**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.

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