



# The 4th Annual #everyBODYmoves Campaign

Johns Hopkins Activity Mobility Promotion (AMP) Program™

[hopkinsAMP.org](http://hopkinsAMP.org)

The #everyBODYmoves campaign is a grassroots effort that aims to address immobility harm in the acute hospital and post-acute setting. Our goal is to develop a forum for clinicians and organizations to share best practice that nurses, therapists and medical colleagues can embrace.

# #everyBODYmoves

# MOBILITY-A-THON

*November 14 - 16, 2023*



**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.

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## 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

# How can you help support?



## 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?

# Competitions Include:

- Pre-Event – let's great ready to move!
  - Poster Contest
  - Staff Video Contest
- During the Event:
  - Best staff engagement game/activity
  - Best patient engagement game/activity

Prizes and giveaways to be announced!

# For more information

To access the Mobility-a-Thon Toolkit, visit  
[hopkinsamp.org/everybodymoves](https://hopkinsamp.org/everybodymoves)

For more information, contact [HopkinsAMP@jhmi.edu](mailto:HopkinsAMP@jhmi.edu)



## 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](https://hopkinsamp.org/everybodymoves)