

Abstract

This quality improvement project explored the impact of clearly defined ambulation guidelines for activity orders on staff compliance with the execution of patient activity orders. Currently, there are no clear guidelines for the activity orders that are being prescribed by the physicians, so the nurses and nursing assistants interpret the orders based on their own level of experience. For this project, this DNP graduate student collaborated with key members of the healthcare team to develop a clear set of ambulation guidelines to follow. The project design was a quality improvement project with the objective to increase ambulation of elderly patients in the acute care hospital with the implementation of a clear set of ambulation guidelines for each activity order. The project was implemented as a pilot study on one unit of the acute care hospital. Staff were educated regarding the newly developed ambulation guidelines. Pre and post-data was collected from patient EMRs looking at the prescribed activity order and the number of times ambulated. The findings showed an increase in staff compliance with the execution of patient ambulation with patients once expectations were clearly defined.