



Early Mobility Education in PICU

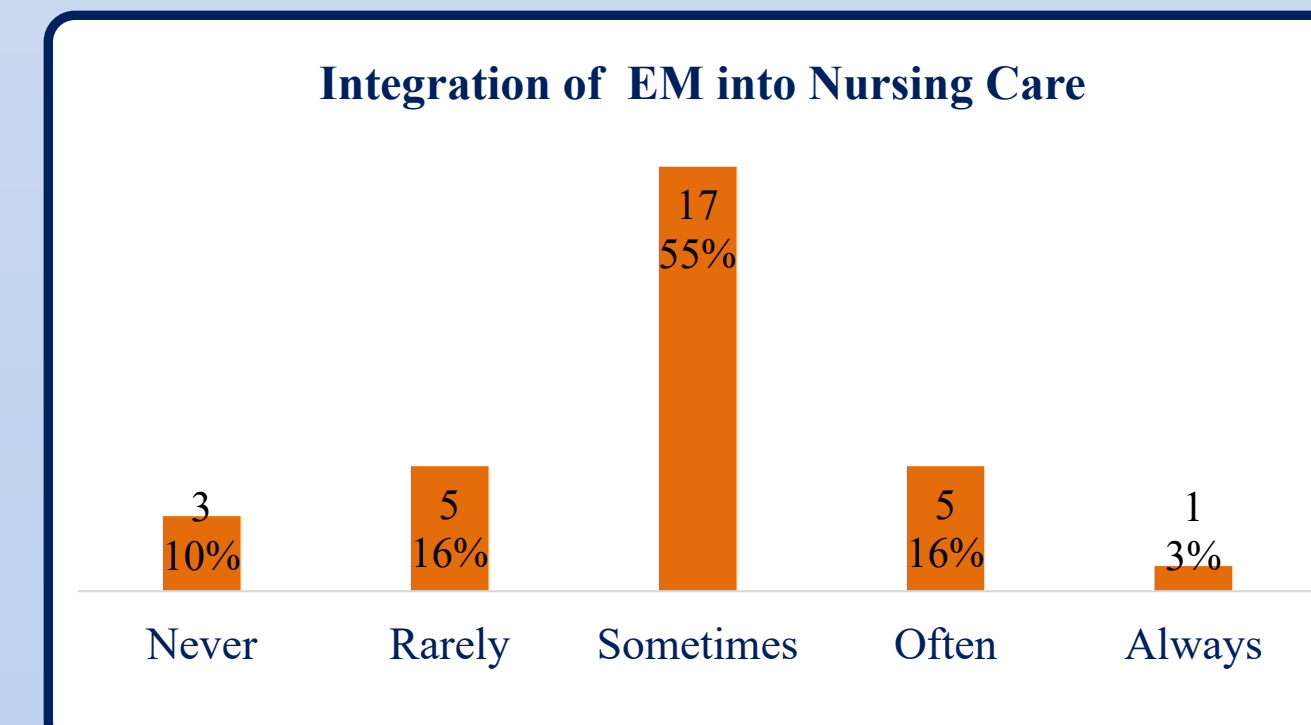
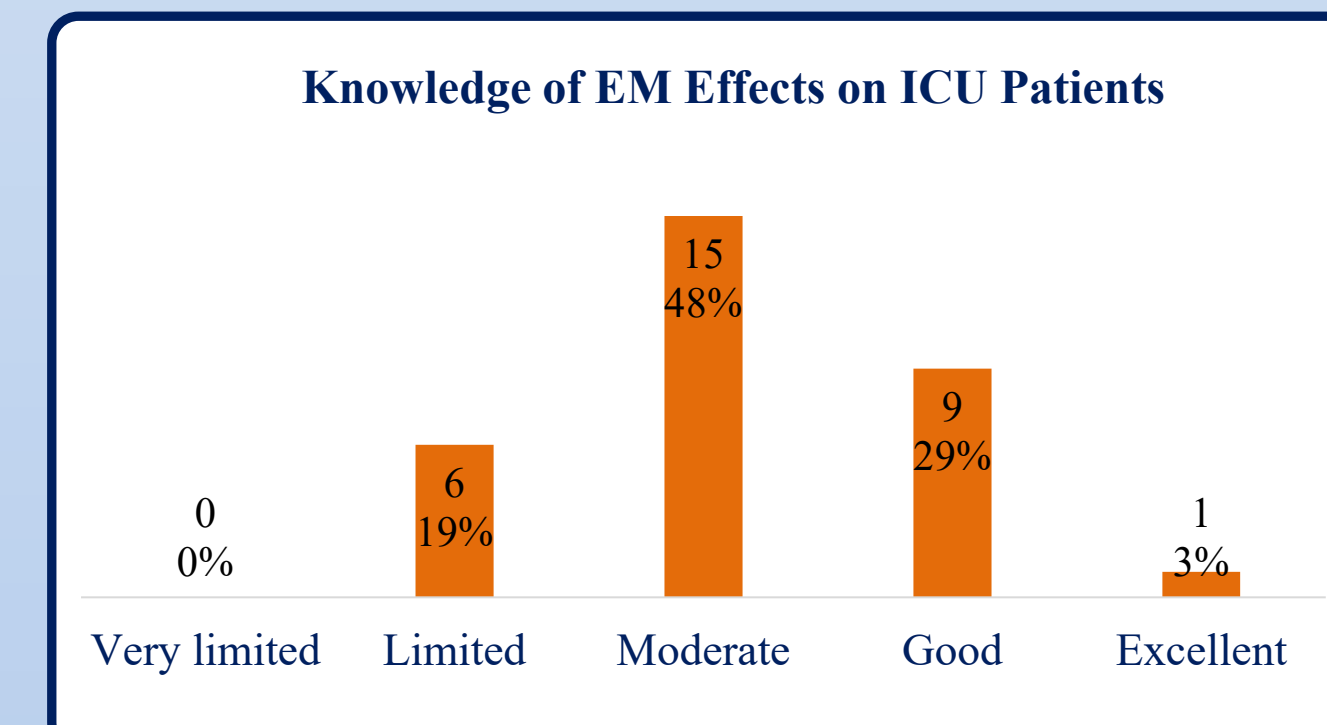
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INTRODUCTION & BACKGROUND

- Traditional intensive care unit (ICU) care prioritizes organ support, often overlooking functional and neuromuscular preservation.
- Critically ill children are frequently sedated and immobilized, which can lead to prolonged ventilation, delirium, pressure injuries, muscle weakness, blood clots, and longer hospital stays.
- Up to 70% of pediatric intensive care unit (PICU) survivors develop chronic illness or functional impairment, with one-third showing functional difficulties at discharge and 13% still impaired two years later.
- Early mobility (EM) improves physical, cognitive, and psychological outcomes while reducing complications and enhancing patient and family satisfaction.

GAP IN KNOWLEDGE & PRACTICE IN PICU

- A structured, unit-wide approach to EM and exercise has not been established, making EM one of the least developed elements of the ABCDEF bundle.
- PICU Nurses (N=31) completed questionnaires assessing their knowledge and integration of EM into clinical practice:



PICOT QUESTION

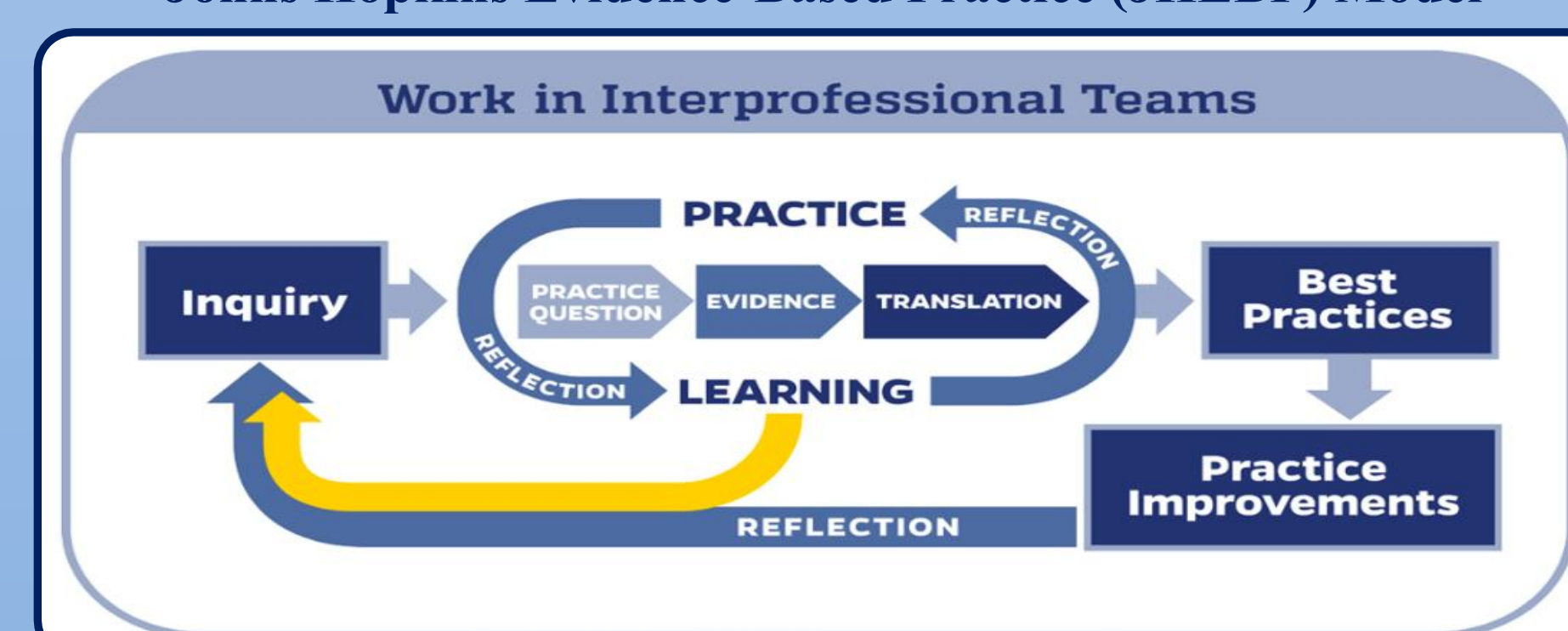
Among pediatric ICU nurses (P), does providing education on early mobility and its positive impact on patient outcomes, along with a nurse-oriented structured early mobility education sessions (I), compared with current practice (C), influence nursing attitude and behaviors (O) over four weeks (T)?

PROJECT AIMS

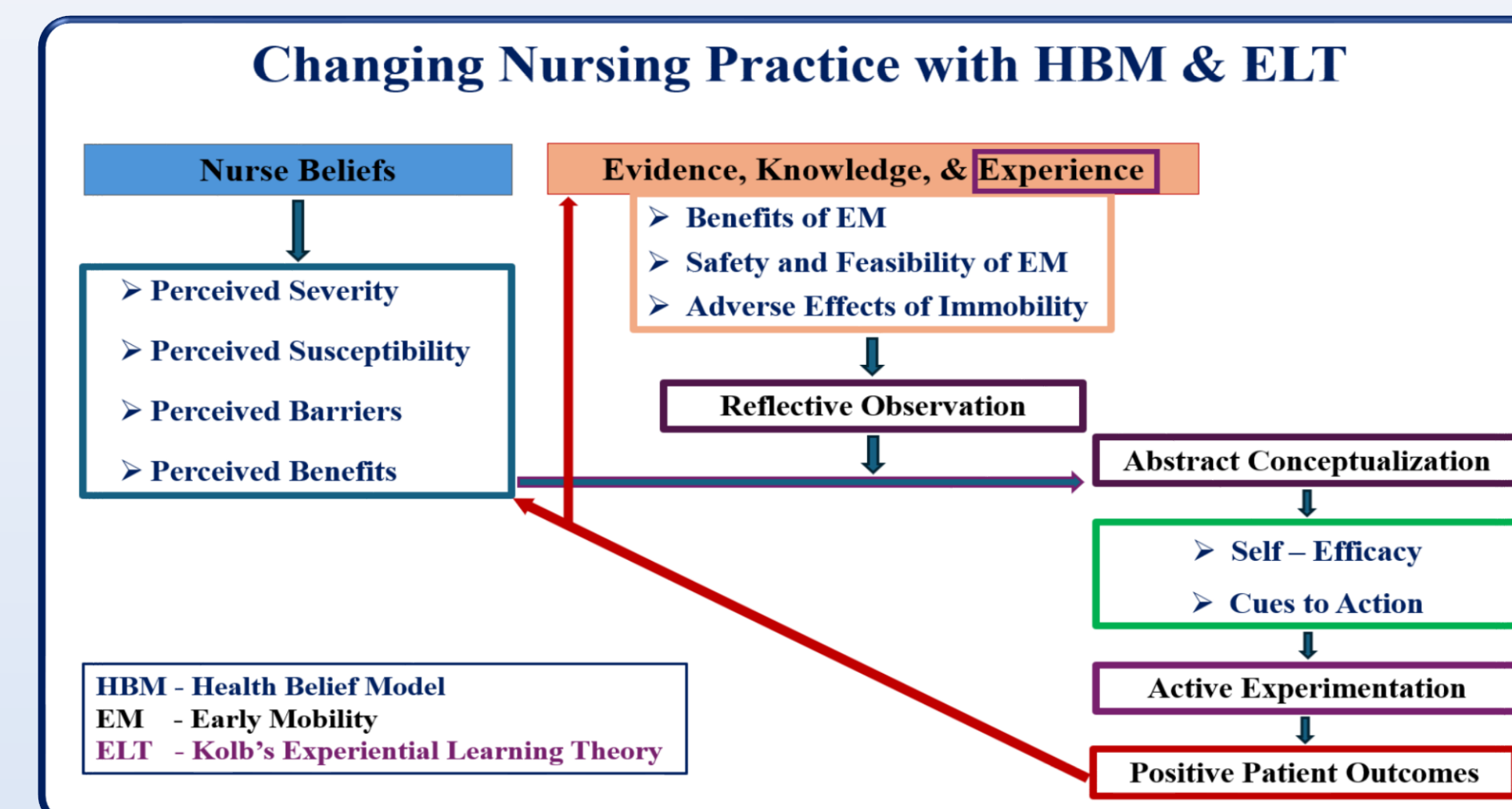
- Aim 1: Assess nurses' attitude toward EM
- Aim 2: Assess nurses' behavior in performing EM
- Aim 3: Assess nursing staff's integration of the EM education into their nursing daily practice

EVIDENCE - BASED PRACTICE MODEL

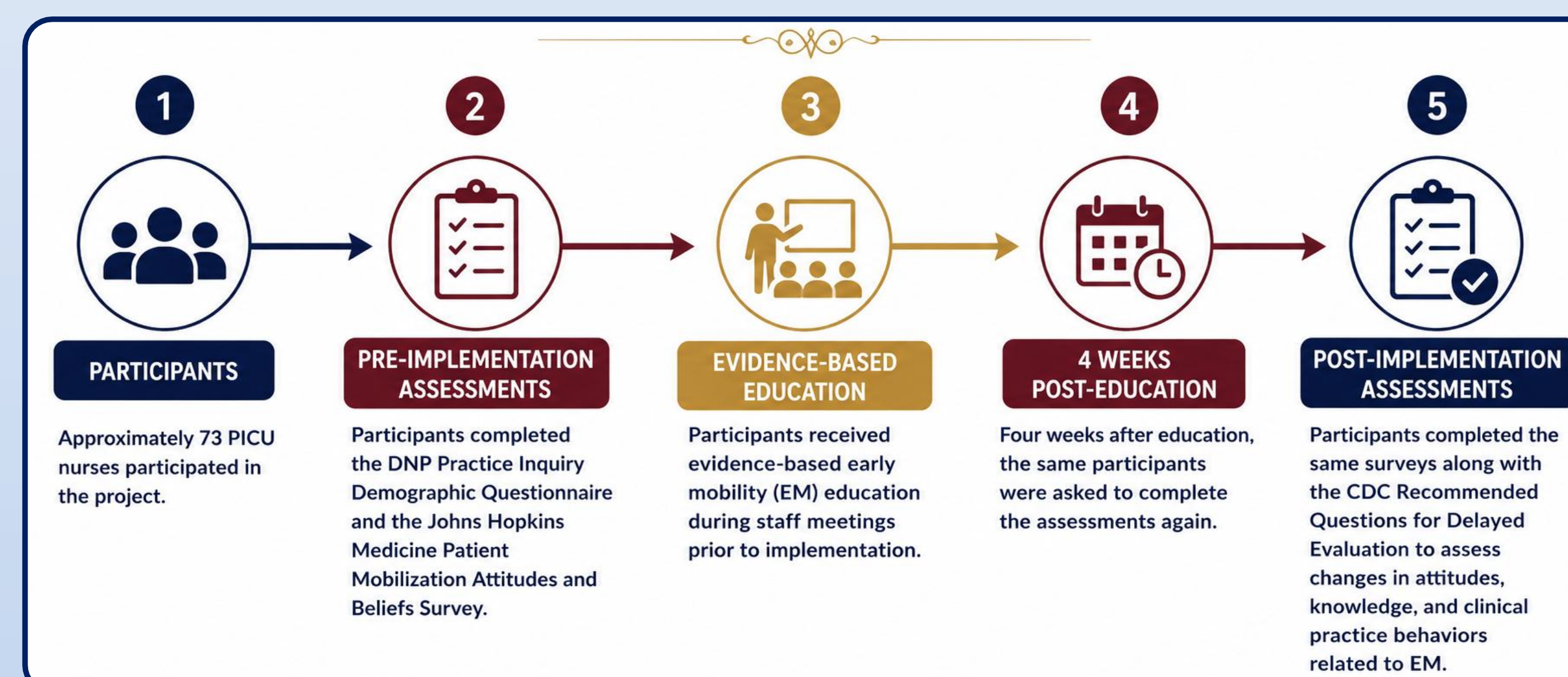
Johns Hopkins Evidence-Based Practice (JHEBP) Model



THEORETICAL FRAMEWORK

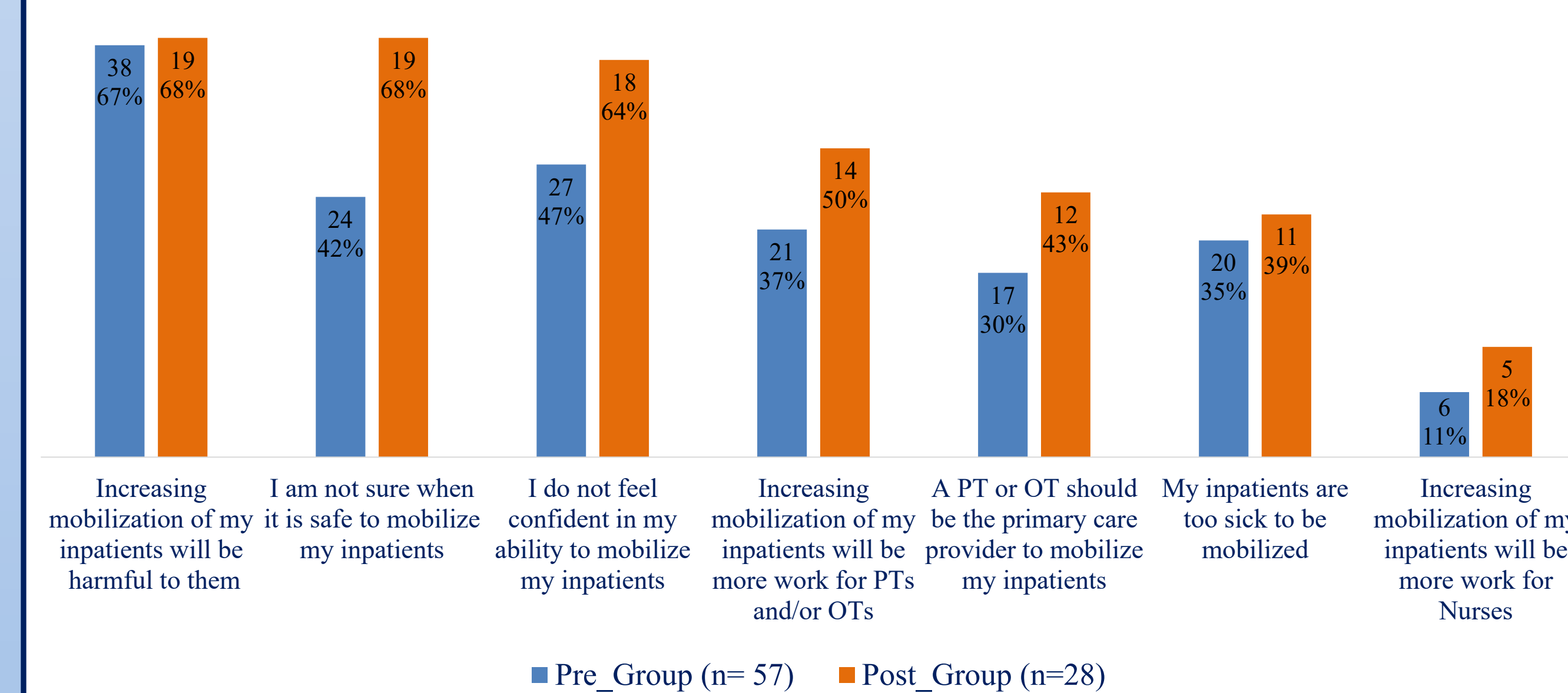


METHODOLOGY

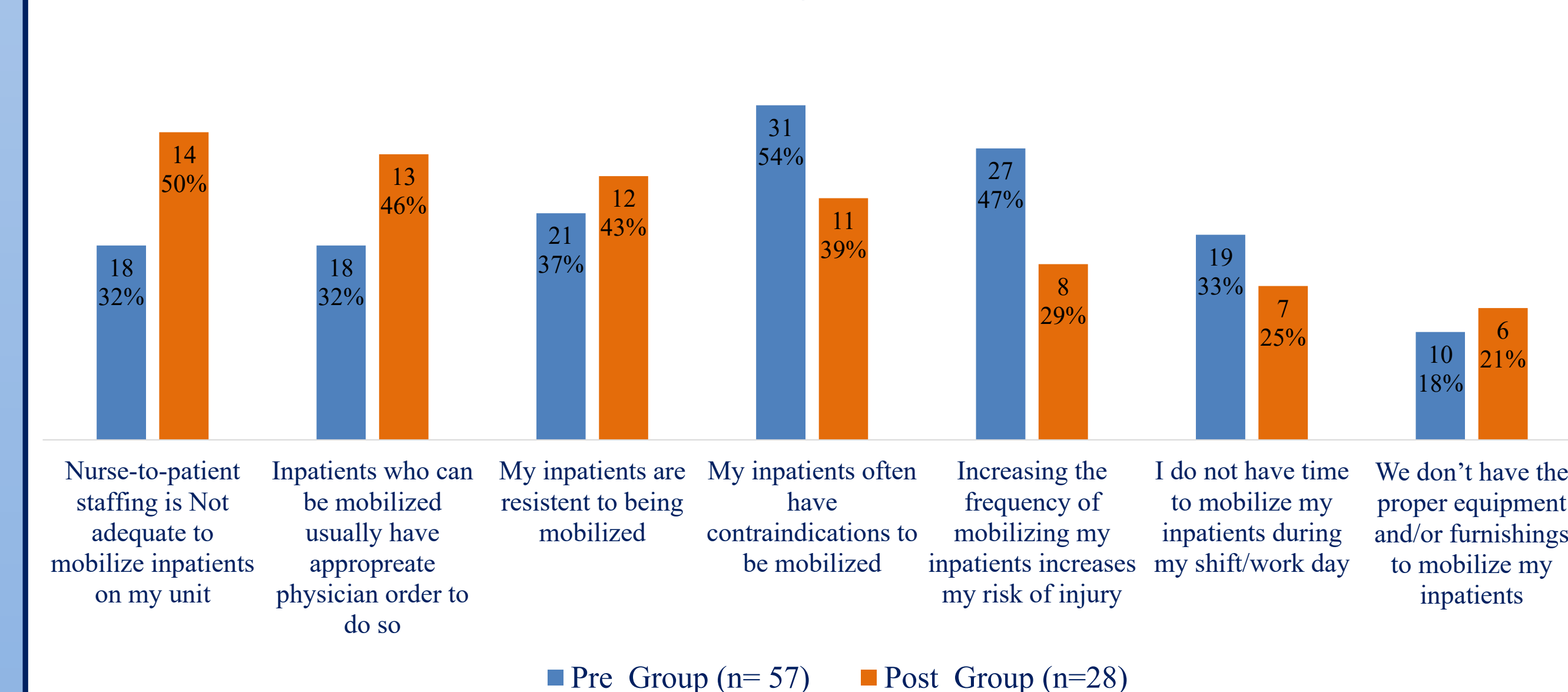


RESULTS

Aim 1: Pre - and Post - EM Education Nursing Attitude Toward EM (% of disagreement)

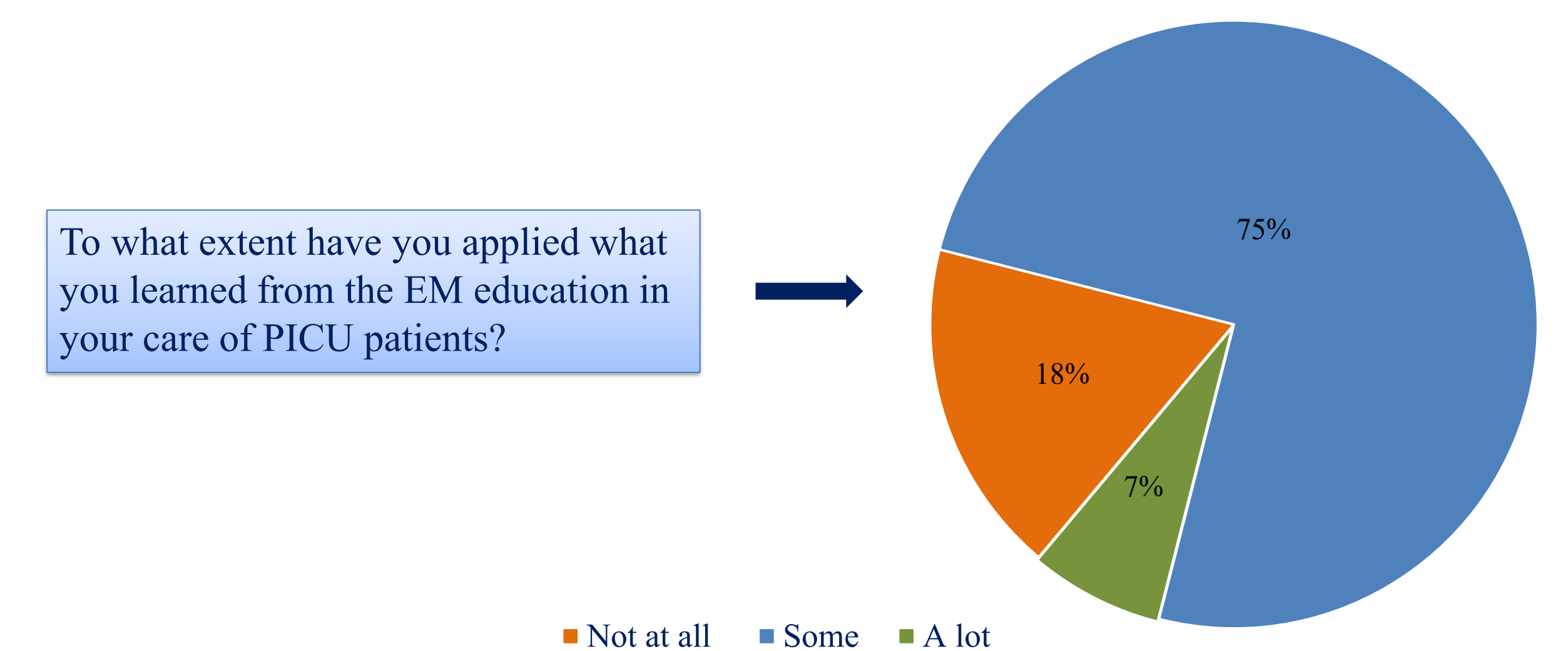


Aim 2: Perceived Barriers to Patient Mobilization: Pre- and Post-Education (% of agreement)



RESULTS

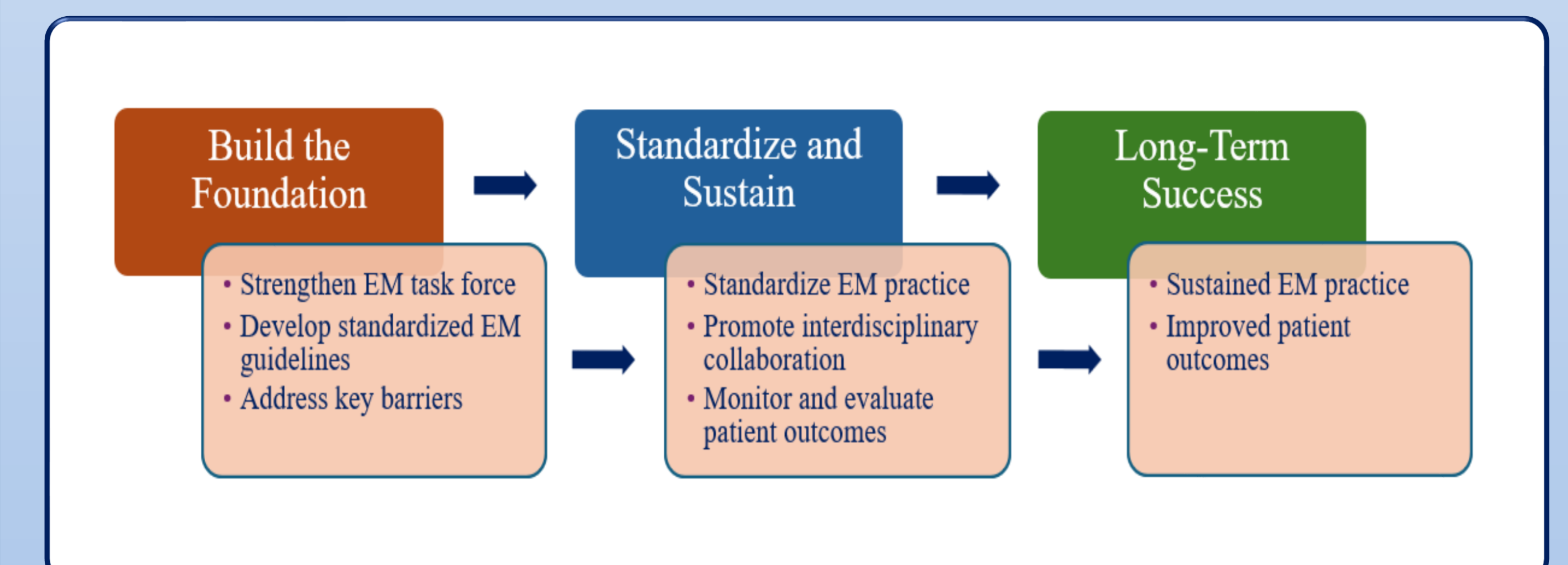
Aim 3: Post - Education Integration of EM into Nursing Practice



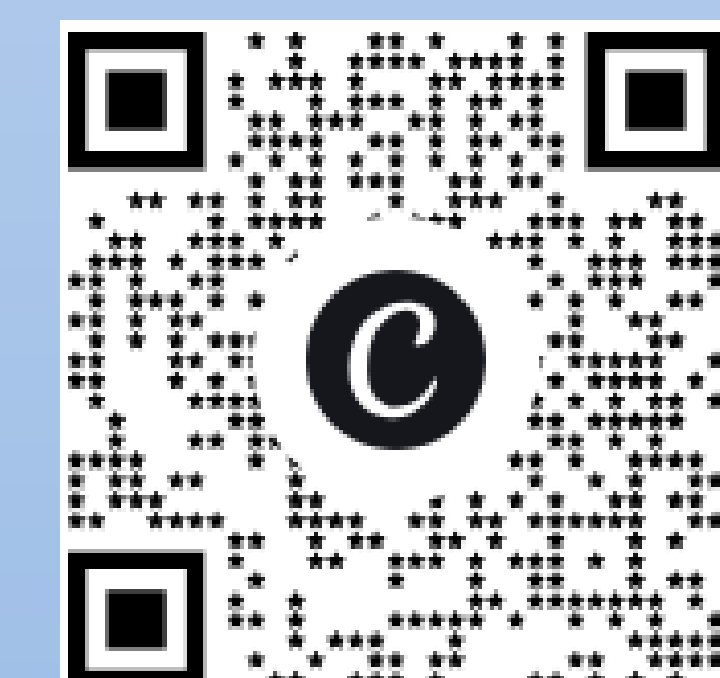
CONCLUSION & IMPLICATIONS FOR NURSING

- There are improvements in nurses' knowledge, attitudes, and behaviors after the education.
- The barriers at the institutional, unit, and personal levels persist and hinder EM implementation.
- Education alone is insufficient to achieve more meaningful and sustained practice change.

FUTURE STEPS



REFERENCES



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CONTACT INFORMATION

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