





# UNC PICU UP! Early Activity and Mobilization Guidelines

**EXCLUDED** 

- Hemodynamically unstable
- Active hemorrhage
- Unstable ICP
- Full spinal precautions
- Open chest
- Open abdomen

**\*SPECIAL SITUATIONS\***  
(Discuss level on rounds)

- Unstable fracture
- Receiving inhaled nitric oxide
- Intracardiac lines
- Neurosurgical patient with restrictions

	<b>Level 1*</b> 	<b>Level 2*</b> 	<b>Level 3*</b> 
Inclusion Criteria	<ul style="list-style-type: none"> <li>• Intubated/tracheostomy with FiO<sub>2</sub> &gt;60%</li> <li>• Intubated difficult airway</li> <li>• New tracheostomy prior to first trach change</li> <li>• RASS &lt;-3</li> <li>• Escalating or high dose vasopressor (other than milrinone)</li> <li>• HFOV</li> <li>• VA ECMO</li> <li>• Spinal precautions</li> </ul>	<ul style="list-style-type: none"> <li>• Intubated or tracheostomy with FiO<sub>2</sub>&lt;60%</li> <li>• RASS &gt; or = -2</li> <li>• Noninvasive respiratory support with FiO<sub>2</sub>&gt;60%</li> <li>• Stable or weaning vasopressor</li> <li>• CRRT/temporary PD</li> <li>• VV ECMO with stable flows during turns</li> </ul>	<ul style="list-style-type: none"> <li>• Noninvasive respiratory support with FiO<sub>2</sub> &lt;60%</li> <li>• Baseline pulmonary support</li> </ul>
Activities	<ul style="list-style-type: none"> <li>• HOB elevated &gt; 30°</li> <li>• Turn q2h</li> <li>• PT/OT consult</li> <li>• Passive range of motion</li> <li>• Positioned in developmentally supportive position or as recommended by OT/PT</li> <li>• Four handed care to decrease stress</li> <li>• Positive touch for infants and toddlers</li> <li>• CAPD assessment BID if RASS &gt;-3</li> </ul>	<p><u>Level 1 activities PLUS:</u></p> <ul style="list-style-type: none"> <li>• Sitting up in bed TID</li> <li>• Team to consider OOB to chair, possible ambulation</li> <li>• Assess need for daily schedule</li> <li>• Assess for difficulty with communication or phonation and need for SLP consult</li> </ul>	<p><u>Level 1 activities PLUS:</u></p> <ul style="list-style-type: none"> <li>• OOB to chair TID or sitting up in bed TID if appropriate chair is not available</li> <li>• Ambulate BID if trunk control present</li> </ul>

**DAILY ROUTINE FOR ALL PATIENTS:**

- Lights on/shades up by 0900
- Bed/bath/weight by 2300
- Lights dimmed/out by 2300 (Increase lighting as needed for cares/interventions)
- TV limited to 30 minutes at a time and a goal of:
  - <2 years of age: <1 hour a day
  - >2 years of age: <2 hours a day
- TV turned OFF when sleeping

CHECK LIST FOR OOB ACTIVITIES	CRITERIA to PAUSE and REASSES
<ul style="list-style-type: none"> <li><input type="checkbox"/> Multidisciplinary team present (RT, RN, PT, OT, charge nurse, family, physician if needed)</li> <li><input type="checkbox"/> Clear job assignments (person in charge of airway, ventilator, pole, watching vital signs)</li> <li><input type="checkbox"/> Disconnect all unnecessary devices (feeds, PIV)</li> <li><input type="checkbox"/> Ensure equipment cords have enough room</li> <li><input type="checkbox"/> Ensure clear pathway to patient</li> <li><input type="checkbox"/> Ensure emergency equipment is in the room</li> <li><input type="checkbox"/> TIME OUT before progressing with activity</li> </ul>	<ul style="list-style-type: none"> <li>• Change in HR of &gt;20%</li> <li>• Change in BP of &gt; 20%</li> <li>• Decrease SaO<sub>2</sub> &gt;15%</li> <li>• Increase FiO<sub>2</sub> &gt;20%</li> <li>• Increase ETCO<sub>2</sub> &gt;20%</li> <li>• Ventilator asynchrony</li> <li>• Respiratory distress</li> <li>• New arrhythmia</li> <li>• Change in mental status/fatigue/pallor</li> </ul>