

#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. Join us for some friendly competitions!



Poster Contest

Staff are invited to create posters that encourage mobility. The best poster will be selected by the JH-AMP team, and will be produced and shared in our tool kit!

Rules:

1. A photo of the poster should be submitted electronically by email.
2. Be creative!
3. Submission deadline: November 10, 2023. Email a photo of your poster to HopkinsAMP@jhmi.edu to enter!

PRIZE: Selected posters will receive the full design treatment by the Johns Hopkins Marketing Team, and will be showcased by the JH-AMP Team.

Patient or Staff Engagement Activity

During the campaign, we want to see your game or activity that gets the staff and/or patients engaged in mobility! Staff are encouraged showcase their creativity while designing their activities. Winners will be announced after the campaign.

Two separate categories equal **two** separate prizes!

PRIZE:

1. **Winner of Best Patient Engagement Activity** gets a pizza party for your unit
2. **Winner of Best Staff Engagement Activity** gets a cookie party for your unit

Clinical Staff Videos

Create and shoot a video highlighting why mobility matters to you!

Some things to consider:

- How have you seen mobility improve your patients?
- Show us how you move - show off your moving safely techniques
- Use your own idea! Get creative!

Rules:

1. Videos should be no more than 30 seconds long.
2. Remember to follow the **JHM Social Media Policy and Guidelines**. In accordance with JHM privacy policies, JHM staff are asked to not include patients in your video.
3. Submission deadline: November 10 2023. Email HopkinsAMP@jhmi.edu to enter!

PRIZE: The unit with the most creative video will win a framed certificate!

For questions or more information, contact:
HopkinsAMP@jhmi.edu



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