FUNCTIONAL DECLINE RESOURCES

Mobilization of Vulnerable Elders in Ontario (MOVE ON) Resources

OVERVIEW:
Mobilization of Vulnerable Elders in Ontario (MOVE ON) is a project funded by the Council of Academic Hospitals of Ontario (CAHO) under the Adopting Research to Improve Care (ARTIC) Program. MOVE ON is being implemented in 14 teaching hospitals across Ontario. The goal of MOVE ON is to implement an evidence-informed early mobilization strategy to prevent functional decline in older patients admitted to hospital.

AUTHORS/PRIMARY REFERENCE:
The principle investigators of MOVE ON are:

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STRUCTURE OF THE RESOURCE:
This resource package includes many of the materials used by hospitals in their implementation of MOVE ON. These include educational presentations, a mobility assessment algorithm, and staff/patient/family handout materials.

BASE OF EVIDENCE/PSYCHOMETRIC PROPERTIES:
The MOVE ON evaluation is a mixed-methods design. Quantitative outcomes employ interrupted time series methodology, and qualitative results are derived from semi-structured interviews of health care professionals, managers, patients, and family members.

TARGET POPULATION AND SETTING:
- The MOVE ON interventions target older patients of all functional levels admitted to acute care hospital

INTENDED USER(S):
- These resources can be used by clinical educators, knowledge-to-practice coaches, front-line clinical staff, and patients and families as reference materials where appropriate

NOTES ON USING THE RESOURCES:
- As with all clinical practice resources, recommendations are provided for information purposes only and the most appropriate care for each individual patient must be determined by the health care team or professional based on available information and clinical rationale

WHERE TO GET THE RESOURCES:
- The following resources may be shared, provided MOVE ON and its investigators are acknowledged as the source of these materials:
  - Early Mobilization Assessment Algorithm
  - Teaching Slides – MOVE ON Overview
  - Teaching Slides – Review of Mobility ABC’s
  - Teaching Slides – Natural Opportunities for Mobility
  - Teaching Slides – Transfer Techniques and Ergonomics
  - Teaching Slides – Tips for Ceiling Lifts
  - Teaching Slides – Documentation and Communication
  - Poster for Hospital Staff: “Hazards of Immobility”
  - Poster for Patients and Families: “Benefits of getting out of bed while in hospital”
  - Pamphlet for Patients and Families: “Keep Moving – Myths and Facts about Being Active in the Hospital”

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