

# NURSE-LED MOBILISATION TO IMPROVE EARLY BASIC MOBILITY FOR POST HIP FRACTURE SURGERY OLDER ADULTS IN A RESTRUCTURED HOSPITAL TAN SOAK BUAY, NURSING SERVICE

## Mission Statement

To increase the percentage of \*hip fracture patients achieving \*\*early basic mobility in Ward 12C & 12D from the current 7% to 20% (stretch goal: 25%) in 6 months

\*Patients aged 60 years and above who can full weightbear ambulate after an isolated hip fracture surgery.

\*\*Early basic mobility is assessed by using **Cumulated Ambulation Score (CAS)** to measure the level of independence in *getting in & out of bed, sit-to-stand* and *walking*. Each activity was assessed on a 3-point ordinal scale from 0 (not able to) to 2 (independent of human assistance) and daily cumulated score (0-6) were collected for the first 3 days post-surgery (0-18). Target for \*\*early basic mobility has been defined as 3-days CAS  $\geq 10$  in the early post-operative period (POD 1-3).

## Team Members

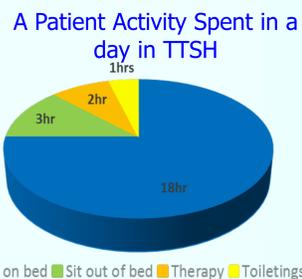
	Name	Designation	Department
Leader	Tan Soak Buay	Advanced Practice Nurse	Nursing
Co-Leader	Roselyn Choo	Senior Physiotherapist	Physiotherapy
Team Members	Lee Keng Thiam	HOD & Senior Consultant	Orthopaedics Surgery
	Rani Ramason	Senior Consultant	Geriatric Medicine
	Nurazleen Bte Chamiaie	Nurse Clinician	Nursing
	Low Suting	Nurse Clinician	Nursing
	James Tan	Senior Staff Nurse	Nursing
	Ng Huiwen	Senior Staff Nurse	Nursing
	Winnie Kang	Senior Staff Nurse	Nursing
	Joyce Poh	Physiotherapist	Physiotherapy
Facilitators	Gervais Wan, Joyce Lian Xia and Julien Tan		

## Evidence for a Problem Worth Solving

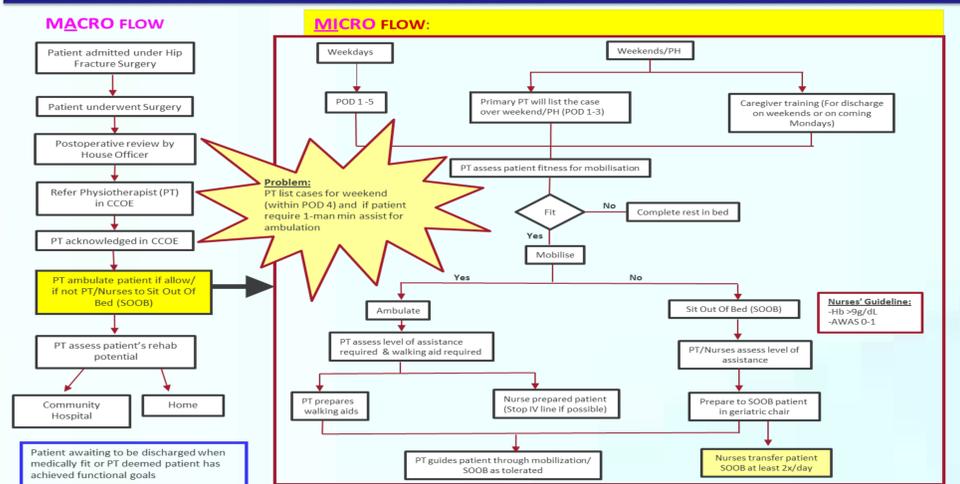
- Hip fractures are associated with reduced mobility, increased permanent disability and increased dependence in activities of daily living.
- Regaining independence in basic mobility is therefore essential and considered to be the primary goal in rehabilitation during hospitalization.
- Evidence shows that delayed in getting out of bed is associated with poor function at 2-months and worsened 6-month survival.

## Current Performance of a Process

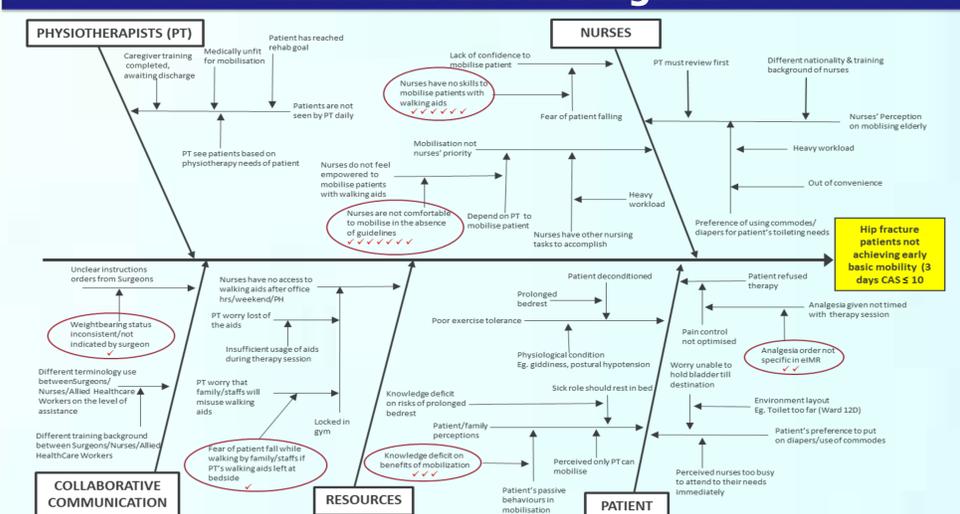
- The baseline data of post hip fracture surgery patients achieving early basic mobility (CAS  $\geq 10$ ) is 7%.
- The current data showed that post hip fracture patients are not being mobilized by the physiotherapists daily and nurses only transferred patients sitting out of bed at least once a day.



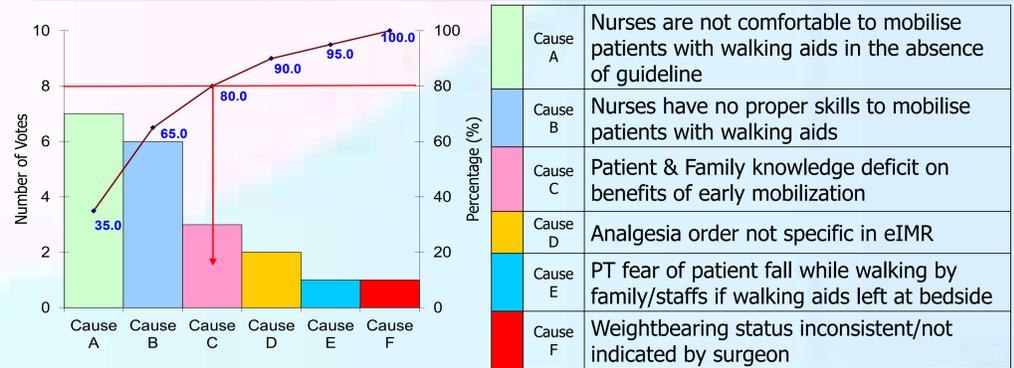
## Flow Chart of Process



## Cause and Effect Diagram



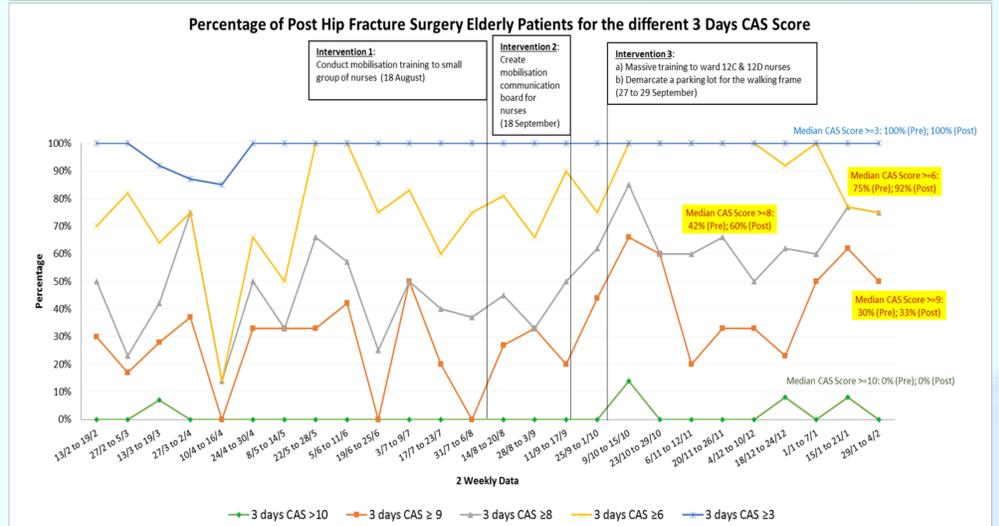
## Pareto Chart



## Implementation

CAUSE / PROBLEM	INTERVENTION	DATE OF IMPLEMENTATION
Nurses are not comfortable to mobilise patients with walking aids in the absence of guideline	<ul style="list-style-type: none"> <li>Post-op Hip Fracture Surgery mobilisation guideline developed</li> <li>Nurse-led mobilisation communication board created</li> </ul>	18 Sep 2017
Nurses have no proper skills to mobilise patients with walking aids	<ul style="list-style-type: none"> <li>Small scale mobilisation training program (Theory &amp; Practical) for Ward 12C &amp; 12D nurses/healthcare workers conducted</li> <li>Train-the-trainers course for the Ward</li> <li>1 walking frame loaned to each ward by the Physiotherapy Department</li> </ul>	18 Aug 2017
	<ul style="list-style-type: none"> <li>Massive training to Ward 12C &amp; 12D nurses/healthcare workers (80%)</li> <li>Demarcation of a parking lot for the walking frame</li> </ul>	27 to 29 Sep 2017

## Results



## Cost Savings

There was a significant improvement in patients being weaned off diapers by POD 3 as a result of improved early post-operative mobility from 50% to 85%. Not only does weaning off diapers early equate to substantial savings at approximately \$2,843 per year per person. It also improves the patients' quality of life and self-esteem.

## Lessons Learnt

- Engagement and buy-in from the ground nurses is extremely important.
- Empowering the ground staffs to find ways to improve the post-op early mobilisation.
- Collaborative work with constant communication between physiotherapists, nursing supervisors and ground nurses are important for success.
- Change truly occurs in small steps - believe in them and we can truly create change with time, patience, dedication and teamwork!

## Strategies to Sustain

- Performance board to communicate improvement results to staffs & leaders.
- Regular improvement huddles to review performance, support the new initiative introduced and change of work culture.
- Empower the ward nurses to sustain improvements and assign responsibility to lead the change