

Comparison of Three ICU Early Mobility Quality Improvement Projects

Quality Improvement for Early Mobility	Wake Forest	Johns Hopkins	University of California San Francisco
Objective	Reduce immobility and weakness with early PT for MICU patients	Optimize patient sedation Provide early PM&R in the ICU for MICU patients	Provide earlier and more frequent PT in the ICU for MICU and SICU patients
Planning time frame		1 year	1.5 years
Comparison group	n=165 Control group	n=27 retrospective comparison	n=179 retrospective comparison
Intervention group and time frame	n=165 patients on MV 2004 - 2006 7days/week mobility	n=30 on MV 2007 6 days/week mobility	n= 294 all ICU patients 2010 5 days/week mobility
Number of added personnel and titles	1 registered nurse, 1 certified nursing assistant, 1 physical therapist, 1 project manager	1 physical therapist, 1 occupational therapist, 1 technician, 1 coordinator, 1 part-time assistant coordinator	1 physical therapist, 1 part-time aide
Equipment added	none	2 wheelchairs	ICU platform walker
Outcome measures	Days to out of bed Frequency of therapy ICU/hospital LOS Adverse events	Percentage of ICU patients receiving PT ICU/hospital LOS Pain/delirium scores Adverse events	Number of days to initiating PT ICU/hospital LOS Distance walked in ICU Discharge disposition Incident reports
Financial analysis performed?	Yes	Yes	No
Expanded to other ICU's?	Yes	Yes	Yes
Results	Safe and feasible earlier mobility Increased number of patients receive ICU PM&R Patients receive increased number treatments Decreased ICU and hospital LOS Net cost savings	Same Results as shown in Wake Forest plus: Decreased dosages of sedating medications Decreased patient delirium rates No change in patient reported pain scores	Same Results as shown in Wake Forest plus: Applied to medical and surgical all ICU patients Increased distance patients walked in ICU Increased percentage of patients able to discharge to home rather than rehabilitation facility

PT = physical therapy, MICU = medical ICU, PM&R = physical medicine and rehabilitation, MV= mechanical ventilation, LOS = length of stay.

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