

Friday, September 20, 2019

Movement Matters – One Step at a Time

Windsor Regional Hospital is encouraging a target group of “at risk” patients to take a walk, log their steps and see how far they can go on the Road to Recovery. The Movement Matters – One Step at a Time Program kicked off Tuesday with a pep rally to encourage participation at both hospital campuses.

“We don't want our patients who come to the hospital to get better to leave with new or worse conditions because they stayed in bed the whole time they were here,” says Karen McCullough, Chief Operating Officer and Chief Nursing Executive. “So it is important we keep them moving.”

As part of the Movement Matters Program, “at risk” patients who need help getting up and moving, are identified when they are admitted into hospital. Referred patients work with their care teams to set appropriate mobility goals and then track and monitor how far they go.

A map of Windsor-Essex is now on display in each participating unit. Each week, the ambulation team will tally all patient steps and track the total distance covered on the unit map. The total distance covered by patients on all units at both WRH campuses will be tracked and shared across the organization and online on the WRH Road to Recovery Map.

“It's not a race,” says Kristi Cecile, Director of Medicine. “We want to encourage our patients to take that extra step, go the extra mile and see how much ground we can cover together.”

“The program gives patients an opportunity to maintain and build strength and confidence,” says Tara Corra-Pella, and Ambulation Assistant involved in the project. “Often patients need encouragement, especially when they are not feeling well and through this program they see every step makes a difference and every day we encourage them to go a little further.”

Check out the website to hear how movement in hospital impacted one of our patients' awaiting lung transplant. www.wrh.on.ca/movementmatters



Dave MacDonald shares his story on why Movement Matters

Welcome Frank!



Frank is an MBA student from Odette Business School. With a background in medicine and the sciences, Frank has always been interested in how things get done on the management and administration side of the hospital. He hopes to learn a lot from the SOP team and use the knowledge to become a better healthcare provider in the future. Frank will be working with the SOP Team until December, if you see him around the hospital please welcome him to the team!