

ROCKING CHAIR MOBILIZATION THERAPY FOR CRITICALLY ILL PATIENTS IN THE INTENSIVE CARE UNIT

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Introduction

- Critically ill patients are often disturbed in their cerebral function
- Rocking Chair Mobilization Therapy have shown promising results for patients who suffered from dementia
- No studies have evaluated the value and the effect of Rocking Chair Mobilization Therapy for critically ill patients in the Intensive Care Unit (ICU)

Objective

- To evaluate whether Rocking Chair Mobilization Therapy could be used in the ICU
- To explore the impact on patient consciousness, delirium, pain and comfort

Method

Patients ≥ 18 years, physically stable with the ability to be mobilized to chair

1 session of Rocking Chair Mobilization Therapy lasted 20 minutes

Before and after the session, registration of:

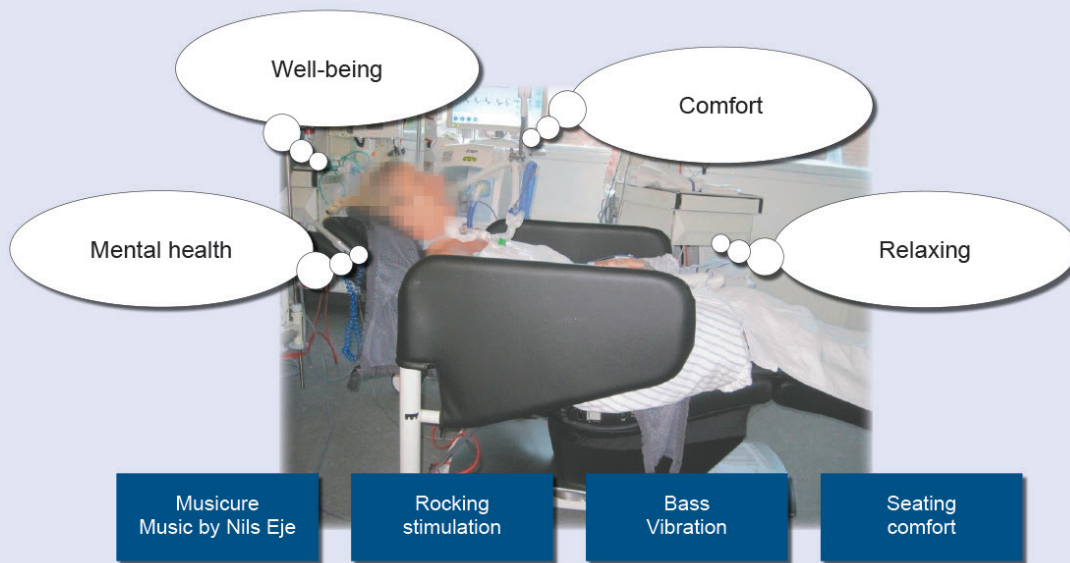
- Patient consciousness (Richmond Agitation and Sedation Scale (RASS))
- Delirium (CAM - ICU)
- Pain ((numeric rating scale (NRS) or Critical-Care Observation Tool (CROT))

After the session, registration of:

- Patient comfort assessed by the patient and the nurse

Participants

47 evaluations (patients), 24 males & 23 females, age 49 - 88 years old.



Results: consciousness, delirium & pain

Consciousness								
Level of consciousness RASS score (N= 42)	-3	-2	-1	0	+1	+2	+3	+4
BEFORE ROCKING CHAIR	2	1	8	13	9	7	1	1
AFTER ROCKING CHAIR	1	1	12	20	5	3	0	0

Delirium		
Delirium (N = 15)	CAM-ICU NEGATIVE	CAM-ICU POSITIVE (DELIRIUM)
BEFORE ROCKING CHAIR	4	11
AFTER ROCKING CHAIR	11	4

Pain			
Pain (N=19)	0 - 3	4 - 6	7 - 10
Numeric Rating Scale (NRS)			
BEFORE ROCKING CHAIR	13	2	4
AFTER ROCKING CHAIR	18	0	1

Results: Patient comfort

Patient evaluation (N = 21)	YES	NO	MAYBE	DON'T KNOW	NO ANSWER
COMFORTABLE	17	2	2		
RELAXING	12	2	2	1	4
UNCOMFORTABLE	1	7	1		12
STRESSFUL		8		1	12
DIZZINESS		7	1		13

Nurses evaluation of patient comfort (N= 47)	HIGH DEGREE	SOME DEGREE	LESS DEGREE	NOT AT ALL	NO ANSWER
DEGREE OF PATIENT COMFORT	23	9	4	3	8
DEGREE OF PATIENT RELAXATION	29	10	4	4	
DEGREE OF PATIENT BENEFIT	23	7	4	3	10



Conclusion & implications

Rocking chair mobilization therapy

- Can be used in the ICU without compromising patient safety
- Decrease agitation, increase consciousness and decrease pain and delirium
- Where perceived as comforting and relaxing for the critical ill patient by patients themselves and nurses
- Further research into the effect of rocking chair mobilization therapy in the ICU is needed

