

Background

- According to the Population Reference Bureau Maine has the eldest population in the state, with 20.6% of the population being over the age of 65
- When an elderly patient is hospitalized, their risk of deconditioning increases
- It is important for healthcare workers to have a tool to assess the mobility level of their patients in order to care for them properly and keep them safe
- The bedside mobility assessment tool is a resource to use in order to accurately assess a patient's mobility, and know what is needed to ambulate them safely and prevent falls

Practice Change

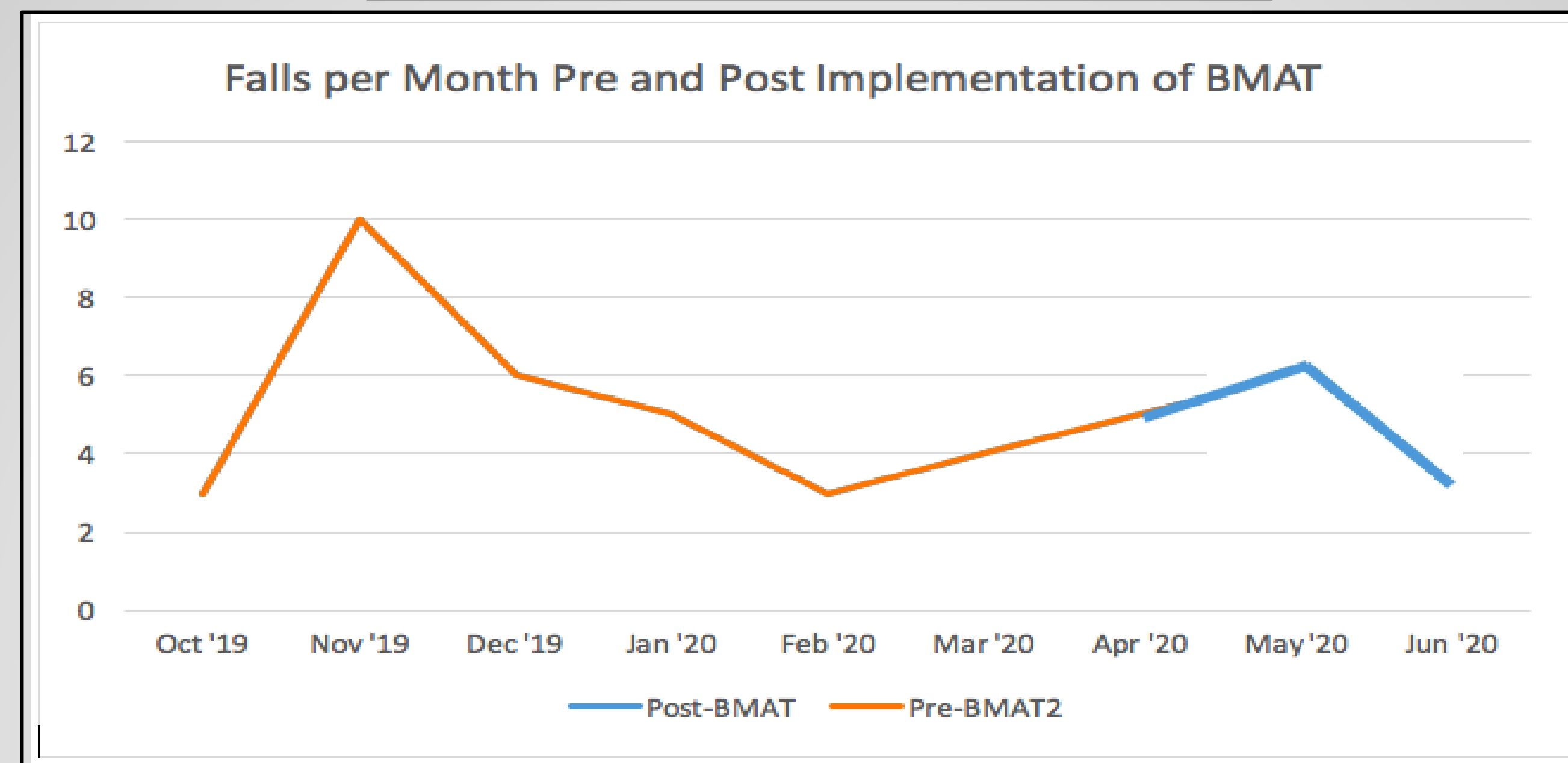
Educate Registered Nurses (RNs) on the Bedside Mobility Assessment Tool (BMAT) and how to implement it into practice.

Methods





- Pre BMAT- statistical survey on Merritt 3 (percentage of falls)
- Present information to staff; educational materials on how to perform the BMAT assessment via staff meeting, e-mail, handouts, information sheets at the bedside and huddles
- Post BMAT - Observational Survey on Merritt 3 (percentage of BMAT scores in charting)

Measures and Results

RESULTS



Educational Pamphlet

BEDSIDE MOBILITY ASSESSMENT TOOL		
Assessment Level 1- Sit and Shake 1. From a semi-reclined position, ask patient to sit up and rotate to a seated position at the side of the bed <i>*may use the bedrail.</i> 2. Ask patient to reach out and grab your hand and shake making sure patient reaches across his/her midline		PASS= Patient is able to come to a seated position, maintain core strength. Maintains seated balance while reaching across midline. Move on to Assessment Level 2 FAIL= Patient unable to perform tasks, patient is MOBILITY LEVEL 1
Assessment Level 2- Stretch and Point 1. With patient in seated position at the side of the bed, have patient place both feet on the floor (or stool) with knees no higher than hips. 2. Ask patient to stretch one leg and straighten the knee, then bend the ankle/flex and point the toes. If appropriate, repeat with the other leg		PASS= Patient is able to demonstrate appropriate quad strength on intended weight bearing limb(s). Move onto Assessment Level 3 FAIL= Patient unable to complete task. Patient is MOBILITY LEVEL 2
Assessment Level 3- Stand 1. Ask patient to elevate off the bed or chair (seated to standing) using an assistive device (cane, bedrail). 2. Patient should be able to raise buttocks off bed and hold for a count of five. May repeat once.		PASS= Patient maintains standing stability for at least 5 seconds, proceed to assessment level 4. FAIL= Patient unable to demonstrate standing stability. Patient is MOBILITY LEVEL 3
Assessment Level 4- Walk 1. Ask patient to march in place at bedside. 2. Then ask patient to advance step and return each foot. <i>*There are medical conditions that may render a patient unable to step backward; use your best clinical judgment.</i>		PASS= Patient demonstrates balance while shifting weight and ability to step, takes independent steps, does not use assistive device patient is MOBILITY LEVEL 4 Fail= Patient not able to complete tasks OR requires use of assistive device. Patient is MOBILITY LEVEL 3



Summary/Discussion

- Next Steps:**
 - Re-education and clarification of BMAT assessment and charting
 - Involve other disciplines eg; physical therapy
 - Have weekly audits for accountability with charting
- Barriers of this Study:**
 - Change in acuity of patients
 - Workload of Staff / Staffing issues
 - Short length of study
 - Multiple attributions to cause and prevention of falls
 - Covid-19 policy changes
 - Having multiple studies being implemented

Conclusion

- With compliance of 64%, we can not conclude that BMAT is reducing the risk of falls. We can conclude that it is possible that the bedside mobility assessment tool is helping nursing staff identify high fall risk patients.
- The largest barriers to BMAT is the resistant to change and lack of education provided to staff.
- Clear instruction on how to assess BMAT as well as charting the assessment would be helpful in the compliance of nurses.
- There has been a reduction of falls in the month of June compared to previous months.

References

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