

Patient Mobility Assessment: BMAT



A PATIENT MOBILITY assessment is a process for determining how much a patient can move, what equipment or aides will be necessary for them to complete a daily task, such as walking or toileting and how much support their caregiver must provide if the patient has limitations.

In NYC Health + Hospitals, the Banner Mobility Assessment Tool (BMAT) is the

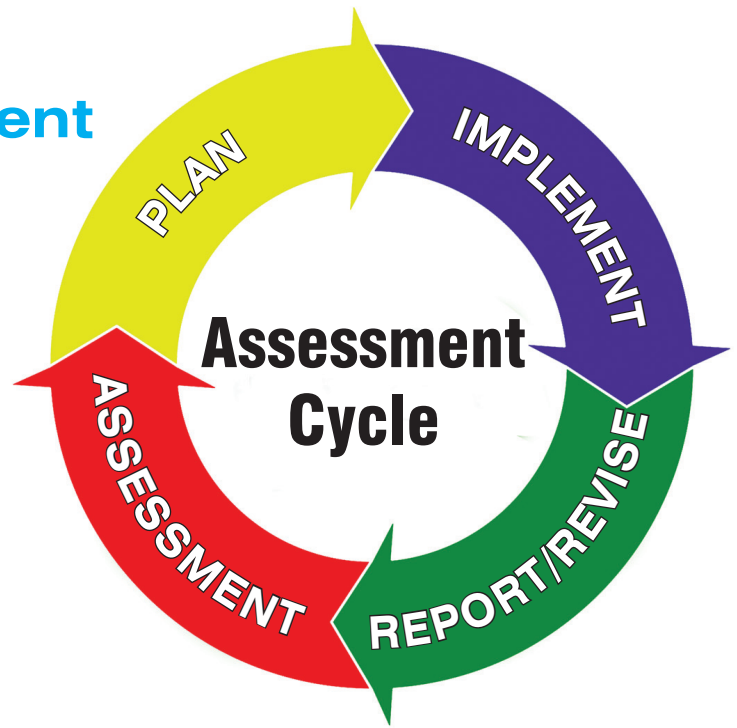
most commonly used process to make these determinations. Under the BMAT, each patient's mobility is tested and assigned a level from 1 to 4. Mobility Level 1 patients are those needing the most assistance. Mobility Level 4 patients need the least assistance. The BMAT recommends the appropriate equipment and staffing based on the mobility level.

Currently NYC Health + Hospitals clinical staff determines the patient's mobility assessment and assigns one of the three patient categories: maximum assistance, moderate assistance and minimum assistance. The list below shows how the BMAT works in conjunction with these terms:

Assistance Level	Mobility Level based on the BMAT	Recommended Equipment	Caregiver(s)
Maximum assistance	Mobility Level 1	Total mechanical lift plus accessories (can be ceiling mounted/portable) and lateral transfer aids	Minimum 2 or more
Moderate assistance	Mobility Level 2	Sit to Stand and Ambulation assist devices	Minimum 2 or more
Minimum assistance	Mobility Level 3	Gait belt, repositioning aids	1-2
No assistance	Mobility Level 4 (also known as Modified Independence)	No equipment	0-1

Who completes a Patient Mobility Assessment?

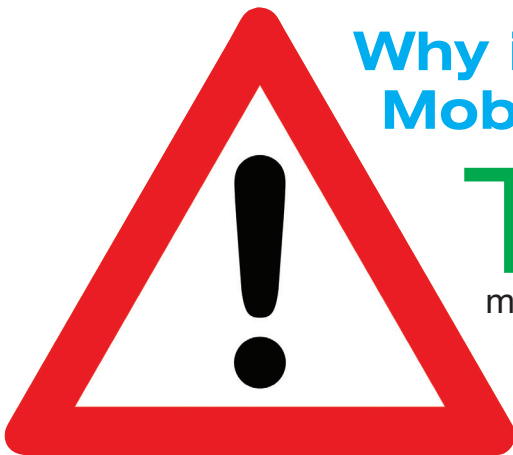
A PATIENT MOBILITY assessment is completed by a licensed clinician; such as a nurse or physical therapist. The patient's mobility determination should be recorded in their chart and communicated to all staff providing care to the patient/resident.



When is the Patient Mobility Assessment completed?

TYPICALLY, an initial assessment is done prior to treatment. A patient accompanied by a family member or other caregiver may be able to provide early information as to how much the patient can move or require assistance. The patient's mobility will need to be re-assessed as the patient's independent movement increases or decreases.

Why is the Patient Assessment Mobility important?



THE ASSESSMENT gives a healthcare worker an idea of the patient's limitations, the level of assistance required to complete daily tasks, and other medically directed orders. An accurate assessment ensures the right equipment will be used, which protects workers and patients from injury.

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