

#everyBODYmoves MOBILITY-A-THON

November 14 - 16, 2023



For 72 hours, join the Johns Hopkins Medicine community to combat immobility harms by making patient mobility a care priority. Over these three days, our goal is to engage our patients safely in more activity, more often and to move further throughout the day.

Follow these 4 steps for success:



Identify Hospital and Department Ambassadors

- Establish unit/service local campaign advocates
- Identify resources for promotion and messaging
- Gain buy-in and support from key stakeholders
- Provide updates to central JH-AMP team
- Support event logistics and operations
- Drive creative engagement and help overcome barriers at the unit level
- Assist in collecting success stories, best practices, and promotional materials



Unit-Based and Service-Based Advocates

- Introduce the JH-AMP Mobility-A-Thon locally
- Prepare for the event by utilizing the Mobility-A-Thon timeline and resources
- Drive creative engagement and participation during the event
- Encourage participation in Mobility-A-Thon competitions

Mobility-a-Thon Toolkit Includes:

- Suggested timeline
- Engagement and competition ideas
- Presentation and messaging resources (posters and give-aways)

Download toolkit at hopkinsamp.org/everybodymoves



Talk About Activity and Mobility

- Does every care plan include a mobility goal?
- How are we communicating mobility across the team?
- How can we overcome challenges to mobilizing patients?
- How are we engaging patients to participate in mobility?



Celebrate and Share Successes

- Email successes to HopkinsAMP@jhmi.edu
- Nominate colleagues as mobility rockstars through Applause recognition

For more information, contact HopkinsAMP@jhmi.edu
or visit hopkinsamp.org/everybodymoves

