BMAT Algorithm

Assess mobility level before moving patient

Activity order present?

Yes → 1. Sit and Shake: Can patient sit on EOB on own > 2 minutes and shake hand across midline?

No → Out of bed order

Yes → Pass safety screen?

No → Strict Bedrest

Yes

No → Strict Bedrest

BMAT level 1: Bedfast/Dependent; HIGH Falls Risk

Use equipment for mobility*

1. Sit and Shake: Can patient sit on EOB on own > 2 minutes and shake hand across midline?

Yes

No → BMAT level 2: Chairfast; HIGH Falls Risk

Use equipment for mobility*

2. Stretch and Point: Can patient stretch legs, straighten knees, bend ankles, and flex/point toes?

Yes

No

BMAT level 3: Stand; HIGH Falls Risk

Use equipment for mobility*

3. Stand: Can patient come to standing on own with walker/cane/bedrail AND remain standing > 5 seconds?

Yes

No

BMAT level 4: Walk; May/may not be HIGH Falls Risk

Use assistive devices, if needed.

4. Walk: Can patient maintain balance/stability to march in place AND step forward & back with each foot? (May use assistive devices, if needed.)

Yes

No

* Refer to BMAT instruction sheet for appropriate equipment to use with mobility.