

Patient monitoring and observation during mobilization

Figure 2. Mobilization Application Procedure

The Patient can Tolerate Mobilization?

- ✓ Heart Rate increase <20 heartbeat/min
- ✓ SKB increase < 80 mm Hg
- ✓ DKB increase < 20 mm HG
- ✓ Sinus rhythm in ECG
- ✓ Respiration Rate <35 /min
- ✓ SpO2 > 90%
- ✓ Decrease in SPO2 level <4%
- ✓ NO Dizziness, head and neck pain, tinnitus, fatigue, sweating, palpitations, shortness of breath and chest pain, excessive sweating, blurred vision and nausea
- ✓ NO Central and peripheral cyanosis and pallor in patient
- ✓ The patient wants to continue the program

STAGE 1

Assisting patient into upright sitting position in bed for 3 minutes

NO

YES

STAGE 2

3-min upright sitting on the edge of the bed without assistance

NO

STAGE 3

Assisted standing (with up to 2 assistants)

NO

STAGE 4

10-meter assisted walking (with up to 2 assistants)

NO

STAGE 5

3-min sitting on the arm-supported chair

TERMINATE MOBILIZATION PROGRAM

RETURNING TO THE RESTING POSITION

