

UCLA1682 U Move Materials-BMAT Cheat Sheet-Assessment Tool**Round: 3**

Date	5.9.16	Colors	4/0 (Process) + AQ
Release Date	XX.XX.16	Final Size	11"W x 8.5" H
Designer	Mark Sojka	Software	InDesign CC2015
Production Mgr	Andrew Edelstein	Fonts	Interstate, Gotham (legend)
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Special Instructions:

Production Notes and Image tags are on a separate layer and do not print.



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BMAT Equipment Options

BMAT Level 1

Maxi Move (< 226 kg)



Golvo (< 199 kg)



Bariatric Tenor Lift (< 319 kg)



AirTAP (> 68 kg)



Sliding Board



Roller Board



Maxi Slide Flite



TAPS (< 68 kg)



BMAT Level 2

Maxi Move



Sara Plus



Bariatric Sit to Stand



Sara Flex (< 199 kg)



AirTAP



Sliding Board



Maxi Slide Flite



Roller Board



TAPS



Chair Re-Positioner



Hover Jack



Gait Belt



BMAT Level 3

Sara Study



Quick Move



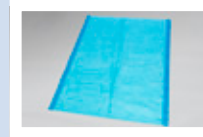
Walker



RoWalker



Maxi Slide Flite



TAPS



Roller Board



Chair Re-Positioner



Hover Jack



Gait Belt



BMAT Level 4

Gait Belt



Fall Recovery Devices

Maxi Move



Bariatric Tenor



Golvo



Hover Jack



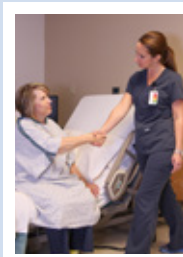
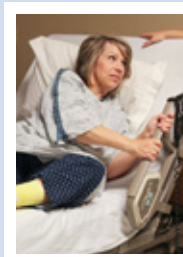
Call, don't fall!

Always use the safest lifting/transfer method (e.g., total lift) if there is any doubt in the patient's ability to perform the task.

Bedside Mobility Assessment Tool

Assessment Level 1 Sit and Shake

1. Ask the patient to sit up from his/her semi-reclined position and rotate to a seated position at the side of the bed. Patient may use the bedrail.
2. Ask patient to reach out and grab and shake your hand. Make sure patient reaches across his/her midline.

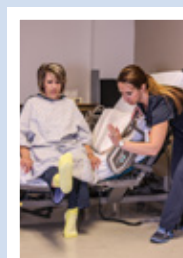
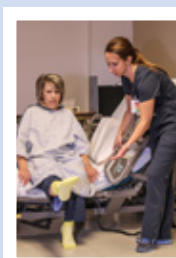


PASS = Patient is able to reach a seated position, maintain his/her balance and reach across his/her midline. Proceed to Assessment Level 2.

FAIL = Patient is unable to perform tasks. Patient is **MOBILITY LEVEL 1**.

Assessment Level 2 Stretch and Point

1. With patient in seated position at the side of the bed, ask patient to place both feet on the floor (or stool), with knees no higher than his/her hips.
2. Ask patient to stretch one leg, straighten the knee, bend the ankle and point his/her toes straight ahead. If appropriate, repeat with the other leg.

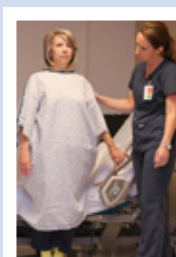


PASS = Patient is able to demonstrate appropriate quad strength on intended weight-bearing limb(s). Proceed to Assessment Level 3.

FAIL = Patient is unable to complete task. Patient is **MOBILITY LEVEL 2**.

Assessment Level 3 Stand

1. Ask patient to elevate herself/himself from the bed or chair, moving from a seated to standing position using an assistive device (e.g., cane, bedrail).
2. Patient should be able to raise buttocks off the bed and maintain the position for five seconds. May repeat once.



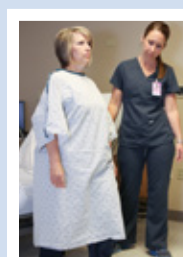
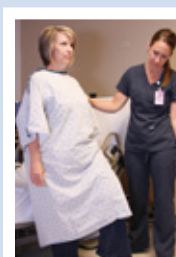
PASS = Patient maintains standing stability for at least five seconds. Proceed to Assessment Level 4.

FAIL = Patient is unable to demonstrate standing stability. Patient is **MOBILITY LEVEL 3**.

Assessment Level 4 Walk

1. Ask patient to march in place at bedside.
2. Then, ask patient to advance his/her foot for one step and return foot to previous position.

There are medical conditions that may render a patient unable to step backwards; use your best clinical judgment.



PASS = Patient demonstrates balance while shifting weight and is able to step, take independent steps and does not need an assistive device. Patient is **MOBILITY LEVEL 4**.

FAIL = Patient is unable to complete tasks or requires use of assistive device. Patient is **MOBILITY LEVEL 3**.