




Hôpital **Montfort**

“MOVEing ON”

How Hôpital Montfort is ensuring sustainability
of the  **moveON** initiatives through the
Promotion of Mobilization (**ProMo**) program

Incorporate exercise into your daily routine the *EASY* way!



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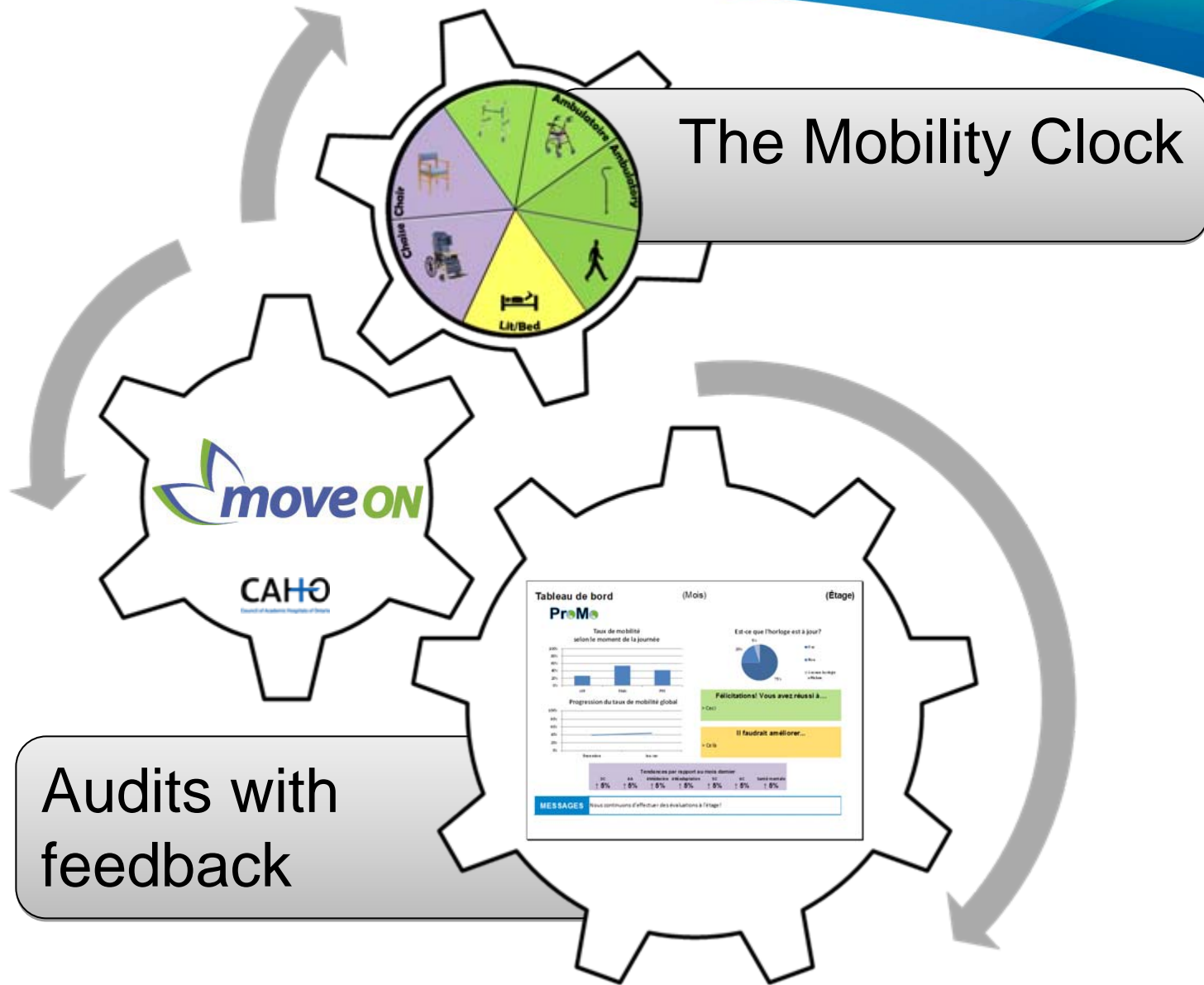
*POREN
KAP.
6.7.12*

Objective

Compare key elements of Hôpital Montfort's ProMo Program to your own initiatives

Key points

- ✓ Our transition from MOVE ON to ProMo
- ✓ Our current mobilization rates
- ✓ Our sustainability plan





ProMo

Promotion of Mobilization

Same Key Messages

- ✓ Within first 24 hours
- ✓ Progressive and scaled
- ✓ Three times a day

Different target group

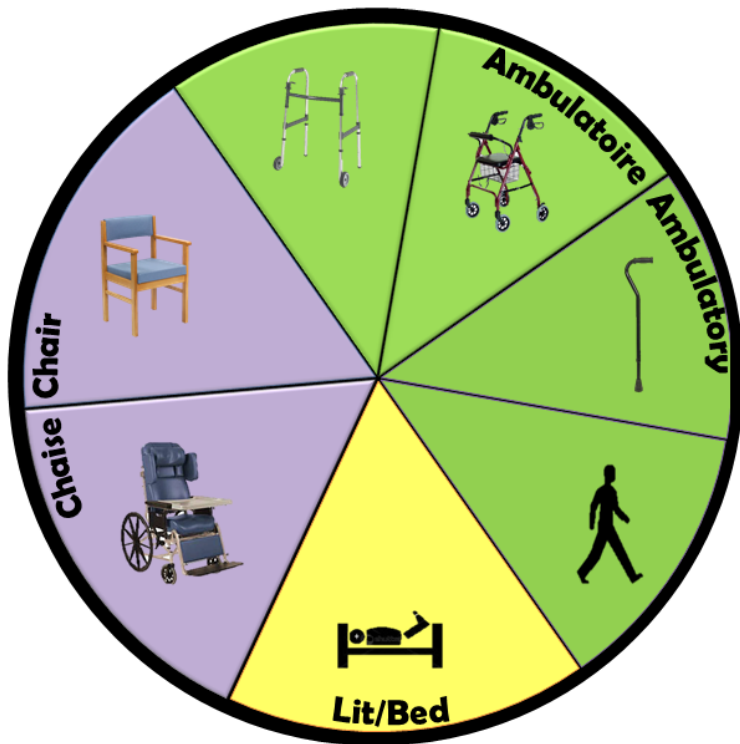
- ✓ All hospitalized patients on participating units
- ✓ Medicine, Surgery, Mental Health and emergency room

Reference: CAHO. Mobilization of Vulnerable Elders in Ontario (MOVE ON) ARTIC Project Participant Information Package. January 2012.



Setting the Clock to Walk

The Mobility Clock at the center of it all





Audits

Questionnaire via tablet computer

Part I General questions

- Date
- Time of day
- Unit
- Pre- or Post-intervention *
- Isolation

Part II Is the patient mobile?

- YES:
What is the observed level of mobility?
- NO:
Is the Mobility Clock set to "bed"?

Part III Does the clock seem to be up to date?

Comments

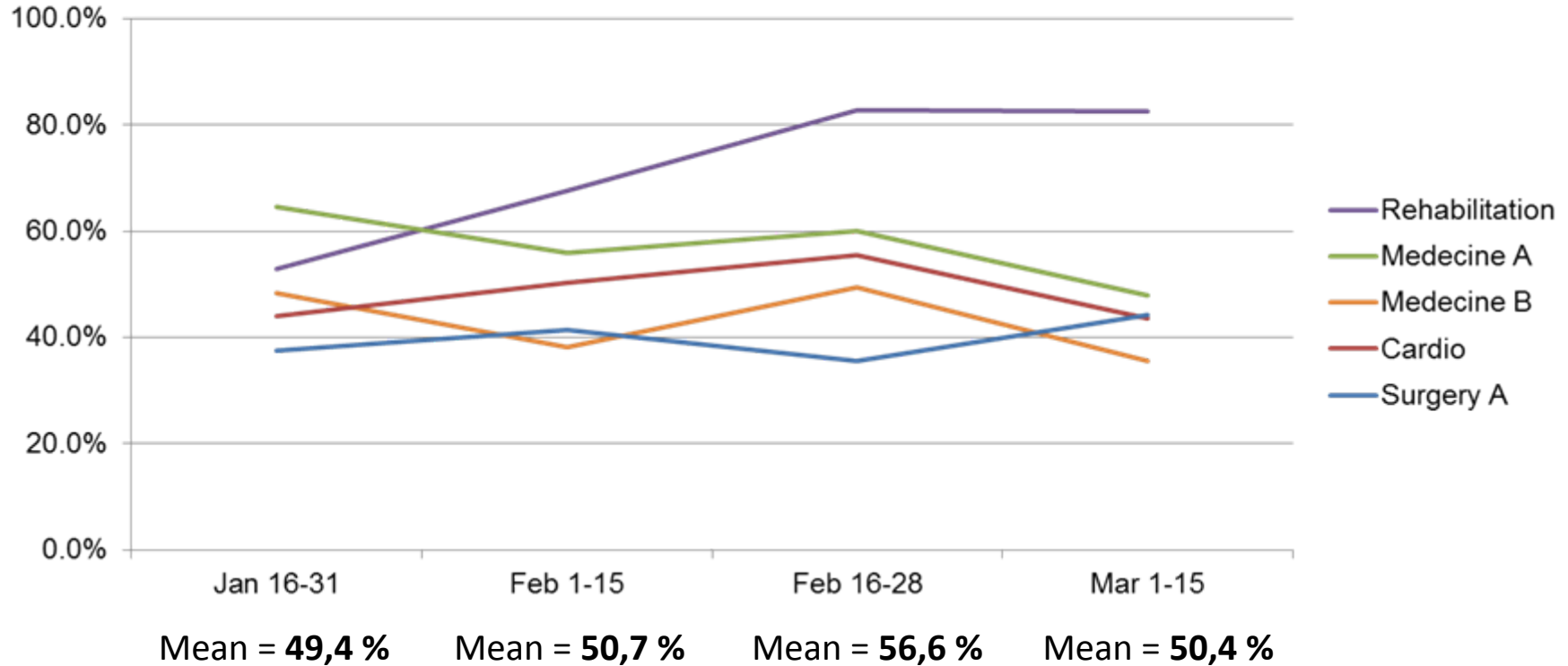
*Intervention: staff education



A bit of data...

General overview of mobilization rates

Progression

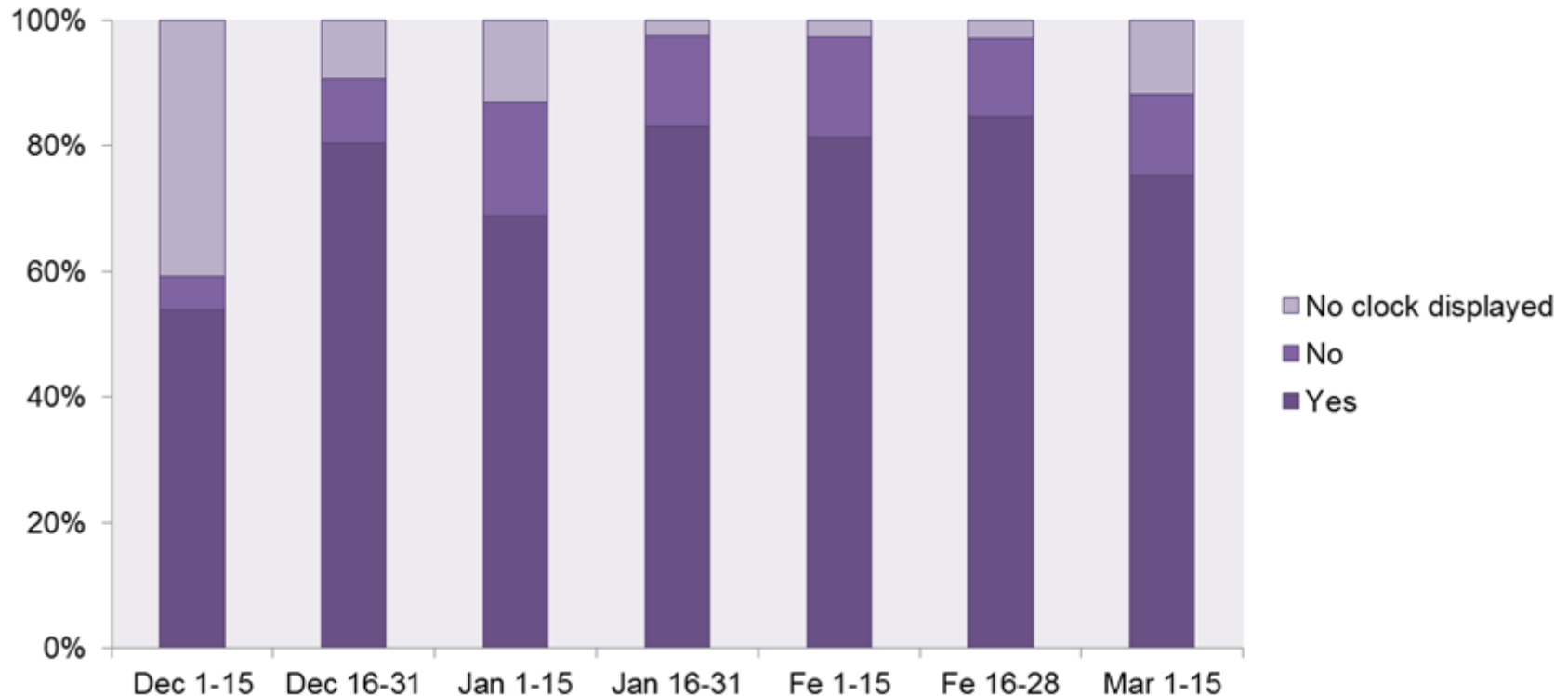




A bit of data...

The Mobility Clock

Does the clock concur with the patient's mobility level?



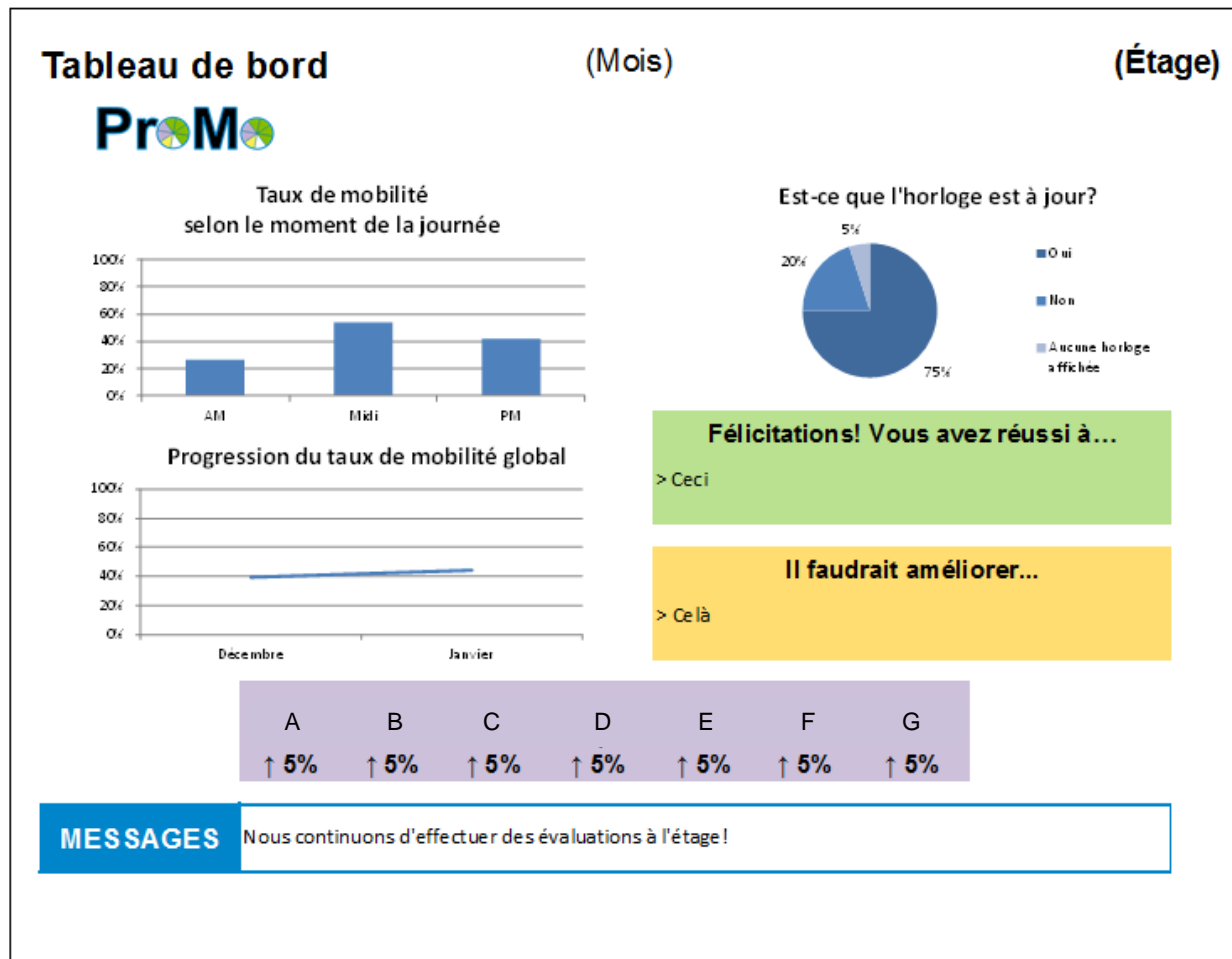


Sustainability plan

What are we up to?

- ✓ Late career nurses and Co-Op student
- ✓ Weekly evaluations and monthly feedback to the teams
- ✓ Mental Health Program (February/March 2014)
- ✓ ER (May/June 2014)
- ✓ Incorporating our online module into general orientation

Our «ProMo Scorecard»



ProMo

