#everyBODYmoves

GLOBAL ONLINE SUMMIT

July 10-12, 2019

VIRTUAL CONFERENCE

As part of the Global Online Summit, tune into the free #everyBODYmoves virtual conference streaming online across the globe for 72-hour in partnership with #EndPJparalysis. The conference creates a forum for nurses, therapists and medical colleagues to share best practices for combating immobility harm. Conference sessions will entail presentations of case studies and research.

Link: www.healthservice360.co.uk/endpjparalysis-2/

Share during the VIRTUAL CONFERENCE

While all are welcome to join the virtual conference, we are also looking for presenters. We would appreciate at least one abstract submission from each participating organization. Presentations will be 30 or 45 minutes long and delivered online.

Examples of topics include:
- Scientific evidence (e.g. impact of deconditioning, impact data for mobilization)
- Starting, spreading, sustaining mobility initiatives (e.g. how you got going, what fun and/or other activities you did to engage staff, how you are sustaining momentum)
- Small scale change, whole systems change and in between

ABSTRACT STRUCTURE

Interested presenters should submit an abstract (300 words max) explaining what you did/are doing to promote mobility and why it may be of interest. You do not need to include references but please include a brief biography (<100 words), and your twitter handle if available, together with the abstract.

ABSTRACT SUBMISSION DEADLINE: Thursday, May 30

Email abstracts to HopkinsAMP@jhmi.edu

For more information, contact HopkinsAMP@jhmi.edu or visit hopkinsmedicine.org/pmr/everybodymoves
MOBILITY-A-THON ON SOCIAL

In collaboration with #EndPJparalysis, @HopkinsAMP promotes the #everyBODYmoves Mobility-a-Thon social campaign to combat immobility harm in the acute hospital and post-acute settings. This social platform allows clinicians to connect and share best practices for getting patients up, dressed and moving. Individuals or groups of any size are welcome to join. For best outcomes, we recommend identifying the following people:

**Executive Champions**

*Nurses, physicians, rehabilitation*

- Interface with other participating organizations
- Identify resources for promotion and messaging
- Gain buy-in and support from key stakeholders
- Provide updates to leadership
- Support event logistics and operations

**Unit-Based Advocates**

- Drive creative engagement and help overcome barriers at the unit level
- Assist in collecting success stories, best practices, and promotional materials
- Share successes through social media

**Talk About Mobility**

- What can you do to prioritize mobility?
- Does every care plan include a mobility goal?
- Are there barriers to getting out of bed?

**Share Successes on Social**

- Follow @HopkinsAMP on Twitter and use #everyBODYmoves and #EndPJparalysis
- Share your successes with videos, stories and photos
- Challenge other clinicians to prioritize mobility, safety and quality

**Messaging Tips**

- Use and share the #everyBODYmoves logo
- Identify social media savvy teammates
- Deploy messages at the organizational and individual level
- Establish a schedule for sending organizational messages
- Comply with organization-specific social media practice and policy

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