

- They can download an app to help you relax together, such as:
 - › Radioplayer Canada (music)
<http://radioplayer.ca/app>
 - › Calm (meditation)
www.calm.com
 - › Headspace (meditation)
www.headspace.com

Who is on my movement team?

- Many people will be involved in helping you move, including **you and your family members**.
- Other members of your movement team include:
 - › **Physiotherapist** - decides how you can safely move and helps you practice moving.
 - › **Rehabilitation Assistant** - helps you practice moving, as directed by the physiotherapist.
 - › **Nurse** - provides medical care and helps you practice moving.
 - › **Respiratory Therapist** - helps you breathe on your own or with machines. They can also help you practice moving, especially if you have a breathing machine.

Movement poster

- There is a movement poster on the wall near your bed. Staff, your family, and/or you should write on this poster each day. It should have your movement plan for the day so you will know what to expect.
- You and/or your family can also write down what they are doing to help you move, and any comments or questions about your movement.

Questions?

If you or your family aren't sure about how you should be moving, please ask a member of your movement team. We are here to help you.

Contact

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Cape Breton Regional Hospital
1482 George Street
Sydney, NS B1P 1P3
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www.nshealth.ca*

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The information in this pamphlet is to be updated every 3 years or as needed.



2020

Intensive Care Unit: Getting You Moving

Cape Breton Regional Hospital



Why is it important for me to get moving?

- Staying in bed for long periods of time without moving can cause problems such as bedsores (also called pressure ulcers), confusion, blood clots, pneumonia (lung infection), and weak muscles.
- When people in the Intensive Care Unit (ICU) move as much as possible, as early as possible, they get better faster and get discharged from the hospital sooner.

How can I move while in the ICU?

It is important to understand that moving doesn't just mean walking. There are many ways to move, such as:

- › having someone move your arms and legs while you are in bed
- › moving yourself while in bed
- › sitting up on the side of the bed
- › moving from the bed to a chair
- › standing in one place
- › walking for short or longer distances



Over time, your ability to move will usually change in order, from step 0 to step 10:

Classification		
0	Lying in bed	
1	Sitting in bed, exercises in bed	
2	Passively moved in chair (no standing)	
3	Sitting over edge of bed	
4	Standing	
5	Transferring bed to chair	
6	Marching on the spot (at bedside)	
7	Walking with assistance of 2 or more people	
8	Walking with assistance of 1 person	
9	Walking independently with a gait aid	
10	Walking independently without a gait aid	

Mobility Progression

What if I am afraid to move?

- If you have not been able to move for a while, it is normal to be afraid to move. Your safety is very important to us. Even though moving might be scary at first, it is best for you to move as much as possible, as early as possible in your ICU stay.

What can my family do to help?

The most important thing your family can do is encourage you to move as much as possible.

- If staff say it is OK, your family can move your arms and legs for you, if you're not able to.
- It may be helpful for you or your family to keep a journal of how you move each day.
- They can call the unit for an update on how you are doing, or visit anytime.
- They can bring in your favourite games, puzzles, or music. You can try to move your fingers and feet/toes to the music, as you are able.