

COVID-19: COMBATING HOSPITAL IMMOBILITY HARM



Bed Rest is Bad

For COVID-19 patients, these harmful side-effects are magnified by increased isolation and longer hospital stays:

Muscle mass decrease by 1.5-2% per day generally during bedrest

Increased risk for development of thromboembolic disease

Increased risk for atelectasis that may contribute to pneumonia

Patients are pre-disposed to hypotension

Can contribute to delirium and anxiety

Increased risk for pressure injuries

What can you do?

- 1 While patient is awake, maximize time upright in a chair or seated bed position
- 2 Complete strength exercises 3 times a day
- 3 Perform breathing exercises

Patient Can Walk

JH-HLM 6, 7 or 8



Stand beside the bed



Walk in the room as tolerated



Walk to the bathroom for grooming activities



Walk to the door prior to each meal

Patient Cannot Walk

JH-HLM 4, 3, 2



Use the bedside commode instead of a bed pan



Help patient sit in a chair or upright position for all meals



Wash face and brush teeth in the upright position



Try to increase standing tolerance

