

Duke MOVES Tip – In-Patient



Some falls can be avoided.

Even if patients are **BMAT Mobility Level 4 (Walk)**, they may not be safe to ambulate due to a physical condition or a physiological event. For example:

- Seizures
- Syncope (passing out)
- Dizziness
- New onset of weakness
- New onset of stroke symptoms
- Active GI bleeding
- Low hemoglobin and hematocrit
- Awaiting or receiving blood transfusion
- Low blood pressure (SBP <90 mmHg)
- Orthostatic hypotension (BP drops with standing)

Tips to help patients with activity orders to get out of bed safely and prevent falls:

1. Use bedside commode instead of walking to the bathroom. Stay near patient the entire time.
2. Consider using Sara Plus or SaraStedy/UltraMove/QuickMove to transfer onto commode or bedside commode.
3. Consider using a bedpan if all other options are unsafe.