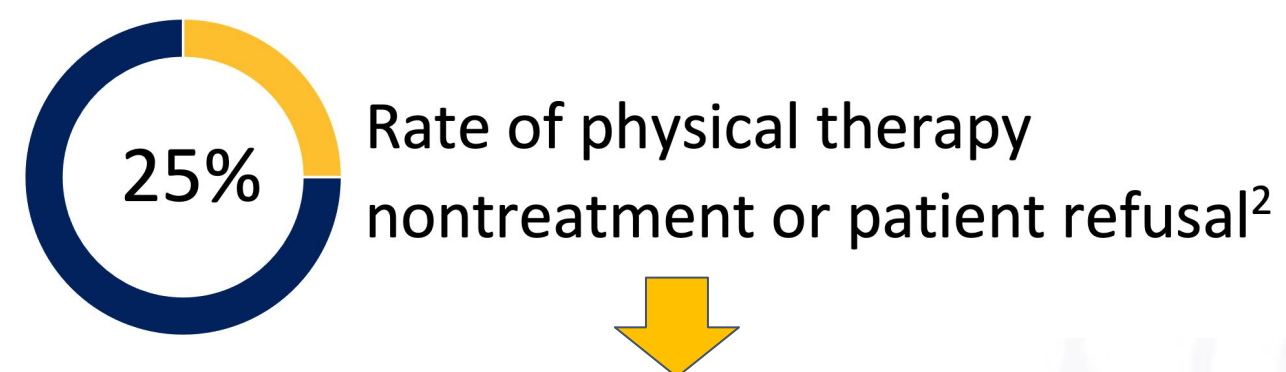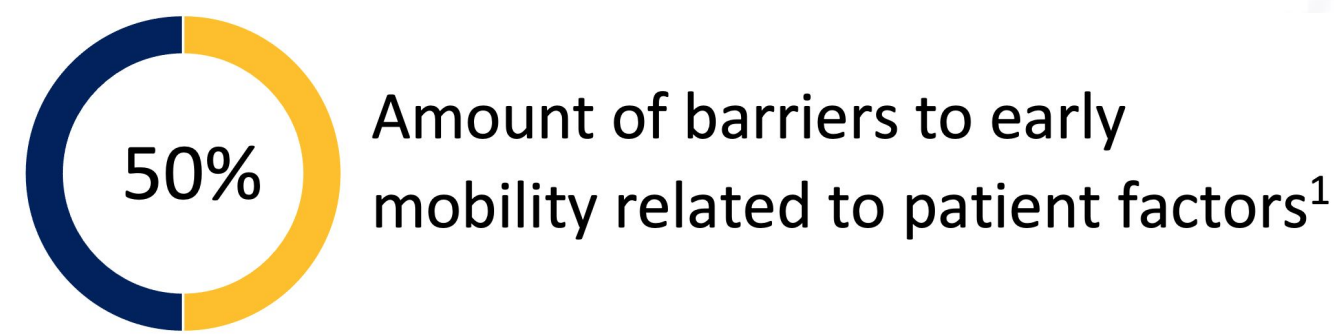# Public's Perceptions of Early Mobility and Exercise in the Hospital and Intensive Care Unit: A Prospective Descriptive Survey

Sydney Chelstrom, SPT, Emily Ciesynski, SPT, Mackenzie Dockendorf, SPT, Brandon Hixson, SPT, Amy Toonstra, PT, DPT, CCS

Introduction

50% — Amount of barriers to early mobility related to patient factors[1]

25% — Rate of physical therapy nontreatment or patient refusal[2]

Is lack of knowledge about benefits of activity a cause for these phenomena?

Objective
To evaluate public opinion on importance and safety of early mobility and exercise for individuals in the hospital and intensive care unit (ICU).

Participants
186 adults were recruited at the Minnesota State Fair in the University of Minnesota Driven to Discover Building to participate in the survey.

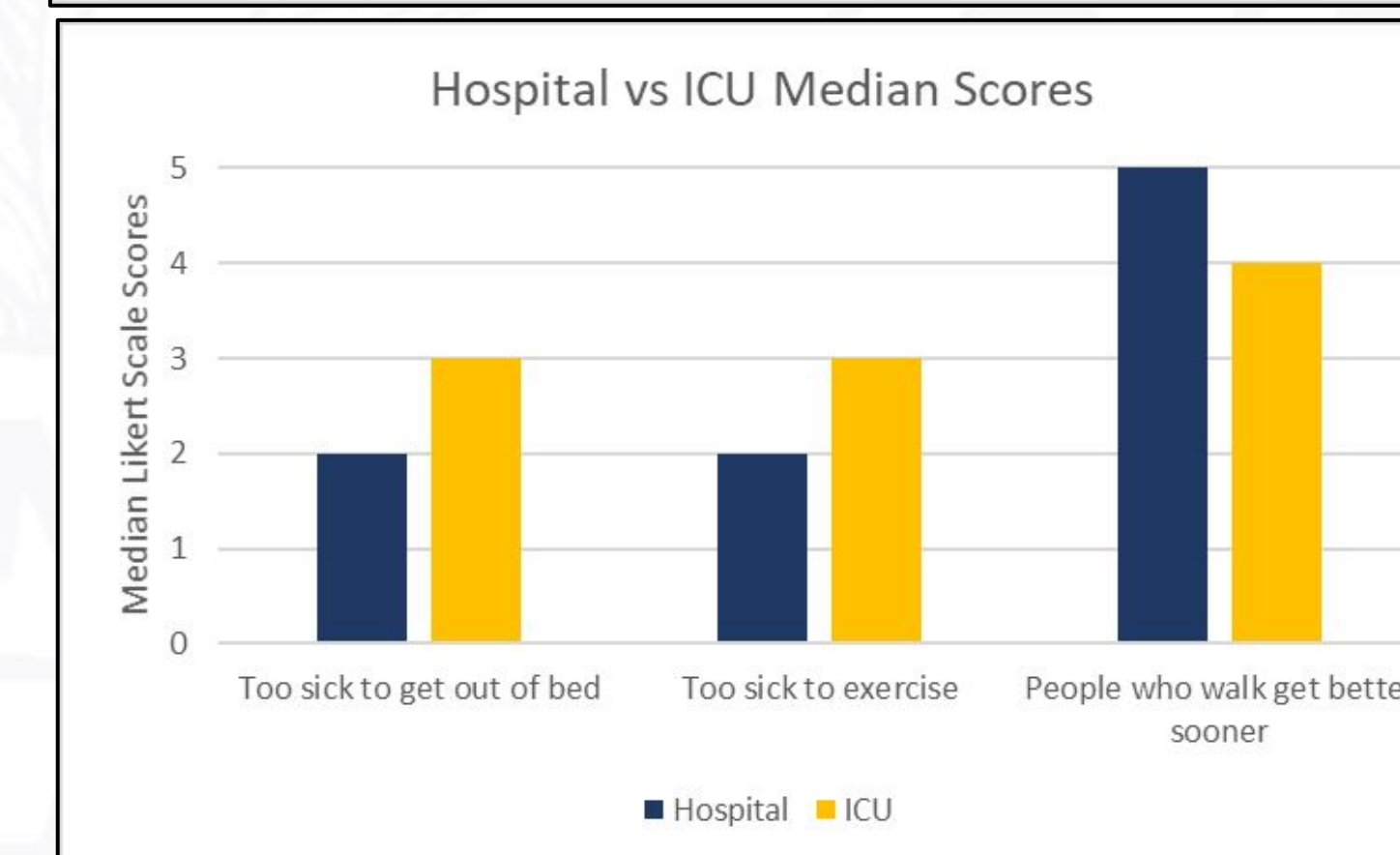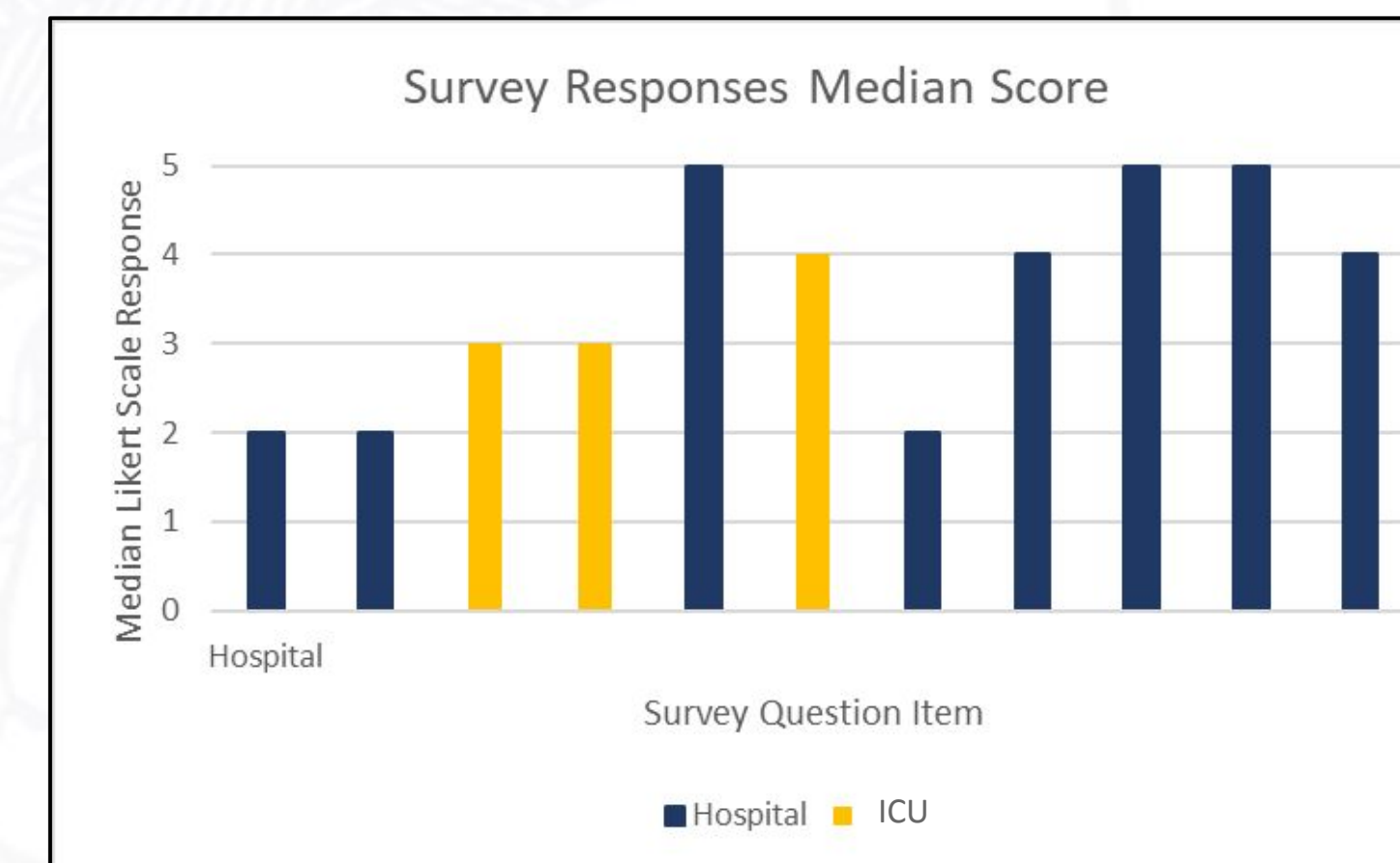| 5-point Likert scale				
Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly Agree (5)

Methods
- Survey
  - Adapted from previous validated survey[3]
  - 11 items
  - 5 point Likert scale
  - Established content validity for clarity and relevance with six content experts
- Consent, demographic information
- Cronbach's alpha for internal consistency, Spearman's Rho for correlation of demographics and item response

Survey Question Items
1. Patients in the hospital are too sick to get out of bed and/or walk
2. Patients in the hospital are too sick to exercise
3. Patients in the intensive care unit (ICU) are too sick to get out of bed and/or walk
4. Patients in the intensive care unit (ICU) are too sick to exercise
5. Patients in the hospital who get out of bed and/or walk get better sooner
6. Patients in the intensive care unit (ICU) who get out of bed and/or walk get better sooner
7. Increasing time out of bed and/or walking for patients in the hospital will be harmful to them
8. A physical therapist or occupational therapist should be the primary person to get patients out of bed and/or walking in the hospital
9. Patients' ability to get out of bed and/or walk should be regularly discussed between the hospitalized patient and their healthcare providers (nurses, physicians, physical therapists, occupational therapists)
10. When appropriate, hospitalized patients should get out of bed and/or walk at least three times a day
11. When appropriate, family members of hospitalized patients should be allowed to get them out of bed and/or walk them

Results
- Internal consistency was acceptable with a Cronbach α of 0.75.
- Overall response was positive towards early mobility in hospitalized patients (Median=4)
- Responses trended towards neutral for individuals in ICU (Median=3)
- Role as healthcare provider had no correlation with belief patients in hospital or ICU get better sooner with activity (r=0.15, p<0.05; r= 0.14, p>0.05)

Survey Responses Median Score

Hospital vs ICU Median Scores

Conclusion
- Positive attitude towards early mobilization in the hospital
- Neutral attitude towards early mobilization in the ICU
- Demographic characteristics, including history as healthcare worker or participation in hospital physical therapy did not affect responses

Clinical Relevance
- Negative perceptions of early mobility may not be a major barrier contributing to nontreatment in the hospital and ICU
- Further research needed to identify specific barriers related to nontreatment

Acknowledgements

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