Duke MOVES Tip

Why BMAT?

Each level tells you what a patient is able to do.
Patients must be able to sit then stand before they walk!

Assessment Level 1: Sit and Shake verifies patient has adequate sitting balance and trunk strength.

Assessment Level 2: Stretch and point verifies patient has adequate leg stability and strength.

Assessment Level 3: Stand verifies patient has adequate leg strength for standing.

Assessment Level 4: Walk verifies patient has adequate leg strength and balance for walking.

Once the Mobility Level is determined, select the best equipment to safely move the patient.

For example, if patients are unable to pass the Stand Assessment, they not strong or steady enough to stand on their own. Use SaraPlus or SaraStedy/QuickMove/UltraMove lift for out of bed transfers.

TIPS:
- BMAT may be initiated if patient is on a stretcher. Start with “Sit and Shake”.
- If patient is already sitting in recliner or wheelchair, start with “Shake”.

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