

CADTH RAPID RESPONSE REPORT: REFERENCE LIST

Mobilization for Hospitalized Older Adults: Guidelines

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Research Question

What are the evidence-based guidelines regarding mobilization to prevent or reduce functional decline in hospitalized older adults?

Key Findings

No relevant evidence-based guidelines were identified regarding mobilization to prevent or reduce functional decline in hospitalized older adults.

Methods

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit retrieval to guidelines. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2009 and February 1, 2019.

Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

Table 1: Selection Criteria

Population	Hospitalized older adults aged ≥ 65 years with or without dementia; Hospitalized older adults with frailty aged ≥ 60 years
Intervention	Mobilization (e.g., getting the patient out of bed, exercise programs)
Comparator	No comparator
Outcomes	Guidelines
Study Designs	Evidence-based guidelines

Results

No evidence-based guidelines were identified regarding mobilization to prevent or reduce functional decline in hospitalized older adults.

References of potential interest are provided in the appendix.

Guidelines and Recommendations

No literature identified.

Appendix — Further Information

Previous CADTH Reports

1. Exercise Interventions for the Delayed Progression or Reversal of Frailty. (CADTH rapid response report: summary of abstracts). Ottawa (ON): CADTH; 2018.
<https://cadth.ca/sites/default/files/pdf/htis/2018/RB1221%20Frailty%20Final.pdf>
2. Rehabilitation and Prevention of Hospital-Associated Deconditioning: Clinical Effectiveness and Guidelines. (CADTH rapid response report: summary of abstracts). Ottawa (ON): CADTH; 2018.
<https://www.cadth.ca/sites/default/files/pdf/htis/2018/RB1287%20HAD%20Final.pdf>
3. Mobilization of Adult Inpatients in Hospitals or Long-Term/Chronic Care Facilities: Benefits and Harms, Safety, and Guidelines. (CADTH rapid response report: summary of abstracts). Ottawa (ON): CADTH; 2014.
<https://www.cadth.ca/sites/default/files/pdf/htis/mar-2014/RB0654%20Ambulating%20Elderly%20Patients%20Final.pdf>
4. Unstructured Exercise Programs for Elderly Hospitalized Patients: Clinical Effectiveness. (CADTH rapid response report: reference list). Ottawa (ON): CADTH; 2013.
<https://www.cadth.ca/sites/default/files/pdf/htis/may-2013/RA0622%20Exercise%20in%20LTC%20Final.pdf>

Systematic Reviews and Meta-Analyses

5. Forbes D, Thiessen EJ, Blake CM, Forbes. SC, Forbes S. Exercise programs for people with dementia. *Cochrane Database Syst Rev.* 2013;12:CD006489.
<https://www.ncbi.nlm.nih.gov/pubmed/24302466>

Guidelines and Recommendations

Alternative Population – Not Specific to Hospitalized Individuals

6. Sinclair AJ, Abdelhafiz A, Dunning T, et al. An International Position Statement on the Management of Frailty in Diabetes Mellitus: Summary of Recommendations 2017. *J Frailty Aging.* 2018;7(1):10-20.
[PubMed: PM29412437](https://pubmed.ncbi.nlm.nih.gov/29412437/)
7. Dent E, Lien C, Lim WS, et al. The Asia-Pacific Clinical Practice Guidelines for the Management of Frailty. *J Am Med Dir Assoc.* 2017 Jul 1;18(7):564-575.
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8. Sims J, Hill K, Hunt S, Haralambous B. Physical activity recommendations for older Australians. *Australas J Ageing.* 2010 Jun;29(2):81-87.
[PubMed: PM20553539](https://pubmed.ncbi.nlm.nih.gov/20553539/)

Clinical Practice Guidelines – Unclear Methodology

9. American Academy of Nursing's Expert Panel on Acute and Critical Care. Reducing Functional Decline in Older Adults during Hospitalization: A Best Practice Approach. Try This: best practices in nursing care to older adults. 2019; (31).
<https://consultgeri.org/try-this/general-assessment/issue-31.pdf>
10. de Souto Barreto P, Morley JE, Chodzko-Zajko W, et al. Recommendations on Physical Activity and Exercise for Older Adults Living in Long-Term Care Facilities: A Taskforce Report. *J Am Med Dir Assoc*. 2016 May 1;17(5):381-392.
[PubMed: PM27012368](#)

Alternative Population – Not Specific to Hospitalized Individuals

11. Guidelines & Protocols Advisory Committee. Frailty in hospitalized older adults: a clinical practice guideline. Victoria (BC): BCGuidelines.ca; 2012.
https://www2.gov.bc.ca/assets/gov/health/practitioner-pro/bc-guidelines/frailty-full_guideline.pdf

Review Articles

12. Kalisch BJ, Lee S, Dabney BW. Outcomes of inpatient mobilization: a literature review. *J Clin Nurs*. 2014 Jun;23(11-12):1486-501.
<http://www.rgpeo.com/media/61250/jcn%20outcomes.pdf>