

# Combating the Hospital Immobility Harm

## eLearning: Frontline Onboarding and Training

This approximately 1 hour, self-paced course aims to educate nursing and other front line staff on the consequences of immobility harm, how to utilize functional measurement tools, techniques for engaging patients, and moving patients safely. This module can be loaded in your Learning Management System.

### Course Curriculum

#### **Module 1: Combating the Immobility Harm – An Introduction**

The purpose of this module is to highlight the consequences of immobility harm in hospitalized patients, and introduce Activity and Mobility Promotion (JH-AMP).

#### **Module 2: Activity and Mobility Assessment – Using the AM-PAC Tool**

The purpose of this module is to learn to assess, score and interpret the AM-PAC Inpatient Basic Mobility and Daily Activity Short Forms.

#### **Module 3: Scoring Mobility Performance – Using the JH-HLM Scale**

The purpose of this module is to explain and demonstrate how to use the Johns Hopkins Highest Level of Mobility (JH-HLM) Scale.

#### **Module 4: Setting Goals with the Johns Hopkins Mobility Goal Calculator**

The purpose of this module is to explain and demonstrate how to use the Johns Hopkins Daily Mobility Goal Calculator to set mobility goals that maintain and improve patient mobility.

#### **Module 5: Moving Safely - Using the JH-SPHM Guide**

The purpose of this module is to ensure staff are aware of the importance of progressing patient mobility while utilizing safe patient handling equipment to prevent staff injuries and harm to the patient.

#### **Module 6: Engaging Patients in Mobility - Overcoming Refusal**

The purpose of this module is to demonstrate techniques that healthcare professionals can use to engage patients and families in activity and mobility.

Contact [HopkinsAMP@jhmi.edu](mailto:HopkinsAMP@jhmi.edu) to for more information or to purchase eLearning modules.

