



Early mobility

AMPAC “6-CLICKS” TOOL

Getting Patients Up and Moving

Goals

- Promote a culture of mobility, reduce deconditioning
- Reduce inappropriate resource use (appropriate PT/OT referrals)
- Optimize post-acute discharge planning (appropriate NSOC location)



Overview

- Overview of Activity Measure for Post- Acute Care (AMPAC)[®] & Johns Hopkins Highest Level of Mobility (JHHLM)[®] Goals
 - Evidence based tools assesses mobility and ability to complete activities of daily living
 - Recommends evidence-based goals to optimize mobility
 - Short forms to be completed by interdisciplinary care team:
 - Basic Mobility
 - Daily Activity
 - Applied Cognition (PT/OT/SPEECH ONLY)
 - Provides guidance to Case Management and care teams on discharge planning
- **EMR Impacts and Epic workflow for Physicians/LIPs**
 - Providers must address if they want the patient to follow the AMPAC protocol or not on the activity order
 - BPA alert for Providers to place an Activity Order

6 Clicks short form- **Basic Mobility**

Function

1. Turning over in bed
2. Sitting/standing from chair
3. Moving from lying to sitting
4. Moving to/from bed to chair
5. Walk in hospital room
6. Climbing 3-5 steps



Rating

- 4- No assistance (Independent)
- 3- A little assistance (Min A – Supervision)
- 2- A lot of assistance (Mod – Max Assist)
- 1- Total assistance, cannot do at all (D)

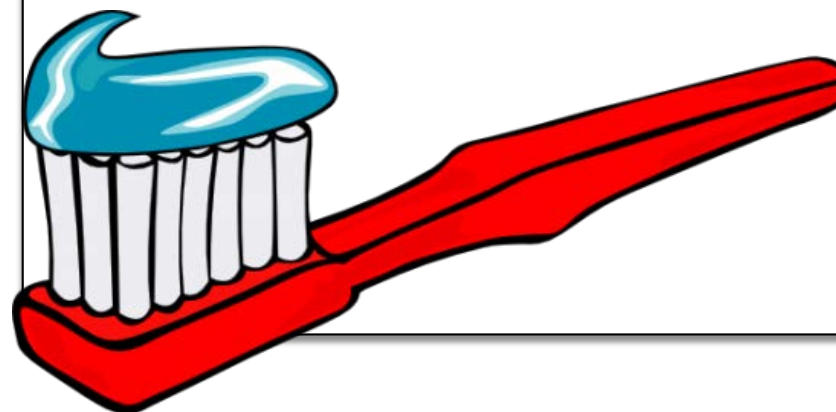
6 Clicks short form- **Daily Activity**

Function

1. Lower body dressing
2. Bathing (washing, rinsing, drying)
3. Toileting (includes toilet, bedpan, urinal)
4. Upper body dressing
5. Personal grooming (brushing teeth)
6. Eating meals

Rating

- 4- No assistance (Independent)
- 3- A little assistance (Min A – Supervision)
- 2- A lot of assistance (Mod – Max Assist)
- 1- Unable (Dependent)



Applied Cognition (PRN Speech & Language Pathology)



Function

1. Following 10-15 minute speech/presentation
2. Understanding familiar people in ordinary conversation
3. Remembering to take medication at appropriate time
4. Remembering where things were placed
5. Remembering list of 4-5 errands
6. Taking care of complex tasks (managing checking account)

Rating

- 4- Does not experience any problems completing activity
- 3- Can do the activity but requires a little more time and effort
- 2- Can do the activity but requires a lot more time and effort
- 1- Cannot do at all or with help from another person

EMR Impacts

□ System-Wide Initiative

- Hamilton was the Pilot site- first of 11 hospitals to build and roll out
 - Planned roll out across all sites as they transition to Epic
- Quick overview of EPIC impacts for Physicians/LIPs
 - **ACTIVITY ORDERING**
 - Activity order typically placed at admission- will not change
 - Activity order now requires the provider to identify if the patient should be on the AMPAC protocol or not
 - **If no activity order placed a BPA fires to provider requiring them to enter an activity order**



New Documentation Fields

NURSING ASSESSMENT of Basic Mobility

Flowsheets

File Add Rows LDA Avatar Add Col Insert Col Data Validate Hide Device Data Last Filed Reg Doc

Vitals Basic Assessment I/O IV Assessment **Daily Cares/Safety** Screenings Adult/OB Intervention... Sharing Network Organ.

Search (Alt+C...) Hide All Show All

AM-PAC BAS... ☒

AM-PA... ☒

AM-PAC Ba... ☒

Mobility ☒

PRECAUTIO... ☒

SAFE ENVIR... ☒

COMMUNIC... ☒

ACTIVITY/HY... ☒

NUTRITION ☒

COMFORT/E... ☒

MISCELLAN... ☒

SAFETY EQ... ☒

ENTERTAIN... ☒

Admission (Current) from 2/4/2022 in HA...
4/25/2022
0700 0800

AM-PAC ADL Inpatient

Lower body dressing		
Bathing	4	
Toileting	3	
Upper body dressing	3	
Grooming	2	
Eating	4	
Daily Activity Inpatient Raw Score (calculated)		
Standardized IP T-Scale Score (Calc for Raw Score...)		

AM-PAC Basic Mobility Inpatient

Turning in bed without bedrails	4	
Lying on back to sitting on edge of flat bed	4	
Moving bed to chair	4	
Standing up from chair	4	
Walk in room	4	
Climbs 3-5 stairs	4	
Mobility Inpatient Raw Score (calculated)	24	
Standardized IP T-Scale Score (Calc for Raw score...)	57.68	

Mobility

Johns Hopkins Highest Level of Mobility	8	
Goal of the Day	8 Walked 250 f...	
Level of Assistance	No assistance n...	
Assistive Device	None	
Distance Ambulated	250	
Ambulation Response	Tolerated well	

1. Document the AMPAC Basic Mobility on admission and every shift
2. Document AMPAC ADL on admission
3. Req Doc will prompt you to complete these flowsheets
4. Completing these assessment will generate score

Radiant, Dumbledore
70 y.o. / M
CSN: 10100169638
Code: Assume Full

1200-A

Attending: Scott Robert Eisenberg
Primary Problem: None
Allergies: Penicillins

Infection: ---
Isolation: ---
Notifications: [Red X]

Orders: 11
PRN: 1 A
S: 1
D: 1

Values/Beliefs
Completed (5)
AM-PAC ADL
Care Plan Started
Gender Identity
Smoking History Documented
VAT Assessment

4 hours

Flowsheet rows display all details of the tool

Start: 0700 | Reset | Now | 4/25/22 0800

Lower body dressing

Comments (Alt+M)

Row Information

Admission, Monday, Thursday, and with change in level of care

1=Total
2=A lot
3=A little
4=None

How much help from another person does the patient currently need putting on and taking off regular lower body clothing?AM-PAC Short Form Manual (v.2). 2016. Trustees of Boston University. Used with permission from Boston University School of Public Health, 715 Albany Street Talbot T5W, Boston, MA 02118How much help from another person does the patient currently need putting on and taking off regular lower body clothing?AM-PAC Short Form Manual (v.2). 2016. Trustees of Boston University. Used with permission from Boston University School of Public Health, 715 Albany Street Talbot T5W, Boston, MA 02118

Mins/Maxes

Max: 4
Min: 1

Flowsheet Information

Row ID: 30440105815
Group ID: 304900201

Last Filed

4
3
3
2
4
4
4
4
4
4
24
57.68
8
8 Walked 250 feet...
No assistance nee...
None
250 ft
Tolerated well

Start: 0700 | Reset | Now | 4/25/22 0700

Standardized IP T-Scale Score (Calc for Raw scores >...)

57.68

Value Information

57.68
Taken by: Nurse Inpatient, RN
at 4/25/22 0700 (today)
Recorded by: Nurse Inpatient, RN
at 4/25/22 0758 (today)
Press the space bar to jump to the data's location in the grid.

Row Information

IP Raw scores of 6-10 are low level and will NOT yield an IP TScore. See Low Level Scores below instead.

T Score is standardized allowing scores to be compared across care settings. (10 point change is significant).

AM-PAC Short Form Manual (v.2). 2016. Trustees of Boston University. Used with permission from Boston University School of Public Health, 715 Albany Street Talbot T5W, Boston, MA 02118.

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Last Filed Values (24 hours)

57.68
by Nurse Inpatient, RN at 4/25/22 0700

First Filed Value

57.68
by Nurse Inpatient, RN at 4/25/22 0700

Flowsheet Information

Row ID: 304401058001
Group ID: 304900202

Last Filed

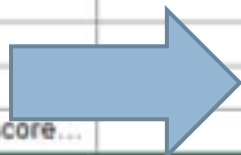
4
3
3
2
4
4
4
4
4
24
57.68
8
8 Walked 250 feet...
No assistance nee...
None
250 ft
Tolerated well

AMPAC Scores

The generated score is meant to guide in discharge planning for placement needs.

In this example the patient score is 24 and should ambulate in the hallway with the nurse

AM-PAC Basic Mobility Inpatient		
Turning in bed without bedrails		4
Lying on back to sitting on edge of flat bed		4
Moving bed to chair		4
Standing up from chair		4
Walk in room		4
Climbs 3-5 stairs		4
Mobility Inpatient Raw Score (calculated)		24
Standardized IP T-Scale Score (Calc for Raw score...		57.68



Mobility 6 clicks tool scores	
6 clicks score - Basic Mobility	Activity order (mobility interventions)
revised ranges 12/7/19	
5-6	Encourage patient to independently change position in bed; Transfer OOB with mechanical assist;
7-8	Sit at edge of bed with assistance;
9-10	OOB to chair w assistance BID
11-15	OOB to chair w assistance and Stand/ambulate pt at bedside (1-3 minutes) TID
16-18	Ambulate in room and bathroom
19-20	Ambulate ad lib
21-24	Ambulate in hallway by nursing

JHHLM

The calculated JHHLM score will recommend a goal for the day.

Document against that goal in the flowsheets below

Mobility	
Johns Hopkins Highest Level of Mobility	8
Goal of the Day	8 Walked 250 f...
Level of Assistance	No assistance n...
Assistive Device	None
Distance Ambulated	250
Ambulation Response	Tolerated well

4/25/22 0700

Daily Cares/Safety

Interval Start: 0700 Reset Now

Goal of the Day

8 Walked 250 feet/ 1+ laps

Last Filed

4

3

3

2

4

4

4

4

4

24

57.68

8

8 Walked 250 feet...

No assistance nee...

None

250 ft

Tolerated well

Value Information

8 Walked 250 feet/ 1+ laps

Taken by: Nurse Inpatient, RN

at 4/25/22 0700 (today)

Recorded by: Nurse Inpatient, RN

at 4/25/22 0758 (today)

Press the space bar to jump to the data's location in the grid.

Row Information

1=Lying in bed

2=Turn self in bed/Bed activity/Dependent transfer

3=Sit on edge of bed

4=Transfer to chair

5=Stand for 1 minute

6=Walk 10+ steps

7=Walk 25+ feet

8=Walk 250+ feet

Last Filed Values (24 hours)

8 Walked 250 feet/ 1+ laps

by Nurse Inpatient, RN at 4/25/22 0700

First Filed Value

8 Walked 250 feet/ 1+ laps

by Nurse Inpatient, RN at 4/25/22 0700

Flowsheet Information

Row ID 3049031

Group ID 3049029



Provider Orders

Orders Examples- Screenshot

Orders

Active Signed & Held Home Meds Cosign Order History Future Outpatient

View by: Order Type Go to: Imaging

Scheduled

amlODIPine (Norvasc) tablet 5 mg	5 mg, oral, Daily, First dose on Mon 4/4/22 at 1100, For 90 days Notify provider if medication is held. Reason to hold? SBP < 100 mmHg
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Imaging

IR Angiogram Pulmonary Artery Left	Routine, Once, On Tue 2/8/22 at 1506, For 1 occurrence Reason for Exam: test
XR Cervical Spine 4-5 Views Complete	Routine, Once, On Fri 2/4/22 at 1211, For 1 occurrence Reason for Exam: Osteoarthritis, cervical
XR Lumbar Spine 4+ Views Complete	Routine, Once, On Fri 2/4/22 at 1210, For 1 occurrence Reason for Exam: Lumbar radiculopathy, no red flags
XR Sacroiliac Joints 3+ Views Complete	Routine, Once, On Fri 2/4/22 at 1211, For 1 occurrence Reason for Exam: Spondyloarthropathy, cervical spine, Spondyloarthropathy, lumbar spine, Spondyloarthropathy, thoracic spine
XR Thoracic Spine 3 Views	Routine, Once, On Fri 2/4/22 at 1211, For 1 occurrence Reason for Exam: Chest pain, nonspecific

Lab

CBC and differential	Once, On Mon 4/25/22 at 0807, For 1 occurrence Specimen Types - Blood, Specimen Sources - Blood, Venous, New collection
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Nursing

Activity (specify) AM-PAC/JH Highest Level of Mobility Protocol; No Restrictions	Until discontinued, Starting on Mon 4/25/22 at 0808, Until Specified AM-PAC/JHLM: AM-PAC/JH Highest Level of Mobility Protocol Activity Level: No Restrictions
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Nursing

Activity (specify) AM-PAC/JH Highest Level of Mobility Protocol; No Restrictions

Until discontinued, Starting on Fri 7/15/22 at 0654, Until Specified
AM-PAC/JHLM: AM-PAC/JH Highest Level of Mobility Protocol
Activity Level: No Restrictions

Modify Discontinue

BPA

While signing orders, if there currently is not an active activity order, and one is not being signed, Providers and APPs will receive a BPA reminding them to place a new order.

Orders

Active Signed & Held Home Meds Cosign Order History Future Outpatient

View by: Order Type Go to: Expired Orders

Expired Orders

Complete Blood Count (CBC), w/Differential Every 6 hours, First occurrence on Mon 6/27/22 at 0140, Last occurrence on Wed 6/29/22 at 1800, For 3 days
Specimen Types - Blood; Specimen Sources - Blood, Venous; New collection
Expired 15 days 12 hours 53 minutes ago

Scheduled

heparin injection 5,000 units/mL 9,000 Units (rounded from 9,120 Units = 80 Units/kg × 114 kg Order-specific weight), intravenous, Once, On Sun 6/26/22 at 1945, For 1 dose

magnesium sulfate 1 g in 100 mL D5W (Premix)

multivit with minerals-folic acid chewable tablet

warfarin (Coumadin) tablet 4 mg

Reorder Discontinue

Discontinue

Discontinue

Hold Discontinue

Discontinue

BestPractice Advisory - Test, Jackson

High Priority (1)

AM-PAC: Patient currently does not have an active Activity order. Please enter one.

Order Do Not Order Activity (specify)

Accept Cancel

Activity (specify)

Frequency: **Until discontinued**

Starting: 7/15/2022 Today Tomorrow

At: 0654

For: Hours Days Weeks

Starting: **Today 0654**

AM-PAC/JHLM: AM-PAC/JH Highest Level of Mobility Protocol No AM-PAC/JHLM Protocol

Activity Level: Strict Bed Rest Bed Rest With Exceptions No Restrictions

Additional Activity Instructions

Comments: + Add Comments

Next Required Link Order

Accept Cancel

REMINDER

- Providers will continue to place orders for PT/OT/Speech Evaluation as needed
- AMPAC is an activity order and does not take the place of PT/OT orders



New Orders

Activity (specify) AM-PAC/JH Highest Level of Mobility Protocol; No Restrictions
Until discontinued, Starting today at 0658, Until Specified
AM-PAC/JHHLM: AM-PAC/JH Highest Level of Mobility Protocol
Activity Level: No Restrictions

PT eval and treat
Until therapy completed, today at 0658, For 1 occurrence