


Clinical guideline

PICU early mobilization

 This guideline should not replace clinical judgment.

Pediatric intensive care unit

PICU early mobilization guideline criteria

Level 1

- Intubated, FIO₂ >60%, PEEP >8*
- Difficult/critical airway, new trach/prior to first trach change
- Acute neurological event, elevated ICP
- Sedated and RASS score > -3 or < +2
- Active titration of vasoactive drugs
- Unstable pelvis/spine without stabilization device
- **CONTRAINDICATIONS:** active or uncontrolled bleeding/seizures, or open chest/abdomen

Level 2

- Intubated/or trach <60% and/or PEEP <8*
- Non-invasive support with FIO₂ >60%*
- Dialysis/CRRT
- Femoral Access

Level 3

- Non-invasive pulmonary support with FIO₂ <60%
- Baseline pulmonary support
- EVD clamped by nurse and RASS -1 to +3

*consider baseline ventilator settings

PICU early mobilization guideline activity

Level 1

- Lights on, shades up by 0900; dimmed by 2300
- Consider low stimulation (noise machines, limited TV, etc.)
- HOB to/ > 30 degrees
- Turn q2h during day and consider q4 at night
- OT consult by PICU day 3
- PT as needed
- Developmentally supportive positioning per PT and OT
- PROM initiated as appropriate

Level 2

- Level 1 activities **PLUS:**
- Positive touch for infants/toddlers
- Sitting up in bed TID
- Team to consider OOB to chair and/or ambulation
- PT and OT consult by day 3
- Assess for difficulty with communication, phonation, and swallowing readiness for SLP consult
- Assess need for daily schedule
- CAPD BID for delirium screen

Level 3

- Level 1 and 2 activities **PLUS:**
- OOB to chair TID or sitting up in bed if appropriate chair not available
- Ambulation BID with assist

Rest and reassess

- Change in HR 20%
- Change in BP 20%
- Change in RR 20%
- Decrease SpO₂ 15%
- Increase FiO₂ 20%
- Increase ETCO₂ 20%
- Ventilator asynchrony
- CPAP/BiPAP asynchrony
- Respiratory distress
- New arrhythmia
- Hemodynamic concerns
- Change in mental status
- Concern for airway device, vascular access, or EVD integrity
- Behavior interfering with safe activity

PICU early mobilization guideline

Executive summary

Pediatric intensive care unit early mobilization guideline workgroup

Pediatric physical therapy owner: Jennifer Resetar, PT DPT
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References:

Guideline team members

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