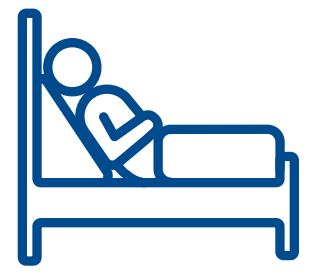


# COMBATting HOSPITAL IMMOBILITY HARM



## 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**?

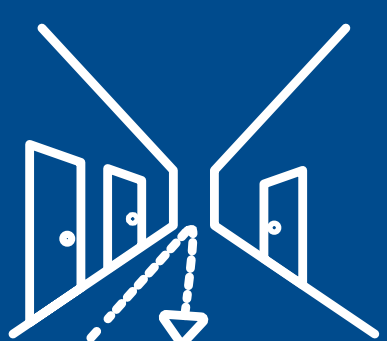
#### YES



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

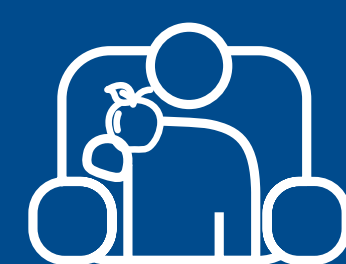
#### NO



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](http://bit.ly/everybodymoves)



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