Traffic lights system

coloured arm bands

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18 bed unit on the grounds of WWBH.
The unit provides acute rehab services for Wagga and surrounding districts (eg Tumut, Tumbarumba, West Wyalong, Temora, Cootamundra, Leeton, Narrandera)
Services are given by an interdisciplinary team which includes, speech pathology, physiotherapy, occupational therapy, social work, medical and 24 hour nursing care.
Our motto is `we are here to help you help yourself`
AIM

- To aid in patient and staff understanding of a patient’s mobility status.
  - Especially useful when staff frequently change
  - Useful since patients are in various places around the rehab ward and not near notes/charts etc.
- Prevent falls.
- Aid in patient goal setting and provide motivation to gain independence.
“Stepping Forward” Traffic Light system developed by Maria Hoorenman and Rosalie Maher from St Margaret’s Rehabilitation Hospital Inc in Adelaide.

Physio at A&R unit modified and commenced using the tool with stickers above a patient’s bed in 2005

Commenced with arm bands in ward 11 WWBH 2005/6
Colour Codes

- **RED** - Requires assistance, unsafe or dependent, high risk of falls
- **YELLOW** - Requires supervision, standby assistance or prompts
- **GREEN** - Independent and safe
Procedure

- Rehabilitation Physio assesses a patient’s mobility on admission, gives the appropriate coloured arm band and documents mobility status in patient’s notes.
- Arm bands are changed by the Physio and mobility status on the ward changed as mobility changes.
- Nursing staff can give out arm band if out of Physio hours or if mobility deteriorates eg. On a weekend.
STAFF BADGE

- Worn with name badge
- Useful especially for new staff and casual staff
GREEN BAND

Independent with two sticks
GREEN BAND

Independent with slideboard
YELLOW BAND

Standby assistance
with 2 wheel frame
RED BAND

- Hands on assistance with walking and transfers
- Wardsman
- Hoist
STAFF SURVEY

Qu 1 Do you find the coloured arm bands give you a better understanding of a patient’s mobility status?

Result (13 staff surveyed)

Yes 92% (12 staff)
No 0%
Unsure 8% (1 staff)
STAFF SURVEY

Question 2: Do you find it easier to tell a patient’s mobility status from a distance?

Result (13 staff surveyed)

- Yes 77% (10 staff)
- No 23% (3 staff)
- Unsure 0
STAFF COMMENTS

- “very good”
- “very useful”
- “fantastic, especially when you don’t know the patient’s mobility status and don’t work with a patient very often”
- “work really well, great for new staff or staff that have been off”
PATIENT SURVEY

Qu 1 Do you find the coloured armbands give you a better understanding of the amount of assistance you need when mobilising/transferring?

Result (9 patients surveyed)

   YES 100%  (9 patients)
   NO   0
   UNSURE 0
“satisfied”

I think it is a good system. It is simple to follow and easy to recognise the three levels”

“shows improvement!”

“not good for colour blinds”

“get in the road”