

# BMAT: Bedside Mobility Circle Grant 5

Aurie Burrridge, RN; Bridget Hubbard, RN; Michelle Trout, BSN, RN; Elizabeth Willinski, BSN, RN; Meghan Witalis, BSN, RN

## BACKGROUND

- ❖ Falls in hospitals are common
- ❖ There are 700,000 to 1,000,000 falls each year in hospital settings in the United States
- ❖ Falls often lead to greater complications such as fractures, head injuries, and significant bleeds
- ❖ Falls can increase overall healthcare utilization within a hospital system, increase hospital costs and spending, and adversely affect patient outcomes while in the hospital

## AIM OF EBP PROJECT

- ❖ Assess the effectiveness of combining the BMAT and Mobility Circle tools in preventing falls amongst the Grant 5 patient population

## BENEFITS

This project is expected to help prevent falls on Grant 5. It is also expected to improve call bell responses by simplifying information retrieval regarding individual patient's mobility.

## METHODS

1. Pre-Implementation Survey Questions:
  - ❖ Do you use the current BMAT flyer when entering a patient room?
  - ❖ Do you think the current BMAT flyer is effective and easy to use?
  - ❖ Would you prefer a simplified version of the BMAT/mobility circle system?
2. Present information to staff; informational/educational materials to be distributed to staff via email, posters, and huddles; distribute flyers in staff mailboxes.
3. Post-Implementation Survey Questions:
  - ❖ Do you find the new BMAT/mobility circle emblem has been useful when going into different patient rooms?
  - ❖ Will you continue to use this new emblem in your daily practice?

## CONCLUSION

- ❖ Due to multiple barriers, our group was unable to assess mobility circle effectiveness

## BARRIERS

- ❖ Staffing
- ❖ Acuity on floor
- ❖ Lack of time together due to COVID restrictions

**Fill out each shift to let us know how your patient moves!**

Circle the correct image

Improve safety

Reduce falls

**BMAT SCORE**