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### Leveraging Leadership Strategies and Unit Outcomes by Decreasing Hospital Acquired Conditions with an Innovative Role Mobility Associate

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# Leveraging Leadership Strategies and Unit Outcomes by Decreasing Hospital Acquired Conditions with an Innovative Role-Mobility Associate

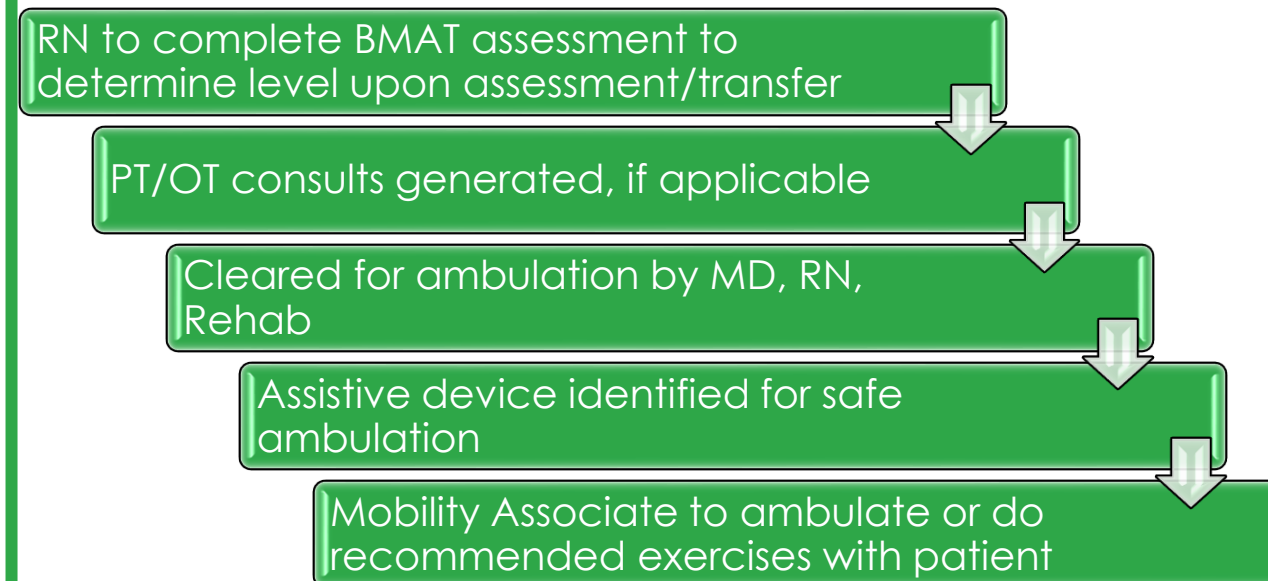
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**West Kendall Baptist Hospital**



## Background/Significance

- Due to an increase of one medical-surgical unit's hospital-acquired conditions (DVTs, falls with injury, and hospital-acquired pressure injuries [HAPIs]), physicians, rehab and nursing collaborated to implement the Bedside Mobility Assessment Tool (BMAT) evidence-based practice initiative.
- Leadership and rehab ensured education and rollout was successful. However, the unit lacked resources to bring BMAT to life.

## Methods



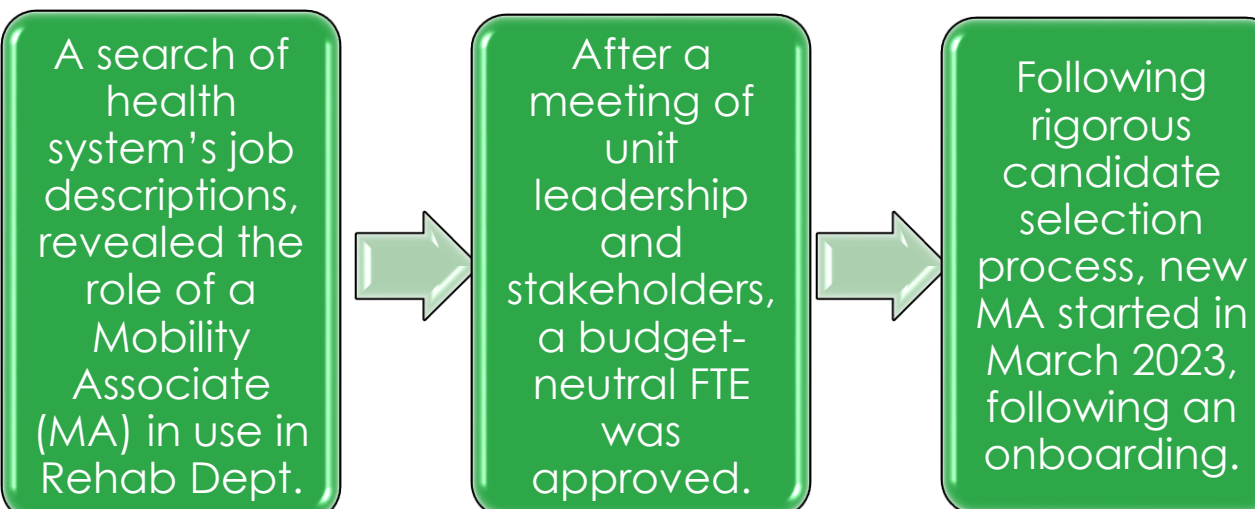
- The Mobility Associate was created to tackle the challenges of patient immobility related to staffing constraints.
- This role was added to Clinical Partners competency to be replicated in other med-surg units and improve their outcomes.

## Discussion/Conclusion

- The innovative integration of a MA into the nursing team, successfully embraced by the interdisciplinary team, resulted in a significant improvement in patient outcomes.
- Creative leadership strategies to think outside the box in creating a budget-neutral, innovative solution, improved patient outcomes, and staff satisfaction.

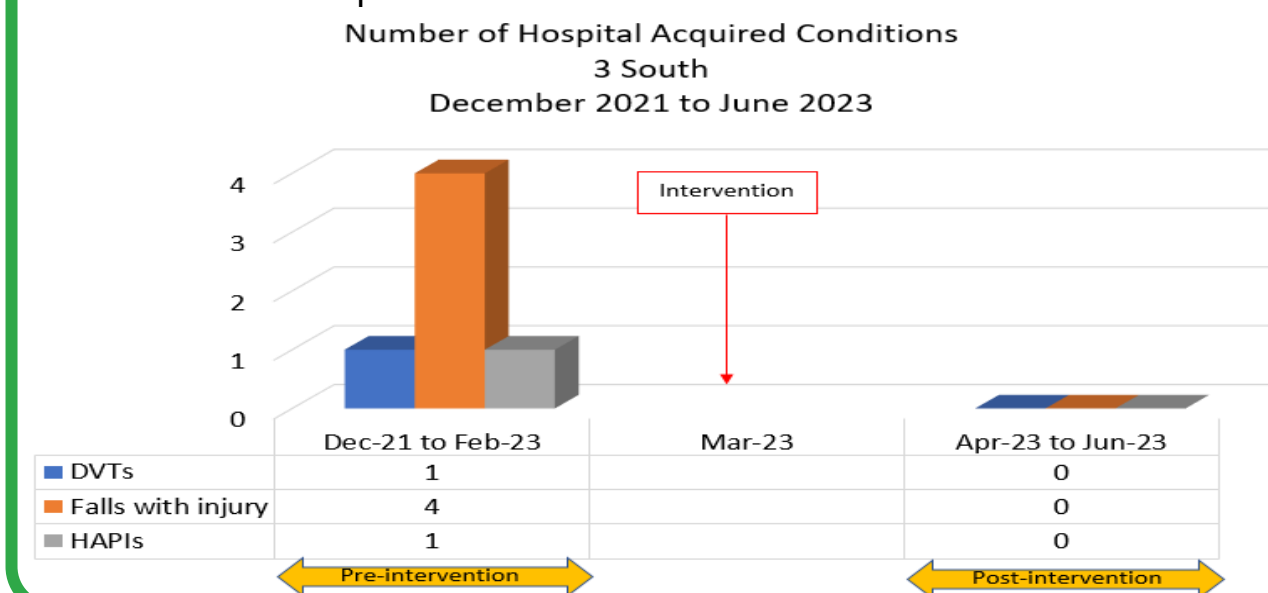
## Project Goal/Objectives

- The purpose of the project was to innovatively pioneer a role with clear expectations to mobilize patients that positively impacts patient outcomes.



## Outcomes

- Prior to MA starting, unit experienced one DVT, four falls with injury, and one HAPI.
- Post start of MA, unit experienced zero DVTs (100% ↓), zero falls with injury (100% ↓), and zero HAPIs (100% ↓).
- Unit staff also provided positive feedback after MA role implemented.



## References

Wu, X., Li, Z., Cao, J., Jiao, J., Wang, Y., Liu, G., Liu, Y., Li, F., Song, B., Jin, J., Liu, Y., Wen, X., Cheng, S., & Wan, X. (2018). The association between major complications of immobility during hospitalization and quality of life among bedridden patients: A 3 month prospective multi-center study. *PLoS one*, 13(10), e0205729.

<https://www.safety.duke.edu/duke-moves/bmat-bedside-mobility-assessment-tool>

