

NURSING CLINICAL PROTOCOL

IMMOBILITY

- PURPOSE:** To outline the management of patients with impaired physical mobility.
- ASSESSMENT:**
1. Assess patient's mobility status on admission and a minimum of every 8 hours (ICU: every 4 hours).
 2. Assess every 8 hours for complications of immobility such as:
 - Decreased or abnormal breath sounds
 - Dizziness, weakness
 - Changes in mental status, including
 - Depression
 - Agitation
 - Confusion
 - Skin breakdown / redness
 - Urinary burning, dysuria, retention
 - Constipation
 - Feelings/concerns about mobility limitations and altered body image
- PULMONARY CARE:**
3. Encourage coughing and deep breathing exercises or spirometry use every 2 hours, unless contraindicated.
- TURNING AND POSITIONING:**
4. Turn and reposition a minimum of every 2 hours.
 5. Maintain functional body alignment.
- ACTIVITY LEVEL:**
6. Encourage and facilitate progressive activity and activities of daily living independence as ordered.
 7. Encourage and assist patient to comply with Physical Therapy regimen
 8. Assist with active/passive ROM a minimum of every 4 hours.
- NUTRITION/HYDRATION:**
9. Encourage liquid intake unless contraindicated by medical condition
 - Adults: 2000-3000 ml/day
 - Pediatric: based on weight
 10. Encourage and record food intake.
- SAFETY:**
11. Keep siderails up and bed in low position when patient is unattended.
 12. Ensure call light is within reach.
 13. Obtain adequate assistance when moving patient. Use appropriate assistive devices./equipment
 14. Monitor tolerance to increasing activity level.
- PATIENT/FAMILY TEACHING:**
15. Teach the following:
 - Complications of immobility and preventive measures
 - Importance of diversional activity
 - Importance of verbalization of feelings
- ADDITIONAL PROTOCOLS:**
16. Refer to the following as indicated:
 - Falls/Injury Prevention
 - Pressure Ulcer Prevention and Management
- REPORTABLE CONDITIONS:**
17. Report the following to the physician:
 - Initial onset of immobility complications
 - Deterioration from baseline
- DOCUMENTATION:**
18. Document according to documentation standards.

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