

Mobilization Definitions and Interventions

0. Patient is not able to assist with weight shifting

- Patient is not able to comprehend and cooperate
- Patient is not able to help with weight shifting

On Bed

- Minimum of two caregivers
- Two slide sheets
- Overhead or portable lift
- Full body repositioning sling
- Turning sling
- Limb slings

Off Bed

- Minimum of two caregivers
- Overhead or portable lift
- Full body repositioning sling
- Two slide sheets (minimum of 3 caregivers)
- Air transfer device (minimum of 3 caregivers)

1. Patient is able to assist with weight shifting

- Patient is able to comprehend and cooperate
- Patient is able to assist with weight shifting (Assists with turning or rolling, reaches to side)

On Bed

- One caregiver for most tasks
- One slide sheet
- Turning sling
- Limb lifter

Off Bed

- Minimum of two caregivers
- Overhead or portable lift
- Full body repositioning sling
- Seated sling (patient must be able to tolerate seated position, minimum of 3 caregivers)
- Two slide sheets (minimum of 3 caregivers)
- Air transfer device

2. Patient is able to sit unsupported for five seconds

On Bed

- One caregiver
- One slide sheet
- Limb lifter

Off Bed

- One caregiver for most tasks
- Sit to sit transfer with slide sheet or slide board
- Sit to stand lift
- Seated sling and portable or overhead lift

3. Patient is able to stand unsupported for five seconds

On Bed

- One caregiver / Supervision
- One slide sheet
- Limb lifter

Off Bed

- One caregiver for most tasks / Supervision
- Sit to stand or standing pivot transfer
- Bedside chair, commode or wheelchair
- Walker, cane or other ambulation / transfer aid
- Stand aid or steady device
- Sit to stand lift
- Ambulation sling with portable or overhead lift

4. Patient is able to march five to ten steps in place unsupported

On Bed

- One caregiver / Supervision
- One slide sheet
- Limb lifter

Off Bed

- One caregiver for most tasks / Supervision
- Sit to stand transfers
- Ambulation short distances with supervision
- Walker, cane or other ambulation aid
- Stand aid or steady device
- Ambulation sling with portable or overhead lift

5. Patient is independent and requires no assistance or supervision for mobilization

- **PATIENT MAY NOT BE INDEPENDENT IF SCORED A FALL RISK**
- This patient is able to mobilize freely without supervision
- Patient may require the use of walker, cane or other ambulation aid used for normal activities of daily living

On Bed

- Mobilization without caregiver
- One slide sheet
- Limb lifter

Off Bed

- Mobilization without caregiver
- Walker, cane or other ambulation aid

Mobilization Score Card

Last Updated

Date:

Time:

ON
BED

0

1

2

3

4

5



OFF
BED

0

1

2

3

4

5



ON BED



OFF BED

