

# Project Walk: Promoting Your Well-Being



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## Problem

- The project goal was to create a UCMC patient education video highlighting the importance of mobilizing patients to reduce VTE and fall rates, while educating on the significance of participating in Project Walk.
- Current videos for Falls and VTE did not reflect the current practice at UCMC.
- During hospitalization, patients are at risk for Hospital-Acquired Disability (HAD).
- Patient VTE rates were increasing with decreased awareness of the benefits of mobility to prevent VTE.
- Patient engagement is at the center of this project to enhance throughput, increase discharges to home, and decrease the need for post-acute care stays.

## Goal

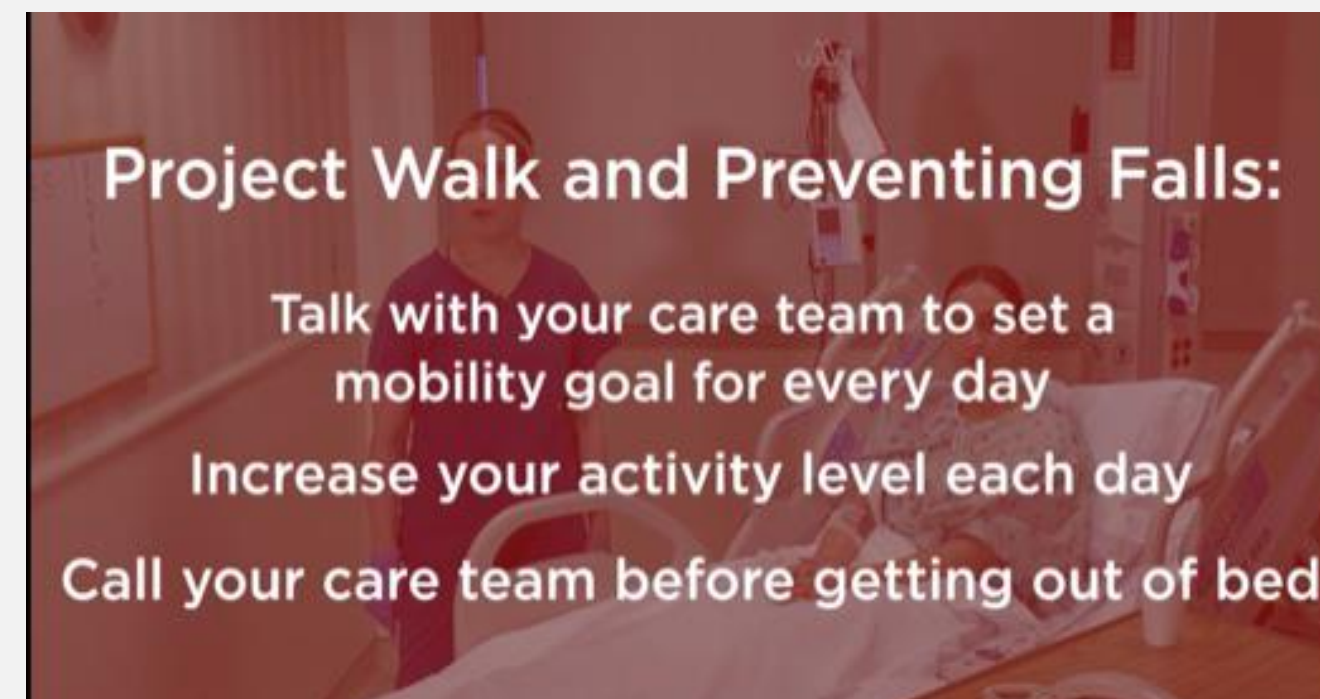
- Based on nursing and physical therapy best practice guidelines, the goal of the project was to create one comprehensive video (versus the original two) addressing VTE reduction, fall reduction, and the importance of mobility to promote well-being, reduce readmissions, decrease the need for post-acute care stays, and increase discharges to home.
- The video addresses pressing issues: rising VTE rates, HAD risk, and the need for patient engagement, leading to better well-being and reduced healthcare utilization.
- Patient engagement is at the center of this project.

## Intervention Design

- The primary resource used for our video script is the American Physical Therapy Academy (APTA) Academy of Cardiovascular and Pulmonary PT and Academy of Acute Care: Role of Physical Therapists in the Management of Individuals at Risk for or Diagnosed With Venous Thromboembolism Evidence-Based Clinical Practice Guideline 2022.
- The video script was created to emphasize VTE prevention, Project Walk, preventing HAD, and patient-initiated mobilization.
- Health Literacy reviewed and edited our script to ensure a more universal understanding of the included content.
- Filming was completed in the SIM lab and included scenarios and props that reflect realistic patient care in this institution.
- The video was edited to be concise, clear, and relevant to patients in all departments while emphasizing the imperative messages.



## Impact



- The project sought to change the current video shown to admitted patients, with the goal of emphasizing well-being and mobility.
- In the video, patients are encouraged to advocate for themselves and work with the care team to select and achieve a daily mobility goal.
- The video explains concepts such as VTE prevention, safe mobilization, fall prevention, and the importance of mobility in patient-friendly terms.
- The video features clear examples of clinical scenarios that emphasize collaboration and safety during the mobilization of patients.
- By educating and empowering patients, the goal of the video is to uplift the institution's culture of mobility to ensure the best possible outcome for all patients.

## Next Steps

- The video is viewed by patients as they are admitted as an introduction to Project Walk and preventing VTE.
- Effectiveness and impact will be measured by a tool such as a patient survey.
- The video emphasizes the culture of mobility and wellness that our organization continues to prioritize and promote to all patients.

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- Thank you to the Health Literacy team for editing our script