

Mount Sinai Health System Launches a Patient Mobility Campaign

September 10, 2020, Thursday

The Mount Sinai Health System is proud to launch the “Get Moving, Get Better” campaign to support ongoing efforts at all sites to improve patient mobility. It is well established that increased mobility optimizes outcomes by minimizing the harmful effects of prolonged bed rest. With this priority initiative, we aim to create a “culture of mobility” throughout Mount Sinai that keeps all of our patients moving towards better health.

Through the “Get Moving, Get Better” campaign, Health System providers, nurses, physical therapists, occupational therapists, and support staff have partnered to advance standards for patient mobility. All members of the health care team are vital to the initiative’s success and will be part of the ongoing dialogue about increasing patient mobility. The initiative’s goals include:

- Enhanced education and specialized training on patient mobility for front-line staff
- Increased focus on setting daily mobility goals
- Acquisition of appropriate equipment to help patients get out of bed

In the upcoming weeks, screensavers, staff buttons, and other promotional items supporting the initiative will be distributed. Please join us in spreading awareness to your colleagues as well as our patients and their caregivers and families.



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