



# Strategies to Promote Mobility in Nursing Home Residents Reported in QIN-QIO January 2016 C.2 Deliverables

## Part 1: Strategies Implemented by QIN-QIOs

### Promote implementation of best practices through a QI approach

- Utilize the NNHQCC Change Package mobility bundle:
  - Review the bundle with nursing home leadership in meetings
  - Promote and encourage use of the bundle in learning sessions, communications, and newsletters (<http://qioprogram.org/resources/content/mobility-promoting-physical-activity-people-living-nursing-homes>)
- Refer nursing homes to Advancing Excellence mobility resources, educational materials, and tools (<https://www.nhqualitycampaign.org/goalDetail.aspx?g=mob>)
- Identify nursing homes needing support on mobility and provide technical assistance:
  - Use the Activities of Daily Living (ADL) quality measure as a proxy
  - Encourage and support nursing homes in tracking residents who have increased need for assistance in ADLs
  - Share resources to promote mobility
- Encourage nursing homes to institute restorative nursing programs
- Support providers to reduce inappropriate antipsychotic medication, eliminate use of physical restraints, manage pain, and reduce falls to promote resident mobility
- Help nursing homes to plan to collect data showing positive changes in resident health and/or behavior as a result of a resident increasing mobility
- Share and review individualized nursing home data reports with Collaborative participants (one-to-one) at trade association events

### Feature mobility in sessions/meetings and facilitate peer coaching and sharing

- Plan a learning session around strategies to decrease falls and improve mobility
- Engage learning session participants in peer-to-peer sharing, focusing on interdisciplinary approaches and using root cause analysis to identify fall prevention strategies
- Use case studies to explore a resident's health status, determining possible reasons for the decline and brainstorming best practices that may improve the resident's mobility
- Showcase restorative nursing programs that improve mobility, highlighting:
  - Interactive resident activities that promote mobility
  - Opportunities for nursing home residents to join in community activities
  - Successful strategies to prevent falls
- Host webinar or conference call on mobility where participants share lessons learned and challenges with peers
- Present a webinar on using data to drive improvement. Focus on the ADL measure and root cause analysis to identify why a resident's need for assistance with ADLs increased in order to identify appropriate interventions
- Present a webinar highlighting stories of successful strategies used to reduce alarms that resulted in reduced falls and reduced use of antipsychotic medications

- Encourage and provide platforms for nursing home peer coaches to share their innovative approaches with other nursing homes
- Connect staff from facilities who have successfully improved resident mobility in peer-to-peer coaching with nursing homes needing assistance

## Part 2: Strategies Implemented by Nursing Homes

### Establish mobility as a priority

- Establish nursing home leadership commitment to focus on mobility as a priority
- Form a mobility team
- Incorporate mobility as a focal point in a quality improvement plan
- Empower CNAs to lead mobility teams, aligning with person-centered care principles and using information from each resident's past history

### Promote movement among residents, using a person-centered approach

- Institute restorative nursing programs seven days per week, available on both day and evening shifts
- Promote programs that:
  - Encourage residents to walk to the dining room rather than being pushed in a wheelchair prior to meals
  - Promote movement (reaching, bending) with games and activities that involve active participation
  - Arrange for more individualized and scheduled group activities
- Implement focused programs that include residents in designing their own activities and allow for residents to share their own care giving strengths with others
- Engage therapy teams to recommend individualized activities that encourage residents to stand, such as during bingo or prior to meals, to increase balance and mobility
- Anticipate resident needs, such as toileting and the need to walk or move, to help residents transfer and move safely
- Promote use of post fall huddles and root cause analysis immediately after a fall to identify individualized interventions to prevent another fall
- Engage therapy staff, as soon as possible, to recommend strategies and appropriate assistive devices to encourage independence and mobility, and prevent falls
- Identify residents with a history of falls who have moderate to severe pain, and develop a process for pain control to support improved mobility
- Reduce inappropriate antipsychotic medications
- Reduce/eliminate use of physical restraints