Let’s get moving!

Pediatric Early Mobility Program

UC Davis Children’s Hospital
Children admitted to the pediatric intensive care unit (PICU) may experience delirium, a state in which a child may be confused, irritable or withdrawn. Delirium is common among patients admitted to an intensive care unit and may be caused by illness or infection, pain and certain medications.

**Minimizing delirium in hospitalized children**

PICU procedures known as the ABCDEF bundle have been developed to minimize delirium and decrease long term effects. Early mobility and exercise – the “E” in ABCDEF – can help decrease delirium and may lead to an earlier discharge from the PICU.

**Benefits of early mobility**

Early mobility and exercise have been shown to help patients recover faster and decrease long-term effects of delirium. UC Davis’ Pediatric Early Mobility Program can help:

- Improve recovery times
- Improve strength
- Reduce pain and irritability, as well as the need for medications to address these issues
- Reduce the need to be on a breathing machine
- Reduce the amount of time your child needs to stay in the PICU

**How you can help**

Family involvement is an important part in your child’s recovery. If your child is anxious or confused we encourage you to remain at the bedside with them. There are many ways you can help while your child is in the PICU and after they return home. These include:

- Maintain a daily schedule of normal sleep and wake patterns
- Talk about things going on at home with family and friends
- Bring items to the hospital that remind your child of home, like photos, a favorite blanket, etc.
- Play familiar music or read a favorite book to your child
## Pediatric ABCDEF protocol

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<th><strong>Awakening</strong></th>
<th>Daily medication and sedation goals that allow your child to be as comfortable and awake as possible</th>
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<td><strong>Breathing</strong></td>
<td>Daily screening to monitor if your child can breathe without additional support</td>
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<td><strong>Coordination</strong></td>
<td>Collaboration between the Pediatric Early Mobility program team and family members</td>
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<td><strong>Delirium</strong></td>
<td>Screening and monitoring all children who meet the criteria of delirium</td>
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<td><strong>Early mobility and Exercise</strong></td>
<td>Getting your child moving to decrease symptoms of delirium</td>
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<td><strong>Family</strong></td>
<td>Your involvement and support is an important part of your child’s success</td>
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For more information on delirium and getting your child moving sooner visit [icudelirium.org](http://icudelirium.org).

Balas, M. et al. 2012 “Critical Care Nurses’ Role in Implementing the ABCDE Bundle Into Practice”
Traube, C. et al. 2014 “Cornell Assessment of Pediatric Delirium: a valid, rapid observational tool for screening delirium in the PICU”
Our team

UC Davis’ Pediatric Early Mobility Program members are a collaborative team of physicians, nurses, physical therapists, occupational therapists, respiratory therapists, lift-team members, pharmacists and child life specialists. We work together with the common goal of getting your child up and moving as soon as possible to help speed their recovery and return home.