



廣華醫院
Kwong Wah Hospital



Four years rehabilitation
outcomes of the Intensive
Bedside Mobilization (IBM)
program in the
Neurosurgical Unit.

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Introduction:

- The Intensive Bedside Mobilization (IBM) program
 - started in 2015 in the Neurosurgical (NS) ward for continuity and enhancement of the Early Mobilization (EM) program commenced at February 2014 in the High Dependency Unit (HDU)
- Early mobilization in the intensive care
 - minimizing adverse consequence such as impaired exercise capacity, persistent weakness, suboptimal quality of life and high costs of health care utilization.
 - Increase the intensity of rehabilitation also improve the functional outcomes of the patients .
- Objectives:
 - To evaluate the effectiveness of IBM in improving Rehabilitation Outcomes
 - Functional capacity (Barthel Index)
 - LOS in HDU and Hospital
 - Discharge home

Methodology:

Patients referred for PT in HDU

EM

Additional IBM

Conventional PT

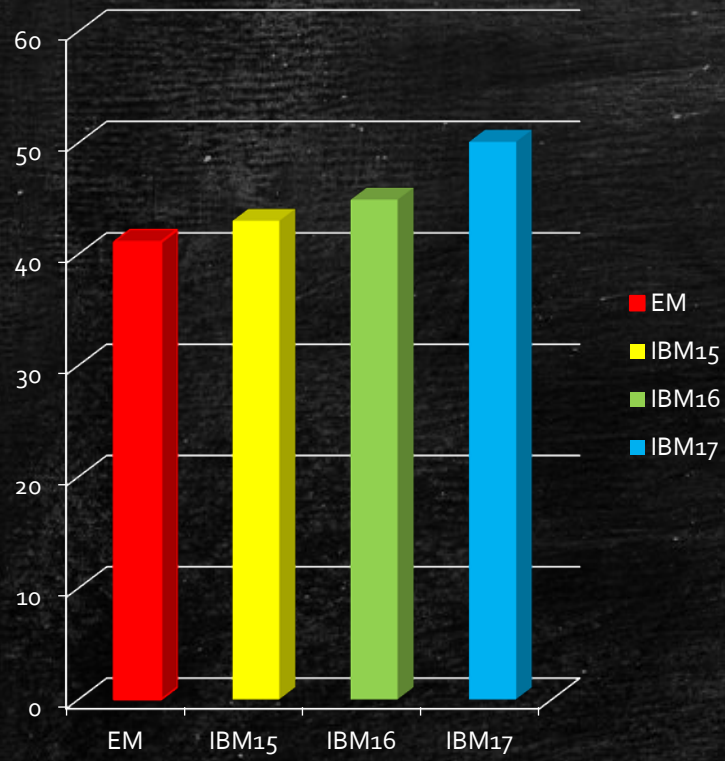
Outcome measures:

- Barthel Index
- LOS
- Discharge destination

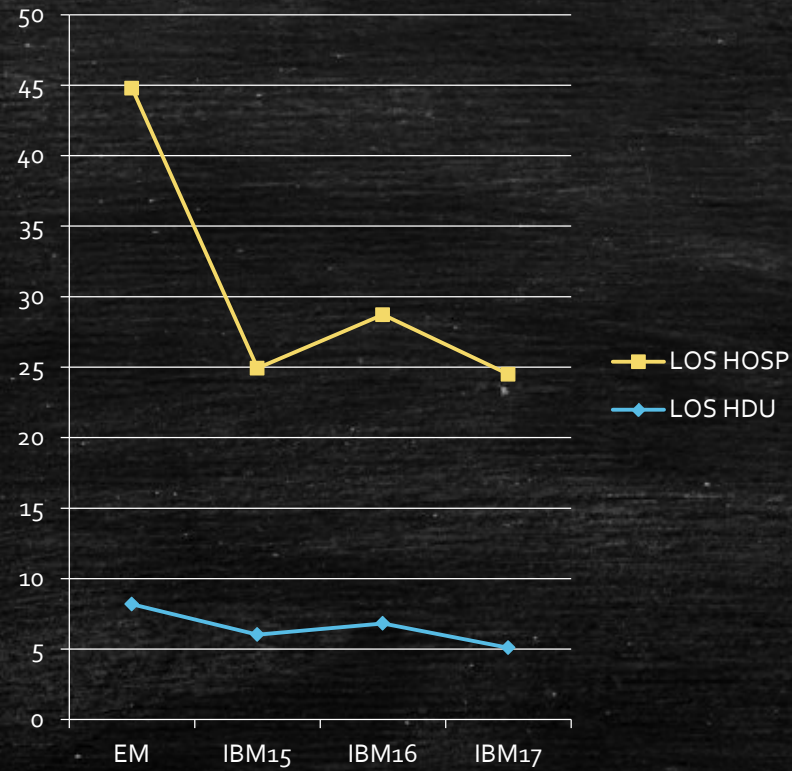


Result:

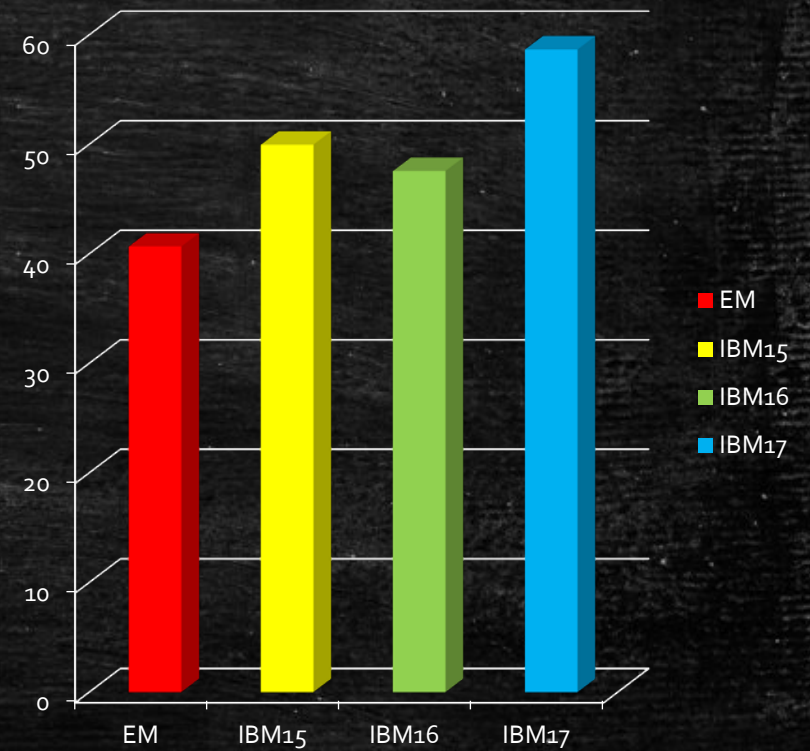
Change in BI



LOS HDU & HOSP



% Discharge Home



Conclusion:

Increasing the rehabilitation intensity by IBM on top of EM are effective in

- improving functional capacity,
- decreasing LOS in both HDU and hospital and
- facilitating home discharge in critical neurological patients.