals:

- Optimal Mobility

B. Patient, family or significant other will teach back or demonstrate education topics and points:

- Education: Overview
 - Education: Self Management
 - Education: When to Seek Medical Attention
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Correlate Health Status

Correlate health status to:

- history, comorbidity
- age, developmental level

- sex, gender identity
 - baseline assessment data
 - physiologic status
 - response to medication and interventions
 - psychosocial status, social determinants of health
 - barriers to accessing care and services
 - health literacy
 - cultural and spiritual preferences
 - safety risks
 - family interaction
 - plan for transition of care
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Mobility Impairment

Signs/Symptoms/Presentation

- difficulty with transfers
- motor skill limitation
- muscle strength decreased
- range of motion limitation
- reluctance to attempt mobility
- requires assistance with ambulation
- shortness of breath during or after activity
- unable to reposition self independently

Problem Intervention(s)

Optimize Mobility

- Assess mobility skills (e.g., bed, transfers, ambulation, gait, stair climbing, wheelchair) and factors influencing mobility, such as balance, safety, range of motion, strength, muscle tone, cognition and sensory processing.
- Instruct in transfer and mobility techniques supporting highest level of independence while ensuring safety.
- Consider any contraindications or precautions to individualize treatment plan (e.g., joint or ligament instability, weightbearing restrictions).

- Encourage early mobilization and performance of daily activities, if able, while providing level of assistance needed for safety.
- Schedule mobility activities when pain and fatigue are at a minimum to encourage optimal performance.
- Pace activity; allow adequate time and rest periods to conserve energy.
- Provide frequent encouragement, along with prompting and assistance as needed.
- Individualize instructions and prompts to patient's cognitive status to promote effective communication; simplify verbal directions, give encouragement and provide demonstrated cues as needed.
- Design and implement therapeutic interventions to address impairments (e.g., functional mobility training, mat and standing balance activities, strengthening).
- Train in and reinforce use of adaptive equipment and assistive devices, such as a walker or transfer board.
- Utilize appropriate modalities, devices or techniques to facilitate mobility (e.g., ankle foot orthosis, electrical stimulation, sit-to-stand lift, treadmill-training).
- Assess fall risk using standardized tool; implement appropriate interventions, such as behavioral or environmental modifications.
- Use proper body mechanics and patient alignment during mobility to ensure safety.

Associated Documentation

- Activity Management
- Assistive Device Utilized
- Positioning/Transfer Devices

General Education

- admission, transition of care
- orientation to care setting, routine
- advance care planning
- diagnostic tests/procedures
- opioid medication management
- oral health
- medication management
- pain assessment process
- safe medication disposal

- tobacco use, smoke exposure
 - treatment plan
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Safety Education

- call light use
 - equipment/home supplies
 - fall prevention
 - harm prevention
 - infection prevention
 - MDRO (multidrug-resistant organism) care
 - personal health information
 - resources for support
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Education: Overview

- risk factors
 - signs/symptoms
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Education: Self Management

- assistive/adaptive devices
 - energy conservation
 - home safety
 - joint mobility/strength
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Education: When to Seek Medical Attention

- unresolved/worsening symptoms
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