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Introduction & Background: Early Mobilisation (EM) is considered as corner stone in Acute Stroke Unit (ASU). EM is de ned as sitting out of bed, standing and walking and can be administered by nurses and allied health professionals. Strok is the leading cause of disability and causes wide range of de cits including motor weakness, and cognitive issues leading t immobility. is immobility will lead to complications related to prolonged bed rest such as pneumonia and urinary tract infections (UTI), physically such as muscle atrophy and psychologically e.g., post stroke depression a ecting quality of life.

Objectives: e objective is to implement safe and EM in an ASU using evidence based guideline and work ow to guide the nurses in ASU to promote patient safety and to increase the duration of mobilisation of acute stroke patients in ASU.

Methodology: e methodology followed was development of evidence based guideline, ow chart for the nurses in ASU by physiotherapists and collaborative discussion with nursing team of ASU to make it feasible for the nurses to carry out the EM. Data was collected before training (Pilot Trial) for one month before the implementation of guideline and owchart in ASU. Training in the form of in-services and competency test was conducted on EM in ASU. Data was collected for 3 months a er the training and implementation of guideline and work ow.

Results: Results have shown signi cant improvement in the duration of the time that the acute stroke patients were mobilised mostly out of bed. Before training was 29.8% and a er training was 37.8%. Another important nding was that acute stroke patients especially in their rst 5 days of stroke were mobilised safely without any adverse events a er the training. Before training was 31.8% and a er training was 59.7%. Data has shown that patients were more or less equally mobilised before an a er training a er 6 days of acute stroke. Before training was 51.2% and a er training was 58.6%.

Conclusion: Safe and early mobilisation in ASU can be achieved e ectively with implementation of guideline, work ow and training for the nurses in ASU especially in the rst few days of acute stroke without adverse events ensuring safety.

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