

## Promoting an Interdisciplinary Culture of Mobility in the Acute Care Environment: One Hospital's Progress

### Presenters

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### Instructional Level

Intermediate

### Course Description

In the acute care environment Physical Therapists' main focus is to improve the mobility of their patients and decrease hospital falls. However, they find themselves in a constant battle against Hospital Acquired Functional Decline (HAFD). Current evidence proves immobility in the hospital leads to many ill-effects including decreased balance/increased falls, decline in medical status, loss of function and longer length of stays. Evidence proves that walking and strengthening can help prevent decline, but many Acute Rehab departments struggle with how to reach those patients before they need PT services. This session describes the process one hospital has gone through to combine mobility with the Falls committee to address Hospital Acquired Functional Decline.

### Learning Objectives

1. Understand concept of Hospital Acquired Functional Decline (HAFD) including definition and related consequences
2. Identify challenges and barriers to successful implementation of mobility programs in an acute care environment
3. Describe 2-3 approaches for implementation of interdisciplinary education and culture change
4. Discuss opportunities for continued improvement and evolution of mobility culture

### Key References: Minimum of 5 current references

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Speaker 1 brief bio:

Nicola Beauregard, PT, DPT, MSHA is the manager of inpatient rehab services at Elliot Hospital, Manchester, NH and adjunct professor at Franklin Pierce University, Manchester, NH. She earned a bachelor's degree in physical therapy from University of New England in Biddeford, Maine, a Master of Science in Healthcare Administration from New England College and tDPT from A.T. Still University, Mesa AZ. She has spent the majority of her 30 year career in the inpatient and acute care environments, 27 years in supervisory and leadership roles with continued patient care involvement. Her specialties include critical care, neuro and multi-trauma. At Elliot Hospital, she has worked to promote a culture of mobility through interdisciplinary collaboration and education. Dr Beauregard teaches Multisystems 1 at Franklin Pierce University DPT program and assists with the Cardiopulmonary course.