



Queensway Carleton
Hospital

Move and Improve video on ACE unit

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Move and Improve Video

- Attended this Conference in 2015 and learned about Move and Improve Video from TOH PT
- Mary Haller, PT- presented idea to OT/PT and Geriatric Nurse specialist at QCH
- ACE administration agreed to get IPAD's
- Volunteer coordinator trained volunteers on ACE unit
- Implemented the program

Move and Improve exercise video

Objectives:

To implement the use of a chair exercise video for the promotion and supplementation of the daily physical activity of hospitalized older adults including those in isolation.



Move and Improve Video

- The Ottawa hospital designed video, had handouts to give to caregivers and healthcare screening tool
- All on RGPEO site ready to use
- We had volunteers already part of our ACE philosophy
- Limited therapy time on an Acute care floor, so tapped into volunteer resource

Move and Improve implementation

- Already implemented at TOH with volunteers
- Video, paper work and process all available to borrow and duplicate
- ACE unit incorporated the video into our Volunteers Involvement Benefiting Elders (VIBE) program
- Aware that patients in isolation unable to have volunteers in room
- Realized that bedside TV had USB option

Available in two ways on ACE unit

- USB stick on bedside TV-alone or with caregiver



- i Pads with volunteers





Health Care Practitioners

[RGPEO Specialized Geriatric Services](#)[Senior Friendly Hospitals](#)[Professional Development](#)[Resources](#)[Postural Hypotension](#)[Research](#)[Resource Centre on Aging](#)[Employment Opportunities](#)[In Ontario](#)[Primary Care](#)[SGS Wait Times](#)[Falls Prevention Program](#)[Multifactorial Fall Risks](#)[Community Resources](#)[Other Resources](#)[Falls Algorithm and Tools](#)[Move and Improve™](#)

Falls Prevention Program

The Regional Geriatric Program of Eastern Ontario, in partnership with the Champlain Local Health Integration Network (LHIN) and a broad group of community partners have lead the development of a Champlain Falls Prevention Strategy. This strategy builds on the extensive work developed by the Ministry of Health and Long Term Care which places a strong emphasis on the prevention of falls in the Ontario Integrated Falls Prevention Strategy and whose objective is to "improve the quality of life for Ontario seniors aged 65 years and over and lessen the burden of falls on the health care system by reducing the number and impact of falls."

Based on the [2010 American Geriatric and British Geriatric Clinical Practice Guidelines](#), the Champlain Falls Prevention Strategy includes the development of assessment and intervention tools and resources to support primary care practitioners in identifying the root causes of falls amongst seniors and to put into place the appropriate interventions to reduce the number of falls and the injuries related to falls. The following pages provide a framework, tools, and resources to support a transfer of knowledge into everyday clinical practice and the key factors involved in falls prevention.

- 1 [Fall Risk Assessment and Intervention](#)
- 2 [Falls Prevention Algorithm and Tools](#)
- 3 [Multifactorial Fall Risks](#)
- 4 [Community Resources](#)
- 5 [Other Resources](#)
- 6 Educational Programs

[New CME Program](#)



Implement “ Move and Improve” at your site with these resources:

- The Fall Prevention/Move and Improve video and the Chair Exercise Program Screening Tool for Health Care Professionals are available at **rgpeo.com**
- A booklet to accompany the video was designed and includes all the exercises.
- You will need dedicated health care professionals for ongoing screening of patients, a committed group of volunteers and a “Champion” to lead the project.
- You will need iPads or televisions with USB access to play the video.

Mobility Assessment

- Attended same conference in 2015 and learned about transfer magnets for patient board.



- Took idea and modified to include not only transfers but how patient walked and with which device.
- Made it on one sheet

ACUTE CARE OF THE ELDERLY (ACE)

Mobility Assessment

Transfer **BED** to **CHAIR**

<input type="checkbox"/> Independent	<input type="checkbox"/> Supervision	<input type="checkbox"/> Assist of one	<input type="checkbox"/> Assist of Two	<input type="checkbox"/> Lift
				

WALKING

Patient can walk: ☐ bed to chair ☐ to/from toilet ☐ to/from dining room

<input type="checkbox"/> Independently	<input type="checkbox"/> with supervision	<input type="checkbox"/> with assist of one	<input type="checkbox"/> with assist of two	<input type="checkbox"/> Patient does not walk
				

WALKING

Patient uses the following gait aid:



<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> Foot Propels <input type="checkbox"/> Propels with upper arms
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Mobility Assessment Sheet

- Laminated on Patient board,so easily changed with white board marker
- Simple and concrete
- Quickly seen by all staff-including porters, housekeeping and families etc...
- Team can use the sheet as a discussion point
- Colors international standard-RED total assist, Green independent, yellow caution