The purpose of this policy is to clarify health care provider roles with regard to general and therapeutic mobilization to ensure that residents are mobilized to their potential.

To prevent deterioration of resident mobility, residents shall be encouraged and assisted to sit up out of bed or ambulate (walk) as per their tolerance. Therapy time spent on therapeutic mobilization that is supported in the care plan shall be documented in the RAI assessment.

General mobilization is the responsibility of nursing staff; however, Rehabilitation staff are available for consultation to recommend the safest method of transferring and mobilizing residents and to ensure that appropriate techniques are used.

Therapeutic mobilization is the responsibility of the Rehabilitation team (physical therapists, occupational therapists and therapy assistants).

General mobilization is appropriate for all residents to help them gain optimal independence as quickly as possible and then to maintain this level of mobility. General mobilization helps avoid the risks associated with immobility. Nursing staff, along with family, play the primary role in encouraging residents to be independent and to maintain their level of mobility.

The goals of general mobilization are to:

- prevent or minimize the risks associated with bed rest
- maintain muscle strength
- avoid bone loss
- reduce constipation
- maintain circulation
- maintain joint mobility
- maintain or improve function
- avoid loss of self-esteem and depression associated with immobility, and
- encourage independence.

Therapeutic mobilization is appropriate for residents who have experienced a loss of functional ability, or deterioration in their level of physical function, and who are determined (via rehabilitation assessment) to have potential to improve with active, progressive intervention.
The goals of therapeutic mobilization are to:

- treat specific mobility needs;
- address resident safety;
- assess equipment needs;
- enhance endurance; and
- progress mobilization.

Mobilization, whether general or therapeutic, may include bed mobility, mobilizing to a chair, commode or bathroom as well as ambulation. Both types of mobilization are important — the degree of intervention required dictates the type of mobilization provided to the patient. Many patients require both general and therapeutic mobilization.

Procedure

Mobilize resident as documented on Care Plan.

Definitions

*Health care provider* means any person who provides goods or services to a patient, inclusive of health care professionals, staff, students, volunteers and other persons acting on behalf of or in conjunction with Covenant Health.

References


**Revision Date(s)** N/A