



Safe Transfers and Movement™ Program

Bedside Mobility Assessment Tool

TEST	FUNCTION	FAIL = CHOOSE MOST APPROPRIATE EQUIPMENT/DEVICE(S)	PASS
<p>Assessment Level 1</p> <p>Assessment of:</p> <ul style="list-style-type: none"> Hemodynamic stability Cognition Trunk strength Seated balance Upper extremity strength 	<p>Assessment Level 1 – Sit and Shake – verifies hemodynamic stability and sitting balance.</p> <p>Sit: Ask the patient to sit upright either in the bed with the head of bed raised, or at the side of the bed with feet flat on the floor. Sitting upright helps evaluate for hemodynamic stability and verifies that the patient has adequate sitting balance.</p> <p>Shake: Ask the patient to shake your hand while reaching across their midline to the opposite side of their body. This activity tests a patient's upper body strength and proprioception.</p>	<p>In-Bed: Mobility Level 1</p> <ul style="list-style-type: none"> If patient fails Level 1, consider how to safely perform in bed activities such as turning, repositioning, limb holding, lateral transfers, and linen changes using Liko® SPHM technology. Use Liko® lift and Repo Sheet® lift aid for boosting and turning. Use Liko® lift and sling for bed to chair transfers. Use Liko® lift and MultiStraps™ for limb holding, turning for back assessment, and bedpan placement. <p><i>NOTE: If your patient has "strict bed rest" or "non-weight bearing" restrictions, do not proceed with the assessment. Patient remains Mobility Level 1.</i></p>	<p>Passed Assessment Level 1 = Proceed with Assessment Level 2.</p> 
<p>Assessment Level 2</p> <p>Assessment of:</p> <ul style="list-style-type: none"> Lower extremity strength Stability 	<p>Assessment Level 2 – Stretch and Point – verifies the patient has some lower extremity strength and ankle flexion.</p> <p>Patient demonstrates Level 1 function and lower extremity strength.</p> <p>Stretch: Ask the patient to stretch their leg straight out in front of them while either sitting up in the bed or sitting at the side of the bed to test for minimal quadriceps strength needed to stand. If the patient doesn't have enough quad strength and lower extremity control to extend his leg, it is not safe to ask him to stand.</p> <p>Point (ankle pump): Ask the patient to point and flex their toes or pump the ankles to test for conditions such as foot drop, and ankle flexibility required to stand and walk. If the patient cannot complete this piece of the assessment, it is not safe to ask him to stand or walk. Pumping the ankles also increases circulation in the legs, and helps to connect the brain and feet prior to moving to the stand assessment.</p>	<p>Up-From-Bed: Mobility Level 2</p> <ul style="list-style-type: none"> If patient fails Level 2, consider how to safely perform in-bed activities listed above along with strength training in the bed using passive and active range of motion. Use total lift for patient unable to bear weight on one leg. Use Sabina® sit-to-stand lift for patient who can bear weight on at least one leg. Use HandyProducts to promote strength training such as squats without friction during movement. Place the HandyProduct under the patient's torso (shoulder to hip) with bed in partial tilt or reverse Trendelenburg position and begin the exercise. If patient fails Level 2, consider how to safely perform up-from-bed activities such as bed-to-chair transfers and bed-to-toilet utilizing Liko® lift technology. 	<p>Passed Assessment Level 2 = Proceed with Assessment Level 3.</p> 
<p>Assessment Level 3</p> <p>Assessment of:</p> <ul style="list-style-type: none"> Lower extremity strength for standing 	<p>Assessment Level 3 – Stand – verifies that the patient has adequate upper and lower extremity stability and strength.</p> <p>Patient demonstrates Level 1 and 2 function and...</p> <p>Stand: Ask the patient to push up from the side of the bed to a standing position and maintain the position for five seconds. If the patient is unable to complete this portion, he isn't safe to walk.</p> <p><i>NOTE: The nurse may elect to use equipment such as the Sabina or Roll-On to evaluate standing tolerance, especially with a weak or fall risk patient.</i></p>	<p>Up-From-Bed: Mobility Level 3</p> <ul style="list-style-type: none"> If patient fails Level 3, consider how to safely perform in-bed and up-from-bed activities to advance mobility level. Consider using Sabina® lift or Roll-On™ raising aid as part of the initial standing assessment or until patient has sufficient strength to stand without assistance. Use Liko® ceiling or mobile lift with MasterVest™. Use assistive device (cane, walker, crutches). <p><i>NOTE: If patient passes Level 3 assessment, but is unsteady with standing, they will require assistive device for ambulation. Patient remains Mobility Level 3.</i></p>	<p>Passed Assessment Level 3 AND no assistive device needed = Proceed with Assessment Level 4.</p> 
<p>Assessment Level 4</p> <p>Assessment of:</p> <ul style="list-style-type: none"> Standing balance Gait 	<p>Assessment Level 4 – Step – verifies that the patient has sufficient strength to raise a leg/foot from the floor and maintain balance with weight-shifting prior to walking away from the bed or chair.</p> <p>Patient demonstrates level 1,2 and 3 function and...</p> <p>Step: Ask the patient to march or step in place to assesses balance while shifting weight from one foot to the other. Stepping in place allows the RN to test consistency (of balance, strength and stability) and redirect the patient back to a sitting position if he is unable to complete this task.</p> <p>Advance Step and Return: After the patient completes stepping in place (but before moving away from the bed or chair), ask the patient to step forward with one foot and then return to starting position. Repeat with the opposite side.</p> <p><i>NOTE: The nurse may elect to use equipment such as a Liko® ceiling or mobile lift and ambulation pants or vest to evaluate stepping, especially with a weak or fall risk patient.</i></p>	<p>Out-of-Bed: Mobility Level 4</p> <ul style="list-style-type: none"> Consider how Liko® SPHM equipment can be used to increase ambulation time and distance without fear of falling. Patient is steady with standing but may still consider using LiftPants™ or MasterVest™ in order to protect patients by mobilizing earlier and often. 	<p>MOBILITY LEVEL 4 MODIFIED INDEPENDENCE Goal: Protect patients by mobilizing earlier and often. Always default to the safest lifting/transfer method (e.g., use a MasterVest™ or LiftPants™ and Liko® lift) if there is any doubt in the patient's ability to perform the task.</p> 

Hill-Rom offers assessment training aligned with BMAT principles and clinical application. Contact your local representative for information.