The Influence of Early Mobilization on Pressure Ulcers: A Systematic Review of the Literature
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**PURPOSE**

1. Determine if the application of early mobilization will decrease the incidence of hospital acquired pressure ulcers over the course of the hospital stay in all adults including older adults.
   - Immobility is an independent risk factor for pressure ulcers (Allman, Goode, Patrick, Burst, & Bartolucci, 1995)
   - Patients aged 65 and older spent an average of 83% of their hospitalization lying in bed.
   - The risk factor of immobility may occur in any population (Brown, Redden, Flood, and Allman, 2009)

2. Due to lack of sufficient evidence linking early mobilization to the prevention of pressure ulcer development, a systematic review of literature was performed.

**SEARCH STRATEGY**

- **Database Search:** Cumulative Index of Nursing and Allied Health Literature (CINAHL), Embase, PubMed, and Cochrane Database of Systematic Review (CDSR)

**RESULTS OF LITERATURE SEARCH**

- **Included Studies:**
  - Early mobilization is an independent nursing intervention in hospital inpatients (Klein et al., 2015)
  - Early mobilization was associated with a lower risk of the medical complication of pressure ulcers with an adjusted OR of 0.43 [95% CI, 0.22 to 0.84].

- **Excluded Studies:**
  - Five out of six of the studies included for review found that mobility interventions decreased the incidence of pressure ulcers during hospitalization.

**SYNTHESIS OF EVIDENCE**

- **Conclusion:**
  - Despite the limitations in current research, it is still very apparent that early mobility decreases pressure ulcers.

**IMPLICATIONS FOR PRACTICE**

- **Recommendation:**
  - Early mobilization is an independent nursing intervention in hospitalized inpatients. A team dedicated to the cause of early mobilization (ambulation and ambulation) was a recurrent theme in the literature. A team dedicated to the cause of early mobilization (ambulation and ambulation) was a recurrent theme in the literature.

- **Implications:**
  - The findings from this systematic review of the literature highlight the need for further research on mobilization's role in decreasing pressure ulcer incidence in hospitalized adults.

**ACKNOWLEDGEMENTS**

- Adrianne Opp, MSN, RN, AGNCs, Franciscan Health; Laura Moffat MSN, RN, AGNCs-BC, CMSRN, IU Health Arnett; Karissa Coe, MSN, RN, AGNCs-BC, IU Health North

**REFERENCES**

- Klein et al. (2015), Immobility is an independent risk factor for pressure ulcers (Allman, Goode, Patrick, Burst, & Bartolucci, 1995)
- Patients aged 65 and older spent an average of 83% of their hospitalization lying in bed.
- The risk factor of immobility may occur in any population (Brown, Redden, Flood, and Allman, 2009)
- Early mobilization is an independent nursing intervention (Klein et al., 2015)
- Early mobilization was associated with a lower risk of the medical complication of pressure ulcers with an adjusted OR of 0.43 [95% CI, 0.22 to 0.84].