



FAQs: Mobility Check for Inpatient Use

1. What is a Mobility Check?

A Mobility Check helps staff see a patient's mobility in real time *before* assisting with movement. It also identifies the safest way to move patients and alerts the nurse and other staff to changes in patient mobility. Nurses document a BMAT score for patient mobility each shift. The Mobility Check allows staff to see if there are changes between the patient's real-time mobility status and the nursing BMAT assessment in MaestroCare.

2. Who is responsible for doing Mobility Checks?

All patient care staff including NCAs, Transporters, Mobility Techs/Aides, PASAs, Radiology Technologists and nurses in hospital-based radiology departments, and Behavioral Health Techs are responsible for doing Mobility Checks. In-patient PT/OT staff do not use the Mobility Check since they conduct their own mobility assessments.

3. Why do non-nursing patient care staff use Mobility Checks?

Mobility Checks guide staff to the safest way to move patients by identifying the most appropriate lifts and devices needed in that moment in time. Mobility Checks can prevent patient falls and injuries to patients and staff. A patient's mobility status can change quickly throughout each shift and during their stay due to changes in medical status, medications, medical or PT/OT interventions, and procedures, surgery, or testing. Mobility Checks are helpful to nurses because they identify changes in patient mobility.

4. What should you know before you perform a Mobility Check?

You should first identify a patient's last documented BMAT level from MaestroCare. In some areas, you may also see BMAT scores communicated on door/room signs and/or communication boards. Verify if what you see in real time matches the BMAT score in MaestroCare.

5. When should Mobility Checks be performed?

Use Mobility Checks in real-time before moving any patient such as when meeting a patient for the first time, when a patient has been sitting for a long time, before getting a patient up to walk in the hall, or before assisting a patient to the bathroom, etc.

6. How do you perform a Mobility Check?

Use the algorithm on page 2. If the patient is able to complete each task in the check, move to the next check. If they cannot complete a task, they are assigned a mobility level based on what they are able to complete on their own.

7. What do you do if what you see in the Mobility Check does not match the BMAT score in MaestroCare?

If the real-time Mobility Check does not match the BMAT in MaestroCare, notify the patient's care nurse to reassess the patient's mobility using the BMAT assessment. You and/or nurses will then use the proper lift or device to move the patient based on this new score and what you see in the Mobility Check.

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Mobility Check

