

Early Mobilization After Surgery

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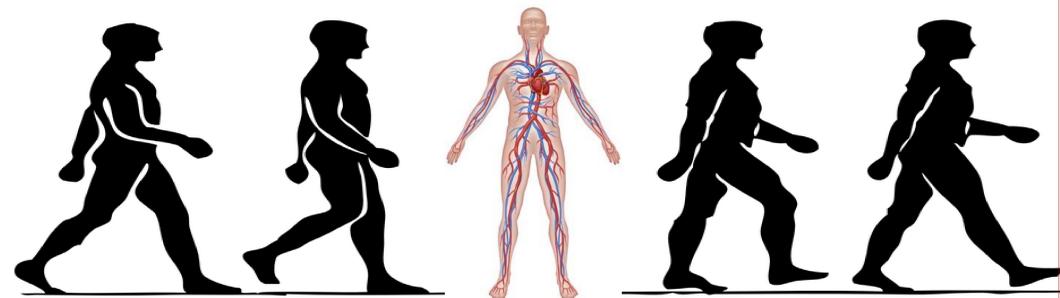
Purpose

- ❖ The purpose of this project is to provide education to the patients on the Surgical Unit of Yale New Haven Health Greenwich Hospital regarding the benefits of early mobilization after surgery.
- ❖ Early mobilization after surgery prevents surgical complications, reduces length of stay and promotes quality patient outcomes and optimal health.



Goals

- ❖ To collaborate with nurses and other members of the healthcare team to improve education to patients regarding the benefits of early mobilization after surgery.
- ❖ To develop an educational pamphlet that informs patients about the importance of early mobilization after surgery
- ❖ To educate patients regarding the importance of early mobilization as well as proper techniques for the implementation of early mobilization to reduce the occurrence of postoperative complications .



Evidence Based Research

- ❖ Early mobilization decreases the risk of developing postoperative complications while improving healing and reducing the length of stay at the hospital. (Epstein, 2014).
- ❖ Ambulating as soon as possible after surgery increases blood flow throughout the body to promote healing and reduce muscle atrophy that can occur after surgery. (Stethen et al., 2018).
- ❖ Walking can reduce the risk of developing blood clots, as well as preventing constipation and helping to manage pain. (Stethen et al., 2018).
- ❖ The use of the incentive spirometer promotes adequate lung expansion and increases lung capacity while improving deep breathing efforts to decrease the risk of pneumonia and atelectasis. (Singh, HariBabu, Ramalingam, 2017)
- ❖ Sequential compression devices are utilized when the patient is resting in bed to mimic movement and maintain mobilization. These devices prevent blood pooling and blood clots by increasing blood flow. (Prylinska et al., 2019).

Implementation of Project

This project was implemented to enhance and reinforce the educational materials regarding the benefits early mobilization provides patients following a surgical procedure at Greenwich Hospital.

Significance to Nursing

- ❖ The Nursing profession acts as the catalyst to improve the quality of patient care with the early mobilization initiative changing the standard of care delivered post-operatively.
- ❖ Development of EBP standards of care and educational material supports nurses in their role as patient educators and provides patients with the knowledge and tools improve their overall health.

Background

- ❖ After surgery and anesthesia, many body systems slow down.
- ❖ Early mobilization methods can prevent surgical complications such as pneumonia, atelectasis, and blood clots while helping to manage pain and promote enhanced recovery.
- ❖ Early mobilization is not limited to only ambulation rather includes getting patient out of the bed early on, use of incentive spirometry, sequential compression stocking as well as prompt ambulation following surgery.



Conclusion

- ❖ Promotion of early mobilization in surgical patients is essential in order to promote optimal healing and overall health, as well as prevent postoperative complications.
- ❖ Early mobilization education provides patients with knowledge that will empower them to perform these methods to promote health and healing after surgery.