COMBATTING HOSPITAL IMMOBILITY HARM

Bed Rest is Bad

- Muscle mass decreases by ~1.5-2% per day during bed rest
- Increased risk for development of thromboembolic disease
- Increased risk for atelectasis that may contribute to pneumonia
- Raising the head of the bed causes greater pressure on the skin in the sacral region
- One study found 61 of 155 patients who survived a critical illness had contractures

What can you do?

Can patient walk?

**YES**

- Walk patient to the bathroom instead of using the bedside commode
- Encourage family and friends to walk with patient
- Take a walk down the hallway before or after each meal

**NO**

- Help patient to use the bedside commode instead of the bed pan
- Increase total amount of time spent outside of bed
- Help patient to sit in a chair for all meals

bit.ly/everybodymoves

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