

Quiz for MOVE ON: Facilitating Mobilization

1. Mobility includes the following (choose one answer):

- Transfers
- Ambulating without a gait aid
- Sitting at the edge of the bed or in a chair
- Ambulating with a gait aid
- Bed exercises
- All of the above

2. Elderly patients lose 1-5% of muscle strength each day.

- True
- False

3. Mobilizing patients is the responsibility of (choose one answer):

- RN
- All health care professionals (OT, PT, SW, SPL etc)
- PCA
- Transport Worker
- Family
- All of the above

4. The best way for a frail older patient to improve during a hospital admission is to rest.

- True
- False

5. Complications of immobility include (choose one answer):

- Loss of 1 -5 % of muscle strength per day not mobilized
- Delirium
- Increased risk of falls
- Functional Decline
- All of the above

Staff Member Name:_____

Job Title:_____

Unit:_____

Date of Quiz Completion:_____ **Score:**_____

THANKS FOR YOUR PARTICIPATION!!!!

