

Exercise physiologists aid early mobilization in ICU patients

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(HealthDay)—Exercise physiologists can provide safe and effective

early mobilization in intensive care units (ICUs), according to a study published in the September issue of the *American Journal of Critical Care*.

Claudia DiSabatino Smith, Ph.D., R.N., from University of Texas Health Science Center at Houston, and colleagues used the 12-point Activity Mobilization Evaluation Scale and delirium prevention bundle in three medical-surgical ICUs to track patient mobilization progress with the use of [exercise](#) physiologists. The authors sought to assess the effectiveness of exercise physiologists in promoting and providing aggressive and progressive early mobilization.

Eighty-two percent of patients admitted to the ICU during the study period received the mobilization intervention. The researchers found that most of the 216 included patients achieved a 1.6-point change in activity level via the intervention. After receiving a minimum of one session with an exercise [physiologist](#) (mean, 3.5 sessions per day), almost all of the study population (97 percent) maintained or increased the level of activity during the three-month study period.

"Our study demonstrates that adding exercise physiologists to the interdisciplinary team can drive early, aggressive and progressive ICU patient mobility," Smith said in a statement.

More information: [Abstract/Full Text](#)

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