Implementation of a Safe Mobility Protocol Using the BMAT Assessment Tool

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Background

The purpose of this multidisciplinary performance improvement project was to promote safe patient handling and mobility practices, and decrease patient falls using a consistent tool for all acute care departments. Hospitalized patients spend an extended amount of time in bed, which can result in: decrease in musculoskeletal ability, cardiovascular and respiratory functions, decrease in skin integrity and cognition (1). The previous consequences can prolong a patient length of stay, increase falls with injury, reduce gastric motility, cause pressure injury and increase nosocomial infections (2).

Nurses must move to a more active role in patient mobility during hospitalization to prevent such events from occurring. A multidisciplinary team was formed to select and integrate a standardized tool for all acute care departments. The Banner Mobility Assessment Tool (BMAT) is an evidence-based tool created for the bedside nurse to assess mobility and initiate appropriate interventions to progress patient mobility (1).

Nurse Driven Protocol

The project authors incorporated the Johns Hopkins Fall Risk Assessment and integrated anticoagulant therapy risk into the safe mobility protocol to help the bedside nurse decide the safest mobility level for each patient. The expected start date of the new protocol is October 2019. Nurse education based on the best evidence will be provided in an eLearning format using video demonstration, simulation, competency check off, case studies and written materials.

Quality measures for the number of falls, length of stay, hospital readmission and nosocomial infections are expected to decrease after protocol implementation.

PDSA Framework

Aim: To decrease the number of patient falls while providing nursing staff with proper mechanics and equipment to ensure safe patient handling in all inpatient care settings in 2019.

Measures: The multidisciplinary team will closely monitor the incidents of falls and falls with injury, length of hospital stay, hospital-acquired pressure injuries and employee injuries to measure success or identify gaps.

Change for Improvement: Standardizing the assessment tool used throughout the inpatient departments will enhance the patient experience by reinforcing early mobility strategies for the duration of their hospitalization.

Act

- Establish an education plan and set the expectation to bedside staff
- Communicate the change to other disciplines
- Celebrate the change to hardwire the practice

Plan

- Create a protocol in collaboration with Physical/Occupational Therapy, and Ergonomics Specialist
- Agree on measures that will define the success of the protocol

Study

- Analyze the audit data
- Engage stakeholders to ensure rich feedback and collaboration

Do

- Conduct audits with selected patients to determine the impact or identify barriers to the new protocol

Education Plan

- Knowledge-based eLearning modules:
  - Used to communicate the why
  - Provided video demonstration
  - Explained the connection to purpose
- Live Classes
  - Provided demonstration with content expert
  - Reviewed eLearning content
  - Conducted case studies
  - Allowed small group discussion and opportunity for feedback/questions

Safe Mobility Protocol

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