

VGH ICU Mobility Pathway

	Patient Description	Goals of Care	Mobility Goals
Stage 1 (Bedrest)	<ul style="list-style-type: none"> • Unstable • Unable to mobilize as per mobility screen. 	<ul style="list-style-type: none"> • Optimize cardiopulmonary function. • Prevent pressure ulcers. • Prevent joint pain and stiffness. 	<ul style="list-style-type: none"> • Q2h turns • Ensure functional positioning
Stage 2 (Bedrest)	<ul style="list-style-type: none"> • Stable • Unable to mobilize as per mobility screen 	<ul style="list-style-type: none"> • All of the above • Increase/maintain limb strength • Encourage interaction and stimulation from environment. 	<ul style="list-style-type: none"> • All of the above • Bed exercises • ROM
Stage 3 (AAT)	<ul style="list-style-type: none"> • Stable • Mobilize and progress to mobility goal as able. • Review RN/PT/RT notes. • Bed chair, sitting at EOB, ceiling lift to wheelchair/chair. 	<ul style="list-style-type: none"> • All of the above • Increase trunk strength • Progress to standing 	<ul style="list-style-type: none"> • All of the above • Progress sitting tolerance (i.e. up in chair 2/day, longer duration).
Stage 4 (AAT)	<ul style="list-style-type: none"> • Stable • Mobilize and progress to mobility goal as able. • Review RN/PT/RT notes. • Able to stand or pivot to chair. 	<ul style="list-style-type: none"> • All of the above • Increase sitting and standing tolerance • Improve balance • Progress to walking 	<ul style="list-style-type: none"> • All of the above • Progress standing tolerance to taking steps/marching.
Stage 5 (AAT)	<ul style="list-style-type: none"> • Stable • Mobilize and progress to mobility goal as able. • Review RN/PT/RT notes. • Able to start ambulating away from the bedside. 	<ul style="list-style-type: none"> • All of the above • Increase tolerance to exercise and functional mobility • Improve dynamic balance and safety 	<ul style="list-style-type: none"> • All of the above • Progress sitting to ≥ 2 times/day. • Progress ambulation.
Stage 6 (AAT)	<ul style="list-style-type: none"> • Stable • Ambulating safely with supervision 	<ul style="list-style-type: none"> • Maximize mobilization and ADLs 	<ul style="list-style-type: none"> • Ambulating and sitting for meals.