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

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