

Progressive Mobility Initiative

On April 22, 2014 Clark Memorial Hospital initiated a Progressive Mobility Program (PMP) throughout the hospital. This new program is evidencebased practice with the most recent standards of care incorporated. We chose to model our program after a program that Hill-Rom^R created in conjunction with national leaders who have researched best practice methodology. The program is essentially a 5 step process that starts on admission and continues to discharge. The goal is to minimize the amount of mobility lost during a hospital stay and return the patient to baseline as soon as possible. The 5 steps are:

Step 1: Breathe

Step 2: Tilt

Step 3: Sit

Step 4: Stand

Step 5: Move

A detailed description of the protocol and all steps involved can be located on ClarkNet.