



# Up for Meals

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# Welcome to A3 Medicine

At the Queensway Carleton Hospital

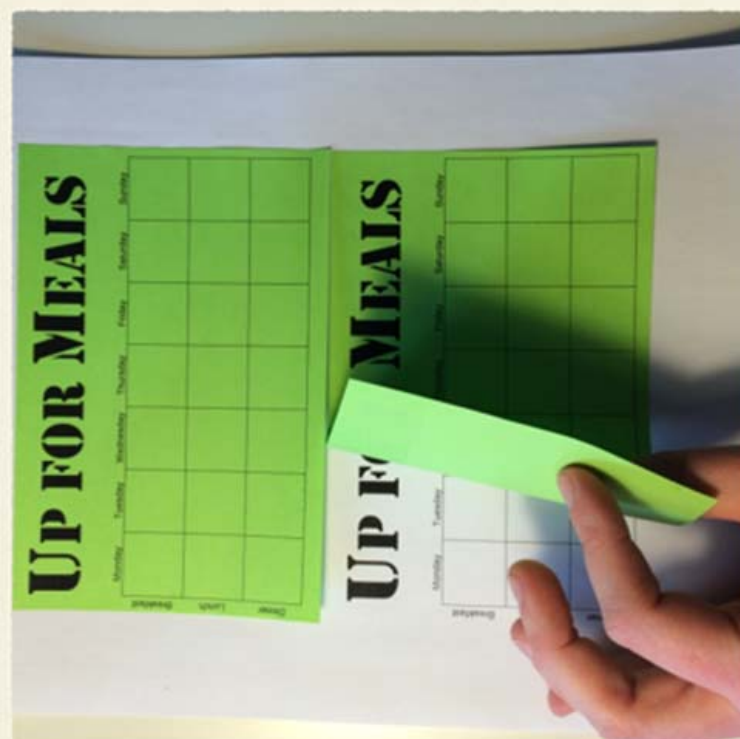
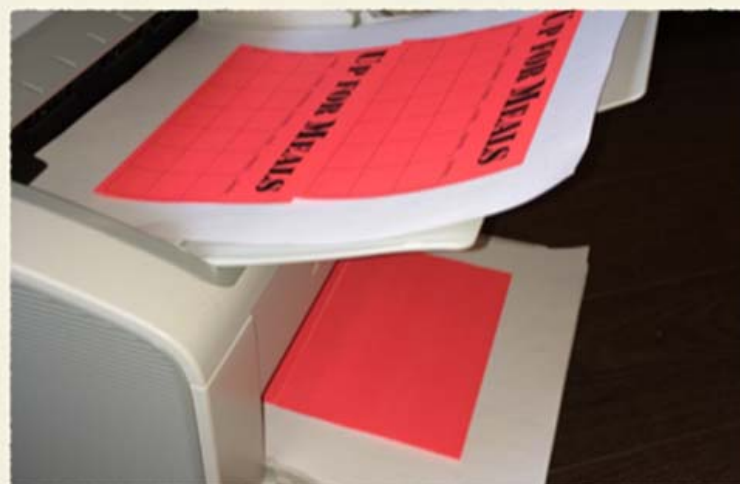
If we want to increase patient mobilization, where do we start?



# Project Planning

Let the activity of tracking mobility be the catalyst for an improved attitude toward mobilizing patients.





# UP FOR MEALS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

Our Tracking Tool



# Allow staff to choose comment

Tracking and  
interdisciplinary team  
communication

OR MEALS

3/13

Wednesday	Thursday	Friday	Saturday	Sunday
	N	N	N (too drowsy)	N
	N	N	N (too drowsy)	Y
	Y	N	Y	



# Making it easy...

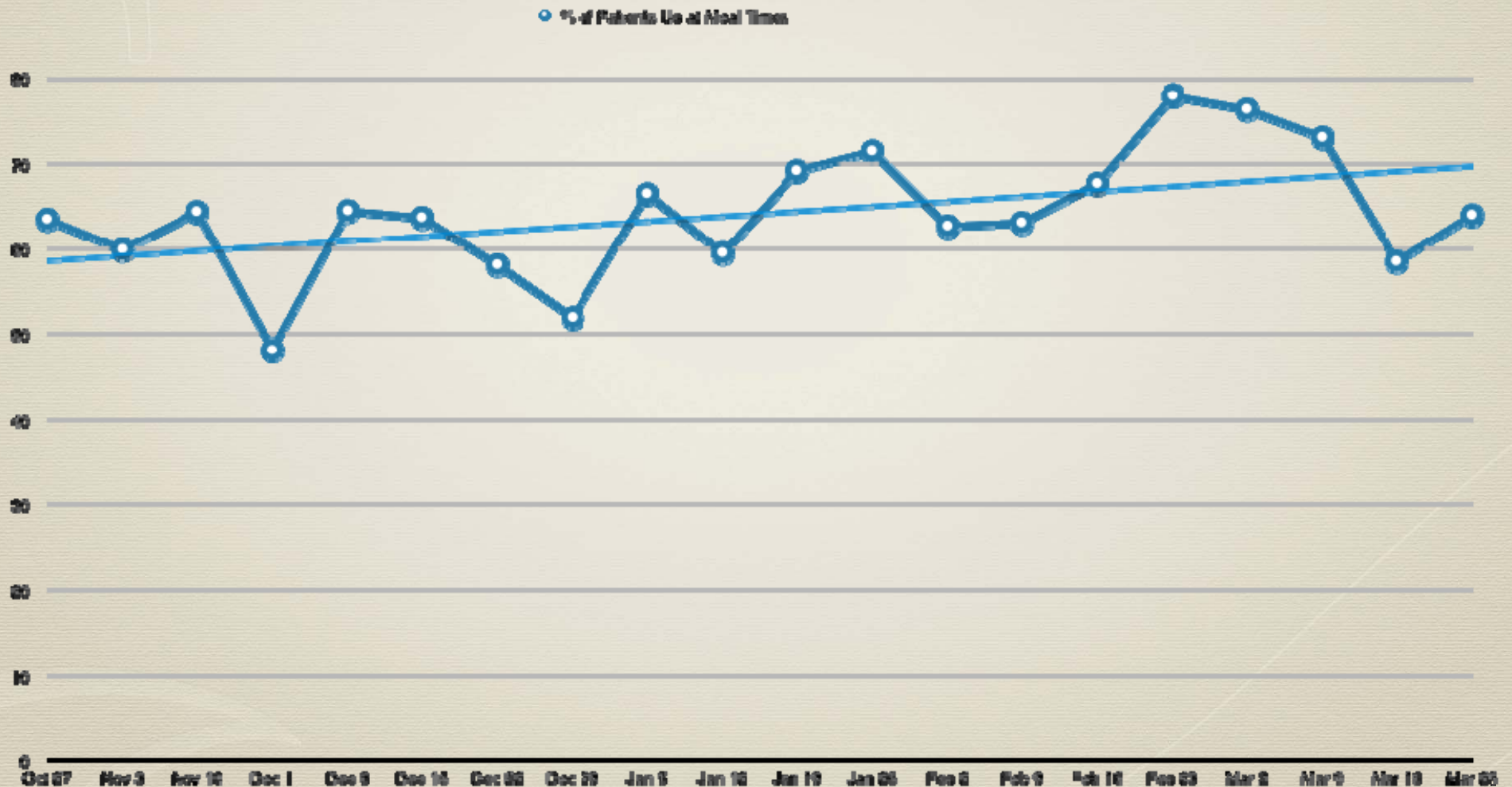
- High traffic zone
- Bright colours
- Simple format



# The Results

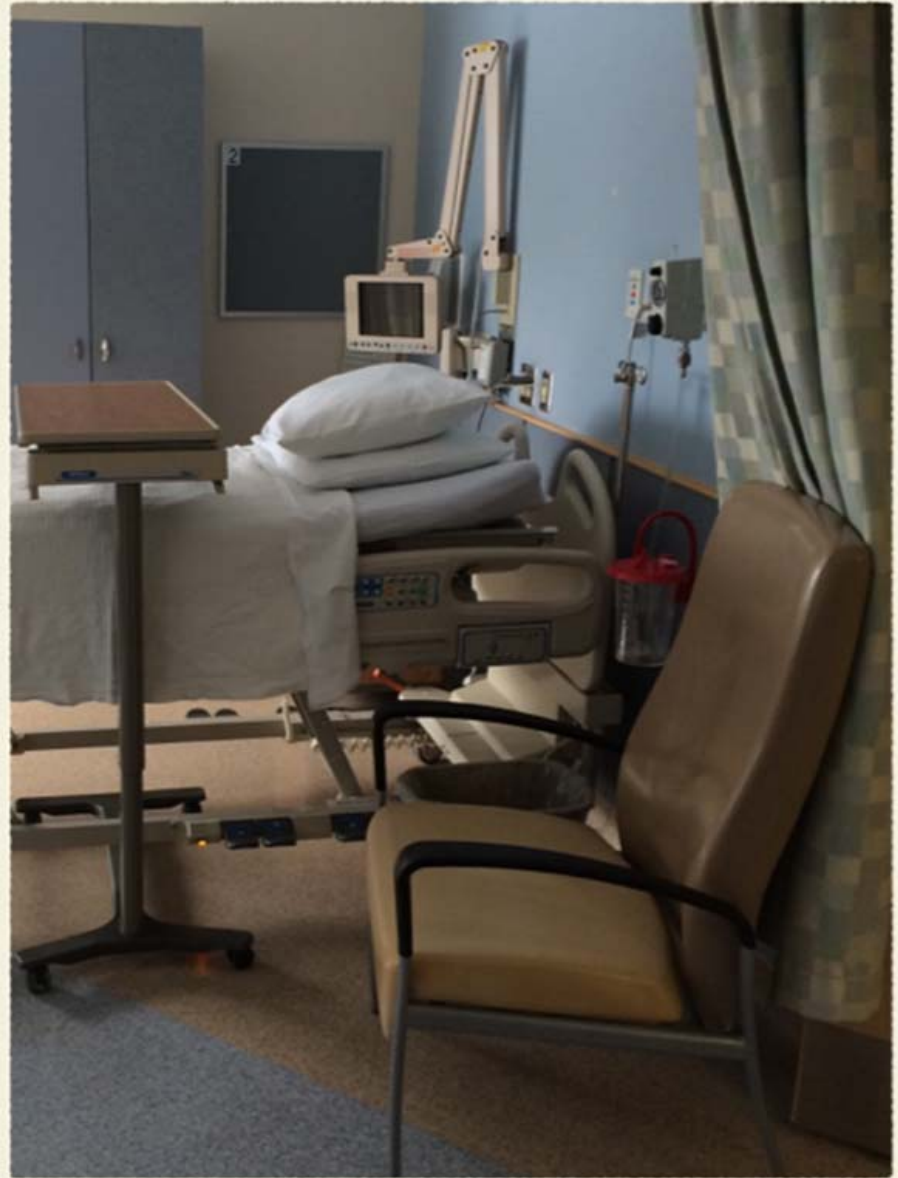


# Patients Up for Meals

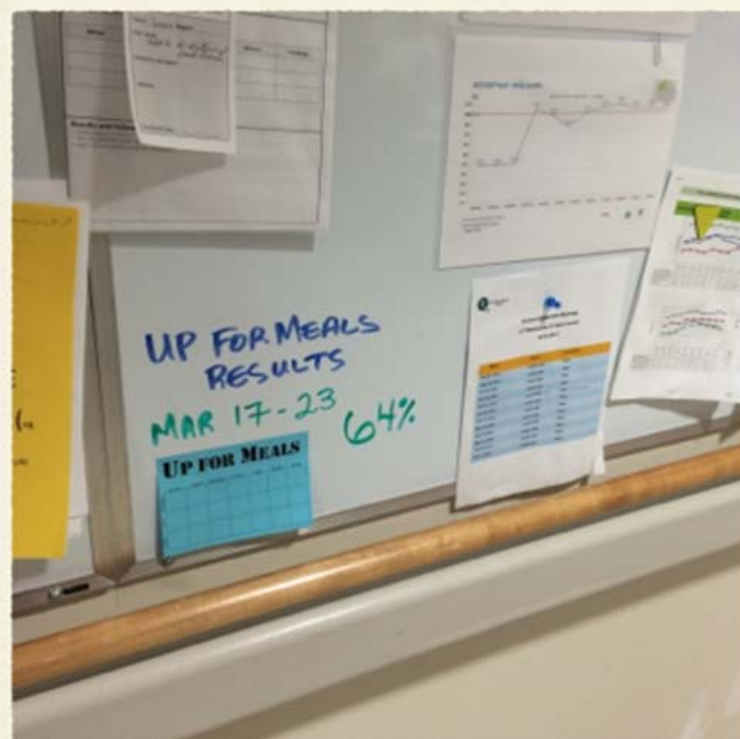


# Set for Success...

- Proactive furniture arrangement
- Mobility aids
- Decluttering







# Lessons Learned



# Staff members are interested in theories

- Prevent discouragement
- Improve data recording

4/10

	Friday	Saturday	Sunday
	N (Quadriplegia)	N (Quadriplegia)	N →
	N	N	N →
		N Quadriplegia	

When you say up  
for 'meals', it  
may be taken  
literally.

Here you can see a nurse  
has commented NPO.

**OR MEALS**

7/11

Wednesday	Thursday	Friday	Saturday	Sunday
R	X	N	Y	Y
2		NPO	Y	Y
2		Y	Y	Y





# Comments from Staff

“What happened? Aren't we doing it anymore?”

*–After a break following our initial 3 week trial of the project.*



“I can see what my patient was able to do yesterday and hopefully do the same or better.”

“It's really changed the way I plan my day with a patient.

I used to use bath time as my reason to encourage patients to get up, but that didn't happen until mid morning.

Now, my patients begin moving with breakfast."



# For more information:

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“Life is like riding a bicycle.  
To keep your balance, you must keep moving.”

*—Albert Einstein*