

as lessen LOS.

#### Significance to nursing

Early mobility is important to nursing practice because of the adverse effects lack of movement causes both immediately and thirty days post-hospitalization. Moreover, recent studies have indicated the health benefits and cost savings of getting hospital patients walking as soon after their procedures. These benefits are distinct. Physical activities strengthen muscles and joints, and movement is linked with shorter hospital stays. Brief hospital stays



[Redacted]

you are asserting facts in this paragraph and need to cite a source.

1. In hospitalized patients, do patients involved in early mobility plans have reduced LOS, and do these programs lead to lessened SNF releases in comparison to those patients who are not on mobility plans? (Boehm, (2021). The population (P) is the patients in hospitals, Intervention (I) is patients ordered on early mobility plan, Comparison(C) is between those in mobility plans and those not in the mobility program (standard activity). The outcome (O) will be to assess LOS of



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this got a good start, but is too complex for a PICOT question.

#### PICOT QUESTIONS

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patients discharged to go home and those discharged to a SNF. Patients will be placed on a mobility plan for twenty-four hours of their admission.

2. In hospitalized patients, does ambulation cause patients to be at a greater risk for falls, or does the program decrease fall risks? Population(P) is the hospitalized patients, Intervention includes directives for early mobility plan to reduce or prevent fall, Comparison is the rate of fall in patients in mobility plans to those on standard activity directive, outcome (O) is to assess the rate of falls of patients in early mobility system with those in standard activity directives. The timeline will be twenty-four hours after admission.

3. In Hospitalized patients, do patients with a bed rest directive have a lengthier stay (LOS) in the hospital in comparison to patients with activity directives? Population(P) is the hospitalized patients, Intervention includes directives for physical activities, Comparison will be the LOS of patients with physical activity directive in comparison to those with bedrest directives. Outcome will be assessed with by the period of stay in hospital between these two groups, throughout their hospitalization



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A question, but not a PICOT question.



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this is closer. Missing the time element