

Time to get moving: Evaluation of an evidence-based, multicomponent tailored intervention on hospital mobility.

ACTRN12623000831684

Status	RECRUITING
Sponsor	Royal Brisbane and Women's Hospital
Enrollment	400 participants

Plain Language Summary

Being in hospital often means spending most of the day lying in bed, even when patients are well enough to sit up or walk. Research shows that patients who stay still for most of their hospital stay are much more likely to lose muscle strength, develop complications like pneumonia or blood clots, and take longer to recover. Despite knowing this, getting patients moving more in hospital has proven surprisingly difficult. This study will design a tailored mobility strategy — working with hospital staff, managers, and patients — and then test whether implementing it across 10 wards in four Brisbane hospitals actually increases how much patients move.

The study will measure patient activity levels and track other clinical outcomes like length of hospital stay, falls, and discharge destination. Staff and patients will also be interviewed to understand how the strategy was received and what helped or hindered its adoption.

You may be eligible as a patient if you are 65 or older, are admitted to one of the participating medical wards, and have been in hospital for more than 48 hours. Patients who are receiving end-of-life care, are critically ill, or cannot consent are not eligible.

Key Eligibility Criteria

Inclusion (3)

- This study will be conducted on 10 medical wards across across 4 hospitals in the one health service: the Royal Brisbane and Women's Hospital, The Prince Charles Hospital, Redcliffe Hospital and Caboolture Hospital.
- For pre-post data, eligible participants will be patients aged 65 years and older admitted to the implementation wards for more than 48 hours (as these are the cohort at most risk of functional decline, and the target of our improvement intervention).
- Acceptability of the intervention will be determined by focus groups conducted with key multi-level stakeholders identified through the Multi-professional Mobility Improvement Collaborative (either direct membership or through snowballing techniques).

Exclusion (1)

- Patients receiving end of life care or who are critically ill, or those who are unable to independently consent due to severe cognitive or psychological impairment or language difficulties that would interfere with their ability to participate in a short interview.

Locations (4 total)

Royal Brisbane & Womens Hospital - Herston, QLD, Australia
The Prince Charles Hospital - Chermside, QLD, Australia
Redcliffe Hospital - Redcliffe, QLD, Australia
... and 1 more locations

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000831684>

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