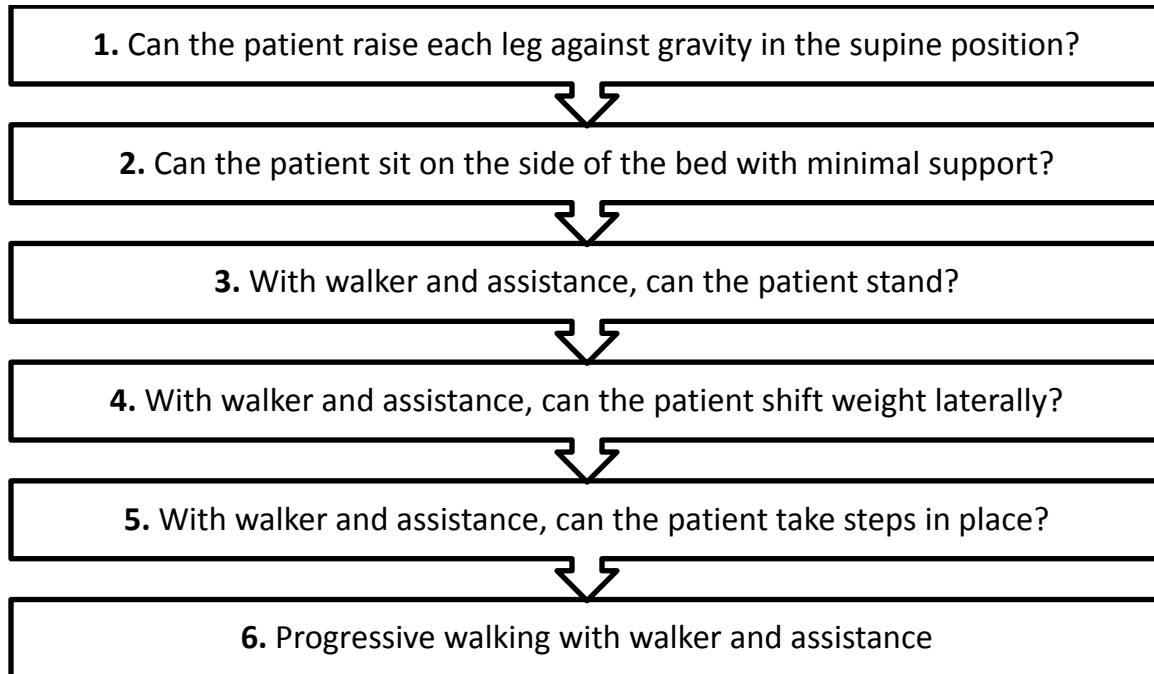


ICU Mobilization Test

The ICU Mobilization Test was originally intended to assess the potential for safe mobility of patients on mechanical ventilation in the ICU. However, it is a reasonable, progressive assessment of any patient's potential for safe mobility. The original reference is the following: Perme C, Chandrashekar RK. Managing the patient on mechanical ventilation in ICU: early mobility and walking program. *Acute Care Perspect.* 2008;17(1):10-15.

Instructions: Assess the patient's ability to successfully complete each step prior to attempting Step 6: Progressive walking away from the bedside with walker and assistance. If the patient demonstrates difficulty during the test, consider obtaining physical therapist input regarding strategies to improve safety with mobility.



Note that while a standard or wheeled walker would provide the most stability for a patient, the assessment could be modified to use a different assistive device (such as a cane) or even no assistive device, depending on what the patient typically uses for gait.