"This is a HUGE cultural shift."
— Christopher Noren, Director of Inpatient Therapy Services

**Measuring Patient Mobility Outcomes**

**AM-PAC Outcome Measure for Post-Acute Care, “6 Clicks”**

**CREATING A CULTURE OF MOBILITY**

**STAGES OF MOBILITY**

<table>
<thead>
<tr>
<th>STAGE 1</th>
<th>STAGE 2</th>
<th>STAGE 3</th>
<th>STAGE 4</th>
<th>STAGE 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limited movement</td>
<td>Limited mobility</td>
<td>Moving around</td>
<td>Moving around</td>
<td>Strenuous</td>
</tr>
<tr>
<td>Indoors</td>
<td>Indoors</td>
<td>indoors</td>
<td>outdoors</td>
<td>recreation/sports</td>
</tr>
</tbody>
</table>

**How much difficulty does the patient currently have...**

1) ...turning over in bed?
2) ...sitting down on and standing up from a chair with arms?
3) ...moving from lying on back to sitting on the side of the bed?

**How much help from another person does the patient currently need...**

4) ...moving to and from a bed to chair?
5) ...to walk in a hospital room?
6) ...climbing 3-5 steps with a railing?

**U of U**

- Admit
- Discharge

**SNF**

- Admit
- Discharge

**Discharge to Home**

**Discharge to Hospital**

**Readmitted to Hospital**

**Discharge to LTC**

**Representative patient mobility scores across care continuum**

**STEPS**

- STAGE 1: Limited movement
- STAGE 2: Limited mobility indoors
- STAGE 3: Moving around indoors
- STAGE 4: Moving around outdoors
- STAGE 5: Strenuous recreation/sports

**STEPS**

- STAGE 1: Limited movement
- STAGE 2: Limited mobility indoors
- STAGE 3: Moving around indoors
- STAGE 4: Moving around outdoors
- STAGE 5: Strenuous recreation/sports

**CREATING A CULTURE OF MOBILITY**

**JULY 2014**

- APTA Innovations Grant Awarded

**SEPTEMBER 2015**

- ICU Early Mobility Pilot Project

**SEPTEMBER 2014**

- AM-PAC Outcome Measure Implemented