

Bed Check Activity

Maintaining functional mobility is crucial to the well-being of all people, especially as we age. This simple activity provides a quick assessment of the individuals most at risk for a decline in functional mobility levels due to inactivity.

This activity is often an eye-opener for medical directors and nurse supervisors:

1. Stroll down your facility's hallways at 10 a.m. and again at 4 p.m. on the same day. Each time, note the names or room numbers of residents whom you observe in bed.
2. Compare the two lists to identify those residents observed in bed at both times.

Research at Vanderbilt Center for Quality Aging indicates that residents who are on both lists are spending an estimated 16 or more hours a day in bed, although these residents are not "bed-bound" for medical reasons.

These residents definitely are not "using it."

There's a good chance they're "losing it."

It's time to exercise.

Based on Vanderbilt Center for Quality Aging, Mobility Decline Prevention: Training Module, p. 7,

<http://www.mc.vanderbilt.edu/documents/cqa/files/Mobility%20Decline%20Prev/Module%20mobility%20decline%20prevention.pdf>

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