Using a Participatory Approach to Build Capacity for Nurse-Led Research at the Bedside to Overcome Insufficient Older Adult Mobilization

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Disclosures and Objectives

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Objectives

1) Describe the participatory approach used to involve bedside nurses, and other disciplines, in the conduct of nurse-led research to overcome insufficient older adult mobilization.

2) Discuss how this participatory approach served as a springboard to build capacity for additional nurse-led research at the bedside.
Background

• Compared to older adults who ambulate on average 2 or more times per day, *immobile hospitalized older adults* are:
  - 34 times more likely to die, and
  - 6 times more likely to be institutionalized
  
  (Brown, Friedkin, & Inouye, 2004)

• Hospitalized older patients spend:
  - > 80% of their time lying in bed, and
  - < 43 minutes per day walking (despite being able to walk upon admission)

  (Brown, Redden, Flood, & Allen, 2009).
Consequences of Insufficient Mobility

• Hospital readmissions
• Hospital-acquired conditions (falls, pressure ulcers, pneumonia)
• Unnecessary nursing home admission
• Decreased quality of life
• Financial burden on family & healthcare systems.
Clinical Problem

• Bedside nurses from a community-based hospital in Washington State understood the gap between mobility needed and actual mobility promoted in hospitalized older adults.
• Nurses saw the need for interventions to improve the mobility of patients at the bedside.
Structure-Process-Outcome: Preventing a “Quick-Fix” Approach

**Structure**
- How nursing care is organized to promote mobility
- Organizational elements and culture
- What are the barriers to promoting mobility?

**Process**
- The nursing actions done to promote mobility
- Interactions with patient and the interdisciplinary team
- What are the barriers?

**Outcome**
- The end-results of nurses actions to promote mobility
- Outcome, experience of care for patients
Steps to Success

Define the Problem of Insufficient Mobility

Pilot study to identify barriers to nurse-promoted mobility

Full study to identify barriers to nurse-promoted mobility

Disseminate results; development of a volunteer walking program

Study to determine the feasibility and outcomes of a volunteer walking program
Knowledge, Attitude and Behavior Framework

(Nurse Knowledge) -> (Lack of Familiarity and Awareness) -> (Nurse Attitudes) -> (Lack of Outcome Expectancy) -> (External Barriers: Patient Factors, Interdisciplinary Factors, Environmental Factors) -> (Nurses’ Mobility Promoting Behavior)

(Lack of Agreement With Available Guidelines) -> (Lack of Outcome Expectancy) -> (Lack of Self-Efficacy) -> (Lack of Motivation/Inertia of Previous Practice)
Study Purpose & Design

1. Examine potential barriers to nurse-promoted mobility in hospitalized older adults.
2. Determine differences in the perception of barriers between nurses with differing levels of nurse-experience.

Design
Descriptive-correlational design with convenience sampling.
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➢ Using a participatory approach served as a spring-board to build capacity for nurse-led research at the bedside.
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- Bedside nurses assisted in determining how to best collect the data
- Co-PI bedside nurse
- Meeting with nurse managers
- Meeting with nurses during unit practice council
- Meeting with nurses during unit meetings
Stroke unit mobility project: Bedside handoff and nurse-patient mobility goal setting

Define the Problem of Insufficient Mobility

Patient education campaign: Development of an older adult friendly mobility brochure

Study to determine the feasibility and outcomes of a volunteer walking program

Disseminate results; development of a volunteer walking program

Full study to identify barriers to mobility

Pilot study to identify barriers to nurse-promoted mobility
Nurse-Led Collaborative Activities

**Western Institute for Nursing Research**
- Increasing Nurse-Promoted Mobility through Improved Goal Setting and Communication
  (Leanne Woods, RN, BSN)

**American Association for Colleges of Nursing Clinical Nurse Leader Summit 2016**
- Identifying the Micro-System Barriers that Nurses Encounter in Promoting Mobility in Hospitalized Older Patients (Dermody & Zimmerman)

**Providence Nursing Research Symposium** (Dermody, Bryant, Zimmerman, & Woods)
- Academic-Practice Partnerships to Create a Culture of Inquiry for Nurse-Led Research at the Bedside to Overcome Insufficient Older Adult Mobilization (Providence Holy Family Hospital, Sacred Heart Medical Center & Washington State University).

**Providence Nursing Research Council** (Dermody, Zimmerman, Parish & Bryant)
- Barriers to promoting mobility in hospitalized older adults
References


Questions?
Thank you