

Abstract

On average, approximately 83% of a patient's hospital stay is spent laying in bed (Currier, et al., 2018). It is clear that mobilization can have many positive benefits for the patient throughout hospitalization and can eliminate numerous complications. According to Perry & Potter (2017), mobilization is “a person’s ability to move about freely” (p. 410). Mobilization impacts body systems, as well as the overall health of the patient. It has been shown that mobility in the hospital setting improves patient outcomes such as prevention of delirium, a reduction in length of hospital stays, and decreased chances of readmission (Dirkes & Koziowski, 2019). Mobility can lead a patient to become more independent and be able to perform activities of daily living, which increases the possibility of early discharge and is cost-effective. Specifically, mobilization positively affects the gastrointestinal, respiratory, musculoskeletal, cardiovascular, neurological, urinary, and integumentary systems in the body.

References

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