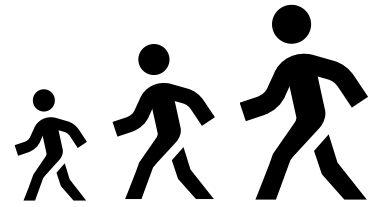


Movement Matters

What is Movement Matters?



Movement Matters is a progressive mobilization program to help prevent functional decline for patients in hospitals. Early mobilization can have a positive impact on reducing falls, on your length of stay, being designated as Alternate Level of Care (ALC), your ability to return home, and in reducing wounds and mortality. It will help you maintain your strength while preventing functional decline.

Why is Movement Matters important to me? Because it will:

- Help decrease your length of stay in hospital
- Shorten duration of delirium
- Improve return to independent functional status
- Decrease the risk of depression
- Increase the rates of discharge to home or your previous living environment

What are the benefits of participating in Movement Matters?

- Better breathing
- Better able to fight infections
- Better appetite
- Better sleep
- Better mood
- Less skin breakdown
- Less weakness and fatigue
- Less falls
- Less pain
- Less confusion

Who will be involved?

You and your health care team will work together to develop a plan that will help you to mobilize and to do even more as you begin to recover and build up your strength. Your nurse or another member of your health care team can support you.

How can I stay active while in hospital?

- Get up at the bedside for all meals – either in a chair or at the bedside.
- When you have visitors, get out of bed and sit in a chair.
- Walk around the unit, after assessment and direction from your health care team. Set goals to walk a greater distance each day.
- Do bed exercises on your own throughout the day. The therapy team will advise you on what exercises to do based on your health status and will provide you with instructions.

What is the Movement Matters Assessment?

The nursing staff, Physical or Occupational Therapist, or other member of the health care team will assess your Movement Matter level and write it on the white board at your bedside. This will let everyone who comes into contact with you know what you are able to do either independently or with support. Every little bit of activity can help you prevent functional decline while in hospital. Continue to perform tasks that you were able to do at home (dressing, walking to the washroom etc.). If you use gait aids or require proper fitting shoes ask your family to bring these to the hospital for you.

What if I am at risk for falls?




If you are at risk for falls the health care team may ask you to ask for assistance when mobilizing or doing exercises. Speak to your team to find out how they can support you in Movement Matters.

Want to learn more about Movement Matters?

Please take a few minutes to watch this video: <https://youtu.be/MVymx7zH86A>

Are there Movement Matters exercises I can do?

Yes, but first check with your Occupational or Physical Therapist to see what exercises they recommend for you. Once you have that information go to the Movement Matters Exercises and follow along with the instructions. Below is the Movement Matters Assessment that is completed to determine the level of movement appropriate for you.

	STEGH STAFF	PATIENT	FAMILY/VISITORS
 <p>ABLE TO WALK</p>	<ul style="list-style-type: none"> Walk Walk to bathroom, shower, family room, gym, stretcher Up for meals, linen changes 	<ul style="list-style-type: none"> Walk 3x/day Walk to bathroom, shower, family room, gym, stretcher Up for meals, linen changes 	<ul style="list-style-type: none"> Walk Walk to bathroom, shower, family room, gym, atrium Up for meals, linen changes, visits
 <p>ABLE TO MOVE BED TO CHAIR</p>	<ul style="list-style-type: none"> Transfers to chair Up for meals, linen changes, commode, family room, gym Wheelchair for transport vs. stretcher 	<ul style="list-style-type: none"> Transfers 3x/day Bed Exercises 3x/day Up for meals, linen changes, commode, family room, gym, atrium 	<ul style="list-style-type: none"> Bed Exercises Up for meals, linen changes, commode, family room, gym, atrium
 <p>UNABLE TO STAND</p>	<ul style="list-style-type: none"> Sling lift to chair 1x/day To edge of bed to dangle legs Bed Exercises 3x/day Up for meals, commode, family room, gym, atrium Rolling/bridging for sling lift, toileting, gown change, dressing, self-care, linen changes 	<ul style="list-style-type: none"> Bed Exercises if appropriate Rolling/bridging for sling lift, toileting, gown change, dressing, self-care, linen changes, answering phone, eating meals 	<ul style="list-style-type: none"> Bed exercises Rolling/bridging for sling lift, toileting, gown change, dressing, self-care, linen changes Encourage independence when appropriate