**COMBATTING HOSPITAL IMMOBILITY HARM**

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**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?**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk patient to the bathroom instead of using the bedside commode</td>
<td>Help patient to use the bedside commode instead of the bed pan</td>
</tr>
<tr>
<td>Encourage family and friends to walk with patient</td>
<td>Increase total amount of time spent outside of bed</td>
</tr>
<tr>
<td>Take a walk down the hallway before or after each meal</td>
<td>Help patient to sit in a chair for all meals</td>
</tr>
</tbody>
</table>

bit.ly/everybodymoves

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