

Session Title:**I Like to Move It, Move It: Change-Agents in PT Driven Early Mobility Programs****Speakers:** Jordan Goodman, PT, DPT, CCS & Stephanie Kostsuca, PT, DPT, CCS

Session Description: Creating change is never easy. Using evidence to support the best practice involves significant work and advocacy to create change. Although early mobility in the intensive care unit has been confirmed as a standard of practice for many years, the process of implementing this change at the institutional level can be daunting. This session will describe how physical therapists as a single member of the ICU team can best create change using the early mobility model as an example. It will define the barriers faced and outline practical steps for creating an early mobility program tailored to the unique needs of the ICU. This session will encourage an open forum discussion focused on common themes and challenges to foster collaboration and interdisciplinary practice. Participants will gain valuable insights and solutions into the collaborative efforts necessary for the successful implementation of an early mobility program.

Objectives:

1. Define common challenges and barriers preventing implementation of early mobility programs in the ICU
2. Describe step by step process to develop and implement an early mobility program
3. Formulate action plans and lead discussions that promote teamwork among various healthcare professionals
4. Explain how to create sustainability in an early mobility program through development of a post-ICU clinic.

What will be the clinician/educator takeaways/skills that can be utilized immediately?

Learners will immediately be empowered to create change at their facility and be equipped with tools to improve their practice. Learners will better understand not only the barriers to starting an early mobility program, but how to address them to allow for collaborative, interdisciplinary, and sustainable care.

Speaker Bios:

Dr. Goodman originally grew up outside Cleveland, Ohio, but relocated to Boston to attend Northeastern University, graduating with her B.S. in Rehabilitation Sciences and Doctorate in Physical Therapy. After graduation, she completed the Cincinnati VA Medical Center's Cardiac and Pulmonary Physical Therapy Residency as their first resident, graduating in 2023. Jordan now works as an acute care ICU Physical Therapist at the Boston VA Healthcare System, helping to advance practice by creating their early mobility program in the ICU and developing their LVAD program. She has presented at the state level at the Ohio APTA Spring Conference, the APTA of Massachusetts Annual Conference, the Academy of CVP Fall Conference, and CSM as part of platform presentations. She

became a board- certified clinical specialist in Cardiovascular and Pulmonary Physical Therapy in 2024. Jordan is passionate about ICU mobility, acute care, and education.

Dr. Kostosuca received her Doctor of Physical Therapy degree from Temple University in 2009. She became Board Certified in Cardiovascular and Pulmonary Physical Therapy in 2017. Currently, she is a PT cardiopulmonary clinical specialist and Director of the VA Ann Arbor Cardiopulmonary PT Residency Program. Her current role includes treating patients in the ICU, organizing the ICU early mobility program and Post-Intensive Care Syndrome Clinic, and teaching in the Residency program. Her research in the area of pre-operative gait speed testing prior to open heart surgery has been published in the Journal of Cardiopulmonary Physical Therapy. She has spoken at several conferences locally and nationally at Combined Sections Meeting of the APTA.

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