

Physical Therapists appear to report higher Highest Level of Mobility (HLM) Scores than Registered Nurses at an Urban Medical Center in Louisiana

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Introduction

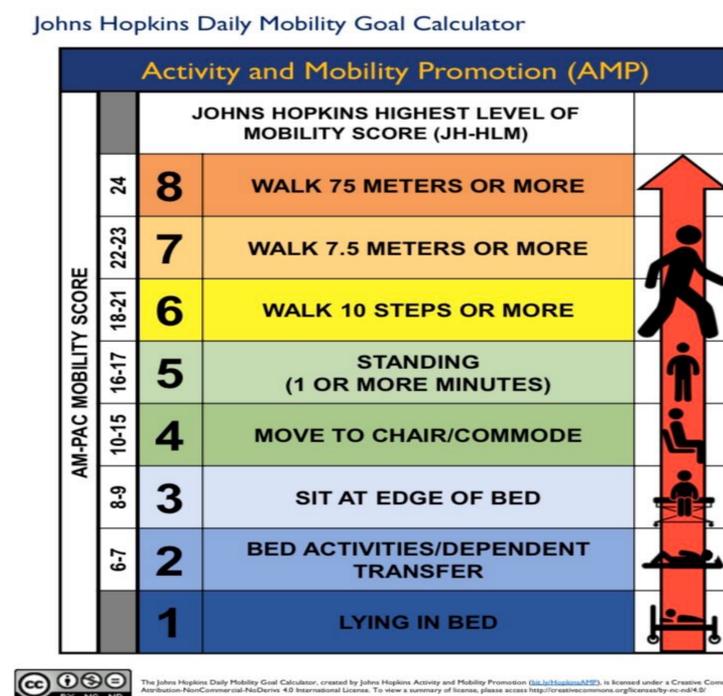
There are over 30 million people hospitalized in the United States yearly. Hospital stays can increase the risk of mobility loss or diminished function in patients. This can lead to reduced ambulation well after a patient's hospital stay; therefore, it is very important to reduce this risk while patients are in the hospital. John's Hopkins Hospital started the Activity and Mobility Promotion (AMP) program to help patients be active in the hospital and reduce the risk of patient function or mobility loss. Now, the AMP project is being used in many hospitals around the country to help reduce this risk. Our Lady of the Lake Regional Medical Center is one of the hospitals in Louisiana that is researching AMP.

Methods

At Our Lady of the Lake, 4 wards were designated as AMP pilot units. These wards include the med 5, neuro, STU and 4MNT units. Data regarding patient activity was taken at random times by distinguished observers. Observers were from many different professions and included physical therapists, medical students, registered nurses, and research personnel. Observers would check on patients throughout the day and note their activity at that time. They would give patients a score between 1 and 8, 1 representing low patient mobility (lying in bed) and 8 representing high patient mobility (walking >250 feet). It is planned to implement the AMP project hospital-wide after sufficient data from these 4 pilot units is collected.

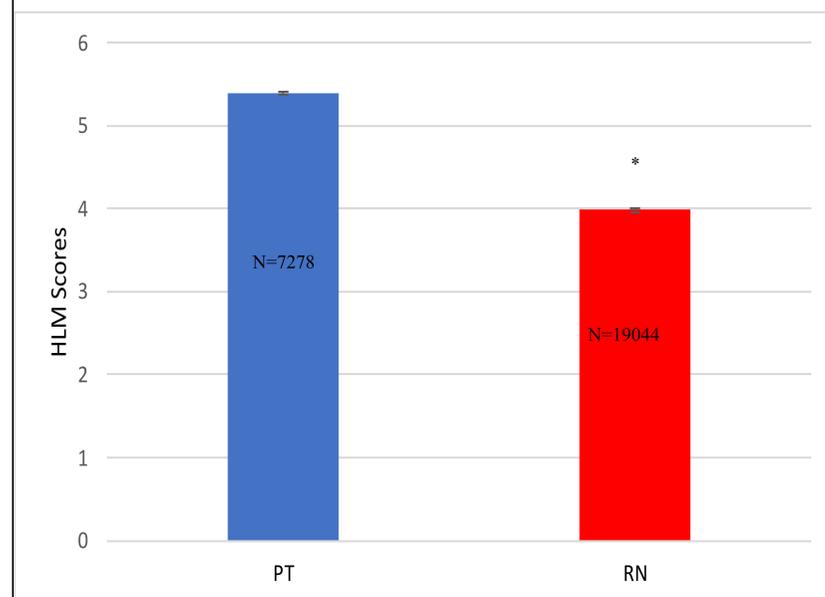
Mobility Goal Calculator

Figure 1. AM-PAC score recorded by medical professionals which correlates to an appropriate mobility goal on the JH-HLM scale.



Average HLM Scores

Figure 2. Average HLM scores reported between physical therapists and nurses at Our Lady of the Lake RMC. Star: P<0.05 when comparing PTs to RNs.



Results

- The data collected shows that PTs, on average, report higher HLM scores as compared to RNs. The average HLM score reported by PTs was 5.39 with an SE of 0.021. Nurses reported an average HLM score of 3.97 with an SE of 0.018.
- There is a significant difference in the HLM rating between PTs and RNs at Our Lady of the Lake RMC (p<0.05).
- Physical therapists usually have designated routine physical therapy practice where they can get the patient to increase their mobility. This time may not be allotted for RN's. Additionally, physical therapists may have encouraged patients to be more active during their physical therapy sessions.

Conclusion

Preliminary data has shown the critical importance of AMP. In our study, we can conclude that PTs, on average, report higher HLM scores than RNs. Further research should be done to determine how PTs and RNs are assigning HLM scores at Our Lady of the Lake RMC.