

The Impact of 6 Clicks Mobility Form on Nurses' Confidence in Early Ambulation of Cardiac Patients.

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The Impact of 6 Clicks Mobility Form on Nurses' Confidence in Early Ambulation of Cardiac Patients

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Background/Triggers

- Observation for the improvement of early mobility in patients on cardiac units
- Potential complications from not ambulating while in the hospital
- Inpatient cardiac nurses' statements of uncertainty in determining patient's mobility status based on physical ability
- Unnecessary PT consults impacting and delaying discharge

PICO Question

- The Impact of 6 Clicks Mobility Form on Nurses' Confidence in Early Ambulation of Cardiac Patients

PICO Question

P – Registered nurses IPCU & RHCM

I – 6 Clicks Mobility Tool

C – Comparing nurses' current decision making practice to utilizing 6 clicks tool

O – Increase nurses confidence in early patient mobilization

Evidence

- On LVHN unit 5C, a nurse-driven evaluation tool to screen patients for appropriate PT consults was used to reduce unnecessary consultations and wasteful spending. Prior to the implementation of the screening tool, 40% of patients were ordered PT consults; 5 months after implementation, only 22% of patients were ordered PT consults (Diasio & Teets, 2015).
- The "6-clicks" scoring tool was found to be both valid and consistent in predicting patients requiring more than one PT visit (Jette et al., 2014).
- In one study, when used as a nurse-driven protocol, the number of patients who ambulated in the first 72 hours of their stay increased significantly when using the "6 clicks" tool to evaluate potential ambulation status (Drolet, et al., 2013).
- Intraclass examination of "6-clicks" tool reveals a high agreement between mobility scores for patients when comparing PT and RN grading usage, confirming the usability of the tool to predict ambulation (Jette et al., 2015).

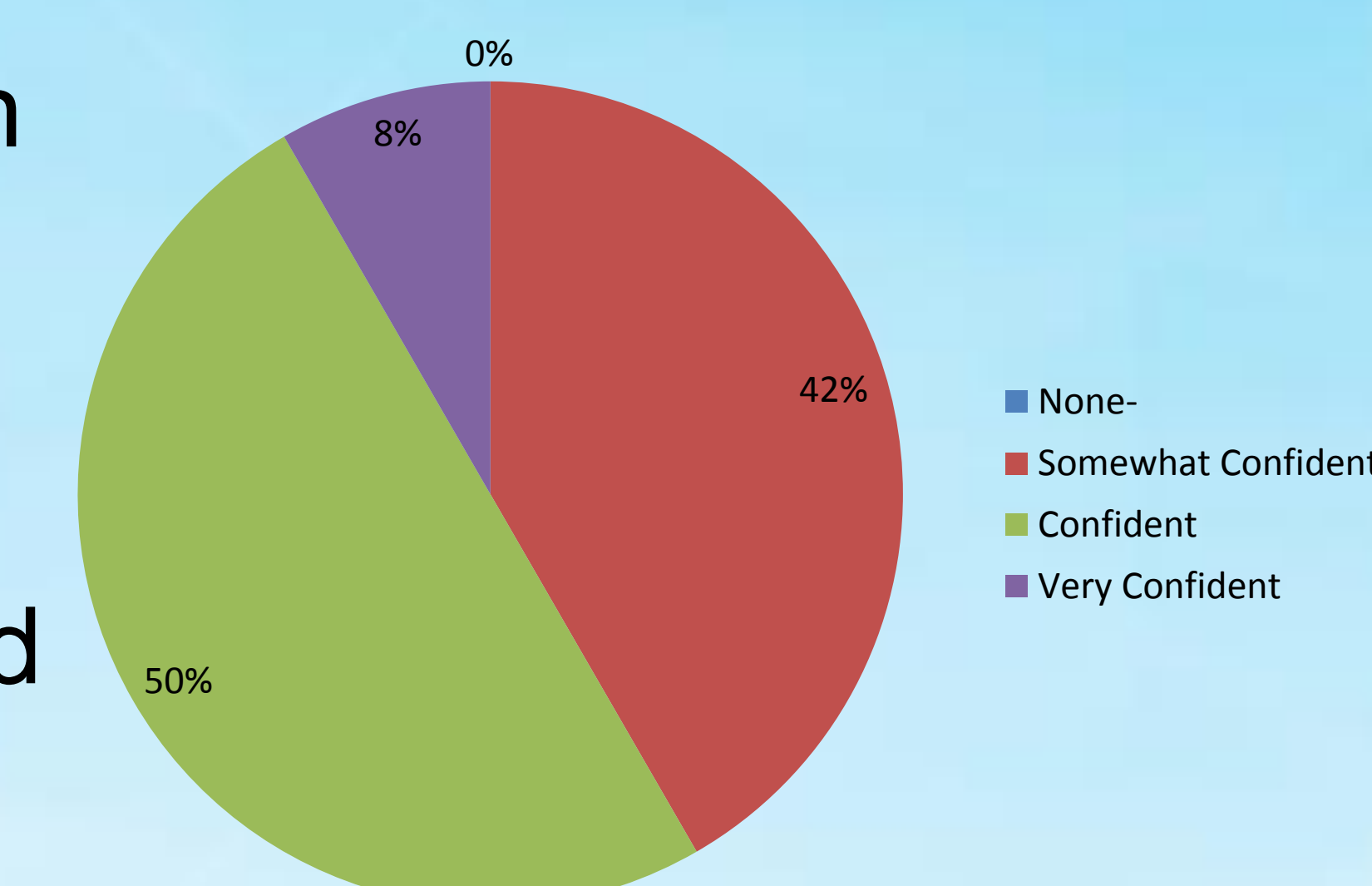
Implementation Plan/Methods

- Surveying nurses on their confidence in predicting their patient's mobility
- Nurses utilizing 6 Clicks Tool to assess patient's mobility
- Assessing nurses' confidence in ambulating patients while utilizing 6 Clicks Tool

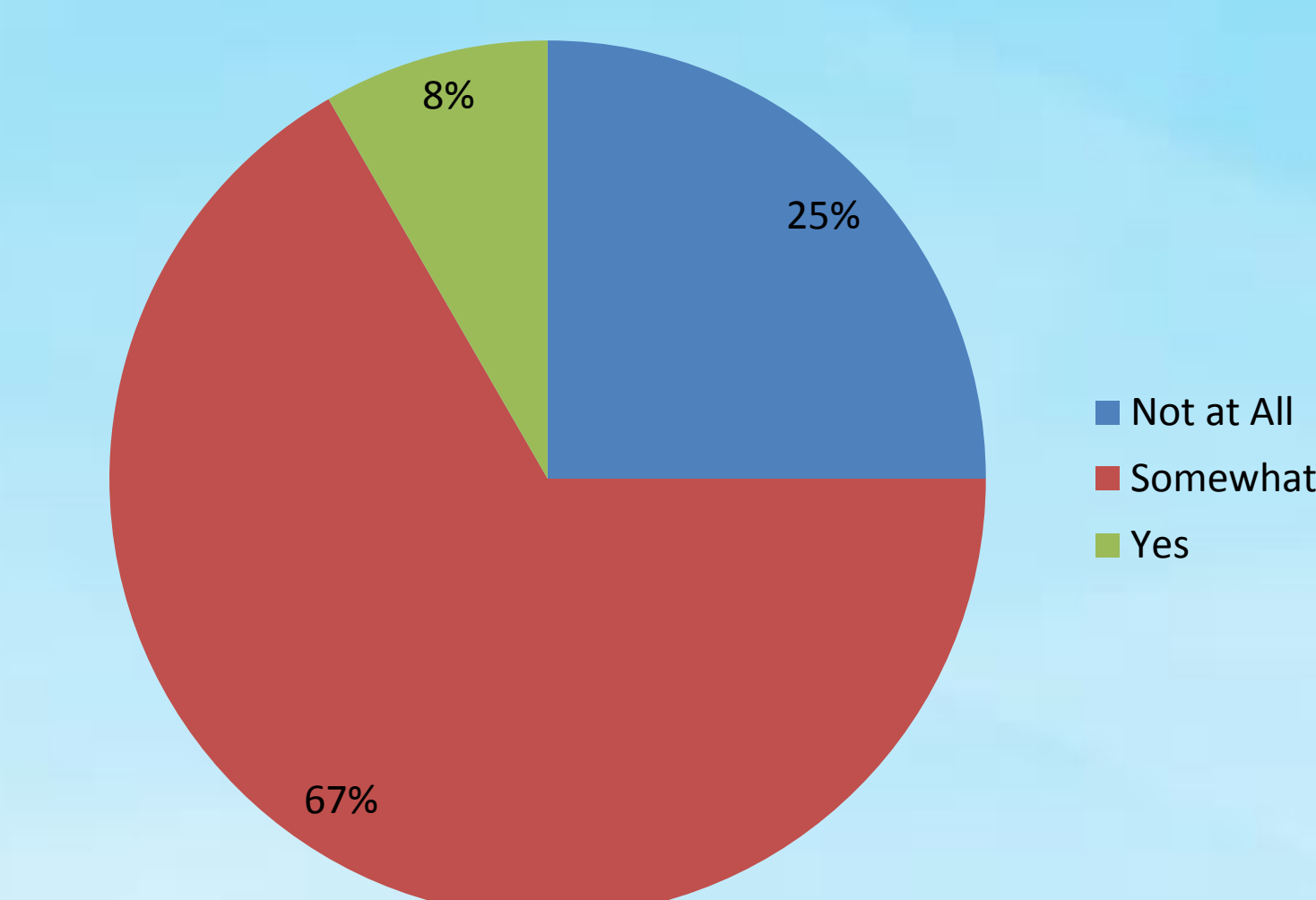
Outcomes

Nurses' Confidence in Independently Determining Patients' Ambulation Ability

Pre-Assessment:
"What is your confidence level in assessing whether a patient is appropriate to get out of bed?"



Pre-Assessment:
"After using the 6 Clicks Mobility Tool, has your confidence level increased?"



- Nurses stated that while their confidence levels in ambulating patients increased after using the tool, actual early ambulation of patients did not.
- Nurses were hesitant to add another tool to current required charting.
- Nurses reported they were unsure of reliability of tool based on subjective nature of questions.
- Further studies and teaching regarding the 6 Clicks Basic Mobility Tool should be conducted on inpatient units.

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