

MOVED* Plan

Before your surgery, it's essential to understand the steps you can take to reduce your risk of developing pneumonia.

Pneumonia is a lung infection that can make you feel sick. It happens when tiny germs or 'bacteria' get inside your lungs and make them not work properly. This can make it harder for you to breathe and might give you a fever and cough. Following the **M-O-V-E-D* plan** after surgery can help you stay healthy during your recovery.

Please note that your neurosurgeon or healthcare team may recommend specific activity and positioning guidelines based on your individual condition.

M | **Mobilize:** Stay Active as Tolerated

- After surgery, try to move as much as you can, but only if it's comfortable, within your abilities, and safe to do so.
- Your neurosurgeon, nurse, or therapist may provide specific instructions regarding your activity level. Please follow their recommendations.
- If your surgeon advises any restrictions on your positioning or activity, be sure to follow their guidance.
- Make it your goal to get out of bed and moving at least 3 times a day.
- If possible, sit in a chair for all of your meals.

O | **Oral Hygiene:** Keep Your Mouth Clean

- Use a new toothbrush the week before surgery.
- Brush your teeth, tongue, and the roof of your mouth in the morning and at night. Floss if possible. Do this in the days before you come in for surgery.
- Tooth brushing can release bacteria into your mouth, so use mouthwash to cleanse after brushing your teeth. Include this in your daily routine before and after surgery.
- Once in the hospital, your nurse may provide you with a special suction toothbrush if needed.
- After surgery, if you have too much or too little saliva, talk to your nurse.

V | **Vertical Positioning:** Adjust Your Bed Position

- Keep your head of the bed between 30 and 90 degrees when resting unless your healthcare team says otherwise. This helps your lungs stay clear and can help to prevent pneumonia.
- Your nurse can show you how to check that the head of the bed is between 30 to 90 degrees.
- If your surgeon advises a specific bed position, please follow their instruction.

E | **Exercise Deep Breathing and Coughing:** Keep Your Lungs Healthy

- Practice deep breathing and coughing exercises 10 times every 1-2 hours when you're awake.
- Remember to cover your mouth when you cough and wash your hands.
- Steps for deep breathing and coughing:
 1. Sit in an upright position, lean slightly forward.
 2. Take a slow deep breath in through your nose and hold your breath for 2-3 seconds. Slowly exhale through your mouth. Take 10 breaths like this.
 3. On your last breath, fold your arms across your abdomen and apply slight pressure.
 4. Tighten your abdominal muscles and cough forcefully 2-3 times.
 5. Repeat every 1-2 hours when you are awake.

D | **Difficulty with Swallowing:** Be Careful When Eating

- Having trouble eating or drinking? It might be because of health issues affecting how you swallow. Pause eating your meal and let your healthcare team know.
- Eat your meals in an upright position and without distractions. Distractions include: television, talking, or using your phone.
- Eat slowly, carefully chewing and swallowing each bite.
- Watch for signs of difficulty swallowing, like coughing or food getting stuck.

By following the **M-O-V-E-D*** plan and any specific recommendations from your healthcare team, you can help reduce your risk of pneumonia and have a smoother recovery. If you have any questions or need more information, don't hesitate to ask your surgeon or healthcare providers.