

**DEVELOPING A GUIDELINE IN EARLY MOBILIZATION FOR  
MULTIDISCIPLINARY TEAM USE ASSIGNED IN GERIATRIC LONG-TERM  
CARE WARDS IN DOHA, QATAR**

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**ABSTRACT**

This study aims to develop a guideline for early mobilization of older adults admitted in long-term care facilities in Doha, Qatar. The guideline will be designed for use by a multidisciplinary team to optimize patient outcomes and quality of life. The importance of early mobilization in improving functional outcomes preventing complications and enhancing quality of life for older adults is well-established. However specific considerations are necessary for geriatric populations in long-term care settings. This guideline addresses these considerations and provides a framework for the multidisciplinary team to collaboratively assess, plan, implement and monitor early mobilization for each patient. This study encompasses: a brief discussion of the benefits of early mobilization for geriatric patients. Outline the specific roles and responsibilities of each multidisciplinary team member in the early mobilization process. Describe key factors to consider during patients' assessment for early mobilization, including functional status, cognitive abilities, and potential risks. It would also provide a range of safe and effective early mobilization interventions tailored to the specific needs and limitation of geriatric long-term care patients. This study also outlines methods of regularly monitoring patient progress and adjusting interventions as needed. This also addresses cultural aspects relevant to early mobilization practices in the Qatari context. In developing this guideline for multidisciplinary team use assigned in geriatric long-term care wards it would promote optimal health outcomes and quality of life for geriatric long-term care patients.

**Keywords:** Geriatrics, long-term care, multidisciplinary team, level of acceptability