

ABSTRACT

INTRODUCTION: ECMO is an increasingly popular method of support used in cases with severe respiratory or circulatory failure. Treatment is often associated with significant immobilization of the patient, which may take up to several weeks, resulting in deterioration of physical fitness, extending length of hospitalization, and a return back to normal life is very difficult. In recent years, however, efforts have been made to enable mobilization even to those patients who may be conscious, in order to maintain their muscle power.

OBJECTIVES AND METHODOLOGY: The aim of this thesis was to obtain information about nurses' experience with mobilisation of patients treated by extracorporeal membrane oxygenation, to evaluate an occurrence of the most frequent barriers that prevent them from mobilizing patients and to evaluate differences in nursing attitude among the addressed workplaces. The research was carried out in the form of a questionnaire of my own creation. The research sample consisted of nurses working in Intensive Care Units under cardiocenters in the Czech Republic where the ECMO method is used.

RESULTS: Mobilization and active rehabilitation of patients with peripheral ECMO is very rare practice in the Czech Republic. In 4 out of 6 departments respondents reported that patients with ECMO are too hemodynamically unstable and sedated that mobilisation is not possible. In two departments, where verticalization of patients with peripheral ECMO is performed and patients are conscious, 16 (42%) nurses stated that the most often reason for not mobilizing patients is bleeding complications. The achieved degrees of mobilization of patients are not very different in both departments. The difference can be found in the composition of the medical team that is present during the process itself.

CONCLUSION: The mobilization of critically ill patients is very challenging, and it is desirable to be carried out by a trained multidisciplinary team. As a recommendation for clinical use, I created an educational material for nurses, that includes a checklist, which contains items that should be checked and met before beginning of mobilization.

Keywords: ECMO (extracorporeal membrane oxygenation), early mobilization, nursing care, verticalization