# Duke MOVES Mobility Screening Tool: A.O.K.

## ASK:
Questions for more information at the beginning of and throughout encounter

- “Did you fast for your appointment today?” (patient may feel weak)
- “Do you use a wheelchair, walker, or other assistive device?”
- “How did you get into the wheelchair?”
- “Do you need assistance to stand or transfer?”
- “Are you feeling dizzy or light-headed?”
- “Do you worry about falling?”

## OBSERVE:
Patient for physical signs of weakness or fatigue

- Slumped posture sitting in wheelchair
- Weak or frail appearance or facial expression (grimace)
- Has a companion assisting them
- Uses an assistive device, such as a walker or cane, or has portable O2 supply
- Shortness of breath after walking from parking lot
- Poor vision (thick/dirty eyeglasses)

Patient for signs of mobility limitations

- Strength in lower extremity
  - Does patient use a cane/walker, have amputation, sit in w/c, etc.?
  - Is patient able to lift feet off floor or wheelchair footrest on own?
- Ability to stand up on his/her own
  - Can the patient stand up easily on own?
  - Is the patient struggling to stand up?
  - Is the patient asking for help to stand up?
- Ability to take steps and maintain balance
  - Does the patient look stable while standing?
  - Can the patient walk steadily?

## KEEP Patient Safe: If patient has any signs of weakness, fatigue, or mobility limitations by

- Walking NEXT to, not in front of patient
- Offering to push patient in a wheelchair
- Using a lift, if available
- Making every effort to NOT leave patient unattended on exam/treatment table or commode
- Providing education materials on how to prevent falls at home and during encounters
- Documenting in EMR