

## Mobility Algorithm & Pain Management

### Contraindication(s) Present?

- Neuromuscular Blockade
- Terminal Wean
- Spinal Precaution
- Informed Pt. Refusal
- Aggressive RASS +3 to +4
- RASS -3 to -5 (neurological cause, not sedation related).



### Is your pt.'s pain optimally managed?

- Identify any barriers for pain
- Discuss pain management during rounds
- Consider non-pharmacological interventions
- Consider pre-emptive analgesia prior to mobilization
- Assess pain Q2H if on an infusion otherwise Q4H and PRN

### YES:

Do Not Mobilize. Position to the highest level tolerated.

- Turns Q2H
- Cardiac chair

Reassess the next day

NO

### Consideration(s) Present?

- Hemodynamic instability
- Bleeding or clotting disorders
- Acute or unstable cardiac status
- Respiratory/Airway

### No Consideration(s) Present?

- Establish mobility assessment and plan
- Mobilize patient as per plan
- Report complications/ adverse events directly related to mobilization

Discuss in rounds with interdisciplinary team. Establish whether contraindication is present.

- If yes then proceed to YES box
- If no then proceed to No Consideration(s) present box