

Physician Education Express

Functional Mobility Assessment (AM-PAC 6-Clicks) August 2022



Audience: Adult Academic Health Center Physicians, Advanced Practice Providers, Fellows, and Residents

Education Level- **Green**

August 18, 2022

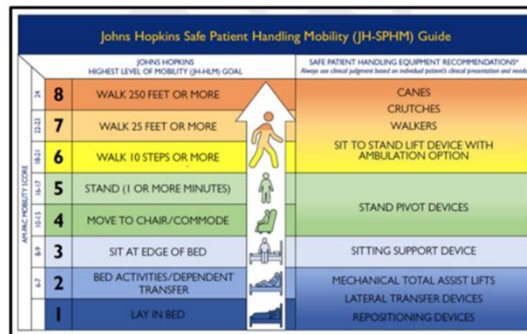
SUMMARY

Hospitalized patients at IU Health often suffer from mobility regression, which can negatively impact length of stay, risk for pressure injury and falls, and discharge disposition. Consistent patient mobilization during hospitalization is necessary to achieve positive patient outcomes and avoid unnecessary healthcare cost (Hoyer, 2018).

Current state assessment of the IU Health Mobility Protocol identified a lack of functional assessment tool availability and heavy reliance on nursing clinical judgement to determine safe mobility activities. Establishing standardized communication and goal alignment between mobility stakeholders can better support a team approach and collaboration amongst disciplines. Implementation of a standardized mobility functional assessment into the IU Health Mobility Protocol algorithm has potential to provide common language for all staff and aid in congruence of the mobility plan across entities.

The AM-PAC 6-Clicks is a 6-item assessment tool developed in collaboration between Boston University and Cleveland Clinic to quantify functional mobility limitations. The 6-Clicks tool was identified to have the best supporting evidence and closely aligns with the protocol goal to provide an algorithm for nursing that is easy to follow, while delineating decision making.

How much HELP from another person do you currently need... (If the patient hasn't done an activity recently, how much help from another person do you think he/she would need if he/she tried?)	Total	A Lot	A Little	None
1. Turning from your back to your side while in a flat bed without using bedrails?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2. Moving from lying on your back to sitting on the side of a flat bed without using bedrails?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3. Moving to and from a bed to a chair (including a wheelchair)?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4. Standing up from a chair using your arms (e.g., wheelchair, or bedside chair)?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5. Walking in hospital room?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6. Climbing 3-5 steps with a railing?*	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4



Mobility documentation trends can be viewed in the Results Review tab in Cerner. Trends can be used to facilitate discharge readiness and disposition discussion.

Results	06/29/22 13:00 EDT	06/29/22 11:00 EDT	06/21/22 11:00 EDT	06/21/22 10:29 EDT	06/20/22 15:37 EDT	06/20/22 15:36 EDT	06/20/22 15:35 EDT	06/20/22 15:35 EDT
AM-PAC 6 Clicks Mobility								
Turning from back to side while flat	A Little	A Little	Total					A Lot
Moving from back to sitting w/o bedrails	None	A Little	Total					Total
Moving to and from bed to chair	A Lot	A Little	A Little					A Little
Standing from chair using arms	A Lot	A Lot	A Little					Total
Walking in hospital room	A Little	A Lot	None					A Little
Climbing 3-5 steps with railing	None	A Little	A Little					Total
Mobility 6 Clicks Score	18	16	15					11
JH-HLM Goal Score	6 - Walk 10 steps or 5 - Standing 1 or more minutes - Moves to chair/cc							4 - M
Functional Mobility Impairment Degree %	47%	54%	58%					73%
JH-HLM Actual Score	6 - Walk 10 steps or 5 - Standing 1 or more minutes - Moves to chair/cc							4 - M
Unable to Progress	Yes	Yes	No					No

Highlights

Effective:
August 23, 2022

Incorporation of a functional mobility assessment has the capability to improve fall outcomes and decrease healthcare cost related to length of stay.

The 6-Clicks tool was identified to have the best supporting evidence and closely aligns with the protocol goal while delineating decision making.

Mobility trends (viewable on the Results Review tab in Cerner) can be used to facilitate discharge readiness and disposition discussion.

The New Mobility Protocol – Adult can be [found here](#).

