

Alberta's Strategic Clinical Networks

Mobilization of Vulnerable Elders (MOVE)



The Goal

The purpose of Mobilization of Vulnerable Elders (MOVE) project is to implement and evaluate the impact of an evidence-based strategy to promote early mobilization in older patients admitted to hospitals. Early mobilization strategies for older patients have been shown to decrease acute length of stay, improve the rates of return to functional status, and increase rates of discharge to home.



The Process

The MOVE project strategy shifts mobilization from being a designated task assigned to a single professional group to a shared team responsibility. The MOVE project uses three key actionable recommendations to increase patient mobilization: 1) Mobilize patients at least 3 times a day; 2) Use progressive, scaled mobilization; and 3) Implement the mobility assessment and care pathway within 24 hours of hospital admission. Hospitals then select and tailor educational activities that best suit their unit, such as education modules, team huddles and/or coaching.

The Outcome

When the MOVE project was initially implemented in 14 hospitals across Ontario:

- It demonstrated that an early mobilization intervention can be tailored to different unit types with significant improvement in mobility outcomes.
- It fostered inter-professional collaboration. Many diverse individuals championed MOVE at their sites, which led to greater project support.
- Many participating sites rolled out the intervention corporately and have routinized mobilization practices at the hospital level.

MOVE has spread to number of hospitals in Ontario and Alberta, with growing interest across Canada and Internationally.

The Team

This project is being rolled out by four hospitals across Alberta, with funding support from a CIHR Knowledge to Action grant: Chinook Regional Hospital (Lethbridge); Medicine Hat Regional Hospital; Olds Hospital and Care Centre; Sturgeon Community Hospital.