Training Guide for NCAs, Technologists, Therapists, Transporters and Ambulatory/Procedural Area Nurses:
Bedside Mobility Assessment Tool (BMAT)-INPATIENT

*Use this guide to education/train staff on how to interpret a patient’s BMAT mobility score.*

The goal is for the learner to understand:

1. **The importance of knowing BMAT mobility level prior to moving patients.**
   - To determine how they move on their own before providing assistance
   - To select the safest lift equipment and devices

2. **Where to find patient’s BMAT mobility level and risk for falls.**
   - View in MaestroCare, if able
   - Room sign
   - Ask patient’s assigned RN

3. **A patient’s mobility and safety needs at each BMAT level.**
   - **“Strict Bedrest”:** Patients are not medically stable to be out of bed; may reposition in bed and perform lateral transfers.
   - **BMAT level 1 “Bedfast/Dependent”:** Patients do not have sufficient strength to move out of bed on own.
   - **BMAT level 2 “Chairfast”:** Patients are able to sit upright, but are unable to stand or walk.
   - **BMAT level 3 “Stand”:** Patients are able to stand, but not walk.
   - **BMAT level 4 “Walk”:** Patients are able to walk; may need walker or cane.

4. **How to select the most appropriate patient lift equipment and devices available on unit/in department based on patient’s BMAT mobility score to complete the required task.** Consider training on equipment appropriate for each BMAT level. A few examples for each BMAT level are:
   - **“Strict Bedrest”:** Use blue liners or Hovermatt for lateral transfers.
   - **BMAT level 1 “Bedfast/Dependent”:** Use Maximove/Maxisky to transfer out of bed to recliner for meals.
   - **BMAT level 2 “Chairfast”:** Use SaraPlus to transfer to bedside commode.
   - **BMAT level 3 “Stand”:** Use SaraStedy/UltraMove/QuickMove to transfer to recliner to complete ADLs.
   - **BMAT level 4 “Walk”:** Use Rowalker to walk in hallway.
   - Always default to the safest equipment if there is any doubt in a patient’s ability to complete the required task.

5. **NCAs only: Importance of verifying patient’s mobility level and equipment to use with nurse before assisting patient.**

6. **NCAs only: Appropriate interventions for patients at each BMAT level.**
   - Example: Patients at BMAT level 3 “Stand” should sit edge of bed or transfer out bed to recliner with equipment for meals and ADLs.
   - Patients at all BMAT levels can complete ROM exercises.

7. **Therapists only: Importance of communicating patient mobility with nursing staff using BMAT score.**

8. **Transporters only: Importance of verifying patient’s mobility level with nursing staff before assisting patient.**

9. **Transporters only: The safest way to transport patients between units and departments.**
   - Stretchers for patients at BMAT levels “Strict Bedrest”, “Bedfast/Dependent”, “Chairfast”, and “Stand”.
     Use friction-reducing devices (blue liners, Hovermatt, etc.) for all lateral transfers.
   - Wheelchairs for patients at BMAT level 4 “Walk”. Patients may need walker or cane.
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<th>10. Verbalizes safety needs of patients at BMAT level 4 “Walk” based on falls risk.</th>
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<tbody>
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<td>• Patients at <strong>high falls risk</strong> must be assisted by a staff member for all out of bed activities.</td>
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<tr>
<td>• Patients <strong>NOT</strong> at high falls risk are <strong>Independent</strong>; patients are encouraged to walk in room and halls on their own as able and be out of bed for meals and ADLs.</td>
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| 11. Importance of reinforcing nursing education to patients and loved ones on mobility level and mobility plan including interventions and lift equipment or devices needed to move safely. |