

# Mobility Assessment

**Ask your patient ...** how he/she was getting about prior to their hospital admission:

- ✓ Use of aid and level of supervision required
- ✓ Ability to get up /down stairs – explore use of handrails, stairlift, etc
- ✓ What sort of distance were they walking?
- ✓ Ability to walk outdoors, over uneven surfaces, on/off pavements
- ✓ Issues with reduced BP on standing

## Assess the patient

- ✓ Check SEND for fitness to get out of bed. If in doubt, speak with a more senior colleague before working through the step-by-step process below:

**Can your patient....? If able, move to the next step. If unable, follow the arrow:**

	<p><b>Sit up over the edge of the bed with minimal assistance?</b></p> <p><b>Balance in sitting independently not holding on for 2 minutes?</b></p>	<p>Unable?</p> <p>→</p>	<p>Use <b>full sling hoist</b> into a fully supporting chair if well enough, or use <b>slide sheets</b> on the bed</p>	<p><b>Bed exercises</b></p>
	<p><b>Fully straighten either knee and hold for 5 seconds whilst sitting on edge of bed?</b></p> <p><b>Bend ankle backwards and forwards?</b></p>	<p>Unable?</p> <p>→</p>	<p><b>Full sling hoist</b> transfer into chair</p>	<p><b>Bed or chair exercises</b></p>
	<p><b>Stand up and balance with minimal supervision only, taking weight through legs for 30 seconds, using walking aid as required.</b></p> <p><b>Repeat 3 times</b></p>	<p>Unable?</p> <p>→</p>	<p>Use a <b>standing hoist</b> to transfer into chair</p>	<p><b>Bed or chair exercises</b></p>
	<p><b>March on the spot &amp; Take one step forwards and backwards...</b></p> <p><b>....using a walking aid if required</b></p>	<p>Unable?</p> <p>→</p>	<p>Transfer into chair using a <b>rotastand</b> or <b>Sara Stedy</b></p>	<p><b>Bed or chair exercises</b></p>
	<p><b>Walk 10 metres with their walking aid, with supervision only</b></p>	<p>Unable?</p> <p>→</p>	<p><b>Step transfer</b> with frame or aid</p>	<p><b>Bed or chair exercises</b></p> <p><b>Standing exercises if walking independently</b></p>