

Early Ambulation and Documentation for Total Hip and Knee Replacement Patients to Decrease Length of Stay

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M-Health Fairview

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BACKGROUND

- Early ambulation of Total Hip and Knee Replacement (THKR) patients, on postoperative day 0, has been found to decrease length of stay (LOS).^{1,5} Postoperative day 0 ambulation is a core performance measure of the Joint Commission and 75 ft is the target amount for THKR patients as a part of the total joint optimal care pathway.²
- Inpatient ambulation of adults has been found to be one of the most frequently missed components of nursing care.³
- Immobilization has also been directly correlated with increased LOS.⁵
- Yakkanti, et al., (2019) found that patients who arrived to the floor post-surgery, after 1700 hrs, often were not mobilized due to lack of physical therapy staff availability.
- Although early mobilization of patients on postoperative day 0 has been increased by physical therapy staff there is still a gap in mobilization of patients on postoperative day 0 by nursing.
- There is also a gap in ease of measuring and documenting ambulation in feet for nursing staff.

OBJECTIVE

- The aim of this project was to increase postoperative day 0 ambulation of 75 feet in the first 8 hours by nursing, increase documentation on ambulation in feet in the EHR, and decrease LOS.

METHODS

- Design: Six-week pre-post intervention quality improvement project
- 30 chart reviews were completed in the Electronic Health Record (EHR) before and after the intervention

CNS ROLE

- The CNS community partner and DNP-AGCNS student collaborated with the local unit council to develop a multimodal intervention

CONTACT

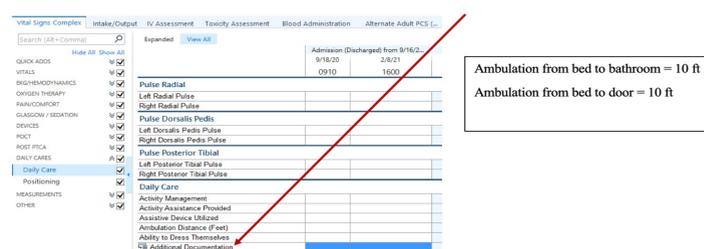
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INTERVENTION

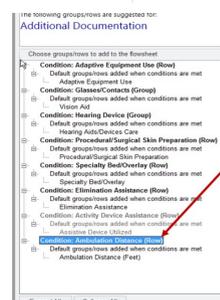
- **Hallway Ambulation Markers**
 - ❖ Markers were added to each of the unit's hallways utilizing Minnesota landmarks to help engage the patients. Each landmark marking was equal to 25 feet of ambulation.
- **Documentation Tip sheet**
 - ❖ Displayed a tip sheet to educate/reinforce how to document ambulation (in feet) in the EHR. It was placed in the middle of the nursing station and charge desk for easy accessibility and included distances in feet for bedroom ambulation.

How to document distance ambulated in LFV EPIC

On Vital Signs Complex Flowsheet under "Daily Care" click on Additional Documentation



Ambulation from bed to bathroom = 10 ft
Ambulation from bed to door = 10 ft



Then highlight "Ambulation Distance" and then click add row and accept. Final product is the last screenshot.

Goal- Distance ambulated POD 0 is 75 feet per pathway.
To include bathroom, PT and nursing ambulating

Daily Care		
Activity Management	up to bed...	
Activity Assistance Provided	assistanc...	
Assistive Device Utilized	gait belt w	
Ambulation Distance (Feet)		
Ability to Dress Themselves	With Assi...	
Additional Documentation		

Example of Hallway Ambulation Marker



Cherry and Spoon Sculpture in the Sculpture Garden outside of the Walker Art Museum

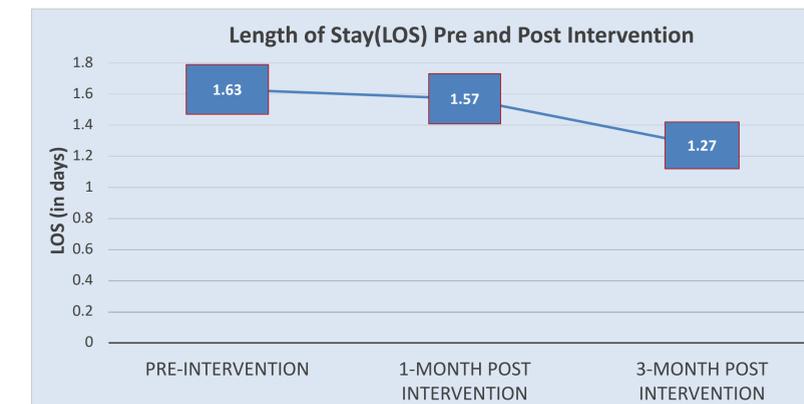
- The statue is 30ft high off the ground and 50 ft long
- The statue was completed & installed in 1988
- The cherry weighs 1,199 lbs & the spoon weighs 5, 800 lbs

Next Marker in 25 ft

OUTCOME MEASURES

	Pre-data (n=30)	1- Month Post-data (n=30)	3- Month Post-data (n=30)
% Postoperative day 0 ambulation	53%	90%	80%
% Postoperative day 0 ambulation by nursing	47%	80%	73%
% Documentation of ambulation (in feet)	3.3%	77%	73%
% Documentation of ambulation (in feet) in correct row/flowsheet	0%	70%	73%
% of patients who ambulated 75 ft in first 8 hours	6.7%	40%	43%
LOS (in days)	1.63	1.57	1.27

RESULTS



CONCLUSION

- Postoperative day 0 ambulation by nursing nearly doubled 1-month and 3-months post intervention.
- Ambulation documentation drastically improved with an increase from 3.3% pre intervention to 73% 3-months post intervention and from 0% to 73% for the accuracy of documentation 3-months post intervention.
- The goal of ambulating 75 ft in the first 8 hours was met by 43% of patients 3 months post implementation.
- LOS decreased by 22% by 3-months post intervention.
- Overall, the hallway markers and documentation tip sheet have shown promising trends with increasing postoperative day 0 ambulation and increased documentation to reflect this.

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