

# Early Mobilization with LINET

Start here	Level 1	Level 2	Level 3	Level 4
Nurses activities				
If the patient fails this criterias start with level 1, if the patient passes continue to level 2. Done within 24 hours of admission.	<b>Patient Assessment:</b> RASS -5 to -3 SAS 1-3	<b>Patient Assessment:</b> RASS > -3 to -1 SAS > 3	<b>Patient Assessment:</b> RASS 0 - +1 SAS > 3	<b>Patient Assessment:</b> RASS 0 - +1 SAS > 4
<b>Basic Assessment</b>	<b>Fails</b> Basic Assessment (reassess in 24 hrs)	<b>Passes</b> Basic Assessment	<b>Passes</b> Basic Assessment	<b>Passes</b> Basic Assessment
<b>Neurology</b> ICP less 15mmHg (if messured) <b>Respiratory</b> SpO <sub>2</sub> > 88% or Pao <sub>2</sub> / FiO <sub>2</sub> > 250 PEEP < 10 or not increasing Arterial pH > 7.25 <b>Cardiovascular</b> HR > 50 < 140 MAP > 55 < 140 SBP > 90 < 200 Vassopressor infusion no new or increasing No new arrhythmia, DVT, PE	<ul style="list-style-type: none"> <li>- HOB 30° STOP</li> <li>- Turning Q2hrs (assisted)</li> <li>- Consider using Automatic lateral therapy (see the ALT protocol)</li> <li>- Reverse Trendelenburg with foot board reversed for weight bearing</li> <li>- PROM for all extremities</li> <li>- Micro-Shifting if patient is too unstable for ALT</li> </ul>	<ul style="list-style-type: none"> <li>- ALT</li> <li>- HOB 30° STOP</li> <li>- Turning Q2hrs (assisted)</li> <li>- Chair position</li> <li>- Reverse Trendelenburg with footboard reversed for weight bearing</li> </ul>	<ul style="list-style-type: none"> <li>- HOB 30° STOP</li> <li>- Turning Q2hrs (self/assisted)</li> <li>- Chair position</li> <li>- Sitting edge of the bed</li> </ul>	<ul style="list-style-type: none"> <li>- HOB 30° STOP</li> <li>- Turning Q2hrs (self/assisted)</li> <li>- Sitting in bedside chair</li> <li>- Walking with or without assistance</li> </ul>
<b>Fails</b> Start level 1 <b>Passes</b> Start level 2				
Assess to level 1 or 2	<b>Tolerates Level 1</b> Continue to LEVEL 2	<b>Tolerates Level 2</b> Continue to LEVEL 3	<b>Tolerates Level 3</b> Continue to LEVEL 4	<b>Tolerates Level 4</b> Continue walking longer distances

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Physiotherapy				
	When patient meets the basic assessment criteria and is ready to progress to level 2 order a PT/OT evaluation.	<b>Patient Assessment:</b> RASS -5 to -3 SAS 1-3	<b>Patient Assessment:</b> RASS > -3 to -1 SAS 4-5	<b>Patient Assessment:</b> RASS 0 - +1 SAS 4-5
<b>Basic Assessment</b>	<b>Fails Basic Assessment</b> (re-evaluate in 24 hrs.)	<b>Passes</b> Basic Assessment	<b>Passes</b> Basic Assessment	<b>Passes</b> Basic Assessment
<b>Neurology</b> ICP less 15mmHg (if measured) <b>Respiratory</b> SpO <sub>2</sub> > 88% or Pao <sub>2</sub> / FiO <sub>2</sub> > 250 PEEP < 10 or not increasing Arterial pH > 7.25 <b>Cardiovascular</b> HR > 50 < 140 MAP > 55 < 140 SBP > 90 < 200 Vassopressor infusion no new or increasing No new arrhythmia, DVT, PE	- Therapy not indicated	<ul style="list-style-type: none"> <li>- Active Assisted ROM UE/LEs on all planes, use the following features of the bed to assist in achieving all planes; turn assist, vascular position, reverse Trendelenburg with foot board reversed, and chair</li> <li>- Bed mobility skills/core strengthening using turn assist and vascular position</li> </ul>	<ul style="list-style-type: none"> <li>- Active ROM UE/LEs .</li> <li>- Weight bearing activities in reverse Trendelenburg with the foot board reversed</li> <li>- Balance activities in chair position and sitting EOB using mobilization button and mobi-lift</li> <li>- Standing activities using turn assist and mobi-lift.</li> <li>- Transfer training to chair</li> </ul>	<ul style="list-style-type: none"> <li>- Resistance exercises</li> <li>- High-level balance activities</li> <li>- Endurance exercises</li> <li>- Progress walking and gait training</li> <li>- ADLs</li> </ul>
<b>Fails</b> PT is not recommended re-evaluate in 24 hours <b>Passes</b> Start level 2				
Assess to level 1 or 2	<b>Tolerates Level 1</b> Continue to LEVEL 2	<b>Tolerates Level 2</b> Continue to LEVEL 3	<b>Tolerates Level 3</b> Continue to LEVEL 4	<b>Tolerates Level 4</b> Continue walking longer distances

