

Mobility Assessment






Ask your patient ... how he/she was getting about prior to their hospital admission:

- ✓ Use of aid and level of supervision required
- ✓ Ability to get up /down stairs – explore use of handrails, stairlift, etc
- ✓ What sort of distance were they walking?
- ✓ Ability to walk outdoors, over uneven surfaces, on/off pavements
- ✓ Issues with reduced BP on standing

Assess the patient

- ✓ Check SEND for fitness to get out of bed. If in doubt, speak with a more senior colleague before working through the step-by step process below:

Can your patient....? If able, move to the next step. If unable, follow the arrow:

	<p>Sit up over the edge of the bed with minimal assistance?</p> <p>Balance in sitting independently not holding on for 2 minutes?</p>	<p>Unable?</p> <p>→</p>	<p>Use full sling hoist into a fully supporting chair if well enough.</p> <p>Use slide sheets on the bed</p>	<p>Bed exercises</p>
	<p>Fully straighten either knee and hold for 5 seconds whilst sitting on edge of bed?</p> <p>Bend ankle backwards and forwards?</p>	<p>Unable?</p> <p>→</p>	<p>Full sling hoist transfer into supportive chair</p>	<p>Bed or chair exercises</p>
	<p>Stand up and balance with minimal supervision only, taking weight through legs for 30 seconds, using walking aid as required.</p> <p>Repeat 3 times</p>	<p>Unable?</p> <p>→</p>	<p>Use a standing hoist to transfer into chair</p>	<p>Bed or chair exercises</p>
	<p>March on the spot & Take one step forwards and backwards...</p> <p>....using a walking aid if required</p>	<p>Unable?</p> <p>→</p>	<p>Transfer into chair using a rotastand or Sara Stedy or Ross ReTurn</p>	<p>Bed or chair exercises</p>
	<p>Walk 10 metres with their walking aid, with supervision only</p> <p>Place chair or perching stool halfway</p>	<p>Unable?</p> <p>→</p>	<p>Step transfer with frame or aid</p>	<p>Bed or chair exercises</p> <p>Standing exercises if walking independently</p>