

# Our Walking Path

## Your trail to better health!

DEVELOPED BY THE MCLAREN MACOMB NURSE PRACTICE COUNCIL



### PURPOSE OF OUR WALKING PATH

We want our patients to be discharged in optimal condition. The purpose of our walking path is to increase your ambulation while in the hospital to achieve the following outcomes:

- > Improve your circulation
- > Decrease the complications of inactivity such as constipation, pneumonia, blood clots and bedsores
- > Decrease the time you need to stay in the hospital
- > Increase your muscle strength
- > Activity helps to control your pain level
- > Promote a sense of well-being and independence

***Thank you for walking our path!***

On the information board in your room, your nurse will circle the color dot indicating your level of activity:

**BLUE: 15 LEAVES = 150 FT.** 

You should walk this after each meal and before bed independently.

**GREEN: 10 LEAVES = 100 FT.** 

You should walk this after each meal and before bed with a staff member.

**YELLOW: 5 LEAVES = 50 FT.** 

You should walk this three times per day with 1 to 2 staff members.

**ORANGE: 2 LEAVES = 20 FT.** 

You should walk this one time per day with 2 to 3 staff members as you can tolerate.

**RED: 0 LEAVES = NO WALKING!** 

Your physician has ordered bedrest for you.

Leaves are placed in the hallway ten feet apart to assist you in measuring your progress.

Check with your nurse before starting on the trail. We ask that for your safety you do not leave the nursing unit.

### WALKING CHART

Date \_\_\_\_\_

Time	# of Leaves
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_____	_____
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_____	_____

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Date \_\_\_\_\_

Time	# of Leaves
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Date \_\_\_\_\_

Time	# of Leaves
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Date \_\_\_\_\_

Time	# of Leaves
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