



Mobilizing Older adults Via a systems-based INtervention



A Proven Ambulation Program That Sets Your Hospital Apart

Hospital-acquired-disability due to limited patient ambulation results in significant financial and psychological costs for patients and healthcare organizations. MOVIN is a unit-based program centered on improving patient ambulation and reducing risk for hospital acquired disability in older adults.

The MOVIN Difference

MOVIN is a cost efficient, evidence-based intervention shown to improve patient ambulation and functional outcomes. MOVIN uses a structured systematic approach for implementation, ensuring intervention consistency and effectiveness. Getting patients walking has been shown to decrease length of stay, readmission rates, falls and improves patients perceived quality of life.

MOVIN Components



Psychomotor Skills Training

Physical therapy and nursing-led didactic and hands-on training



Resources

Additional staff and ambulation equipment



Communication

Electronic reporting, visible and verbal communication tools



Ambulation Environment

Distance markers and unit maps to increase progression



Unit Culture

Unit-level launch team, unit ambulation goals, and incentives

Lack of walking during a hospital stay is the most preventable cause of loss of function in older adults.



Older patients spend **80-100%** of their time in bed during their hospitalization and take **85%** less steps daily compared to community-dwelling older adults

"I know the reason I am stronger now is because they got me up to walk when I was in the hospital" –MOVIN patient

"It's a real eye opener and increased awareness on our unit. Ambulation is important for patients."
–MOVIN nurse

Older adults state their primary goal from a hospital stay is to return to their home after discharge, **feeling stronger, and able to maintain their functional ability**

Proposed WHA Cohort Timeline

February 28:
Organizational surveys complete

March-June:
Planning and preparation for implementation with support from WHA & MOVIN teams

July-September:
Implementation of MOVIN in pilot hospitals

October and beyond:
Sustain MOVIN and evaluate ongoing impact