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Author: Lisa M. Klein, Daniel Young, Du Feng, Annette Lavezza, Stephanie Hiser, Kelly N. Dailey, Erik H. Hoyer

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**Increasing patient mobility through an individualized goal-centered hospital mobility program: a Quasi-Experimental Quality Improvement Project**

Lisa M. Klein, MSN, RN, AGCNS-BC, CNRN

Department of Neurosciences

Johns Hopkins Hospital

Daniel Young, PT, DPT, PhD

Department of Physical Therapy

University of Nevada, Las Vegas

Physical Medicine and Rehabilitation

Johns Hopkins University

Du Feng, PhD

School of Nursing

University of Nevada, Las Vegas

Annette Lavezza, OTR/L

Department of Physical Medicine and Rehabilitation

Johns Hopkins Hospital

Stephanie Hiser, PT, DPT

Department of Physical Medicine and Rehabilitation

Johns Hopkins Hospital

Kelly N. Dailey, PT, MBA

Department of Physical Medicine and Rehabilitation

Johns Hopkins Hospital

Instructor-Johns Hopkins University

Erik H. Hoyer, MD

Physical Medicine and Rehabilitation

Johns Hopkins University

**Corresponding Author:**

Lisa M. Klein, MSN, RN, AGCNS-BC, CNRN

1800 Orleans St, Zayed 12 West; Baltimore, MD 21287

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