

Keeping active while you are in hospital

Information for patients, family members and carers



world class expertise  local care

#endPJparalysis

Did you know?



For every 10 days of bed-rest in hospital, 10 years of muscle aging occurs in people over 80 years old.

One week of bed rest equates to 10% loss in strength.

Up to 50% of older people will become incontinent within 24 hours of admission.

If patients stay in bed and in their pyjamas or hospital gown for longer than they need to, it can affect their wellbeing and physical function, which can result in:

- a greater risk of falling due to muscle weakness
- being more confused or disorientated
- experiencing constipation and incontinence
- a reduced appetite and poor digestion
- an increased risk of developing problems when swallowing
- further problems with your mobility as a result of being inactive for too long
- an increased risk of acquiring a hospital related infection, developing pressure sores and further decline in your health and wellbeing.

All of the side-effects above, known medically as 'deconditioning', can lead to you needing to stay in hospital for longer.

We are encouraging our patients to get **up**, get **dressed** and get **moving** to help them recover quicker, maintain a normal routine and return home sooner.

What can you and/or your relative, carer or friend do?

Talk to us

- Tell us if you wear hearing aids, glasses or dentures so we can help keep them safe.
- Tell us if you use a walking frame or stick to help you move.
- Tell us about your home and what your normal routine is.

We will complete an assessment to help us know how you normally get about and look at any risks that may stop you from moving on your own when you return home.

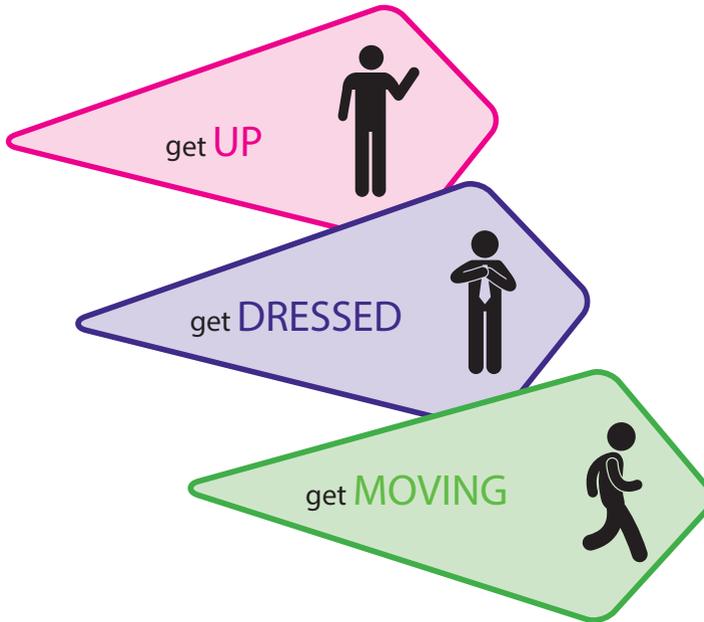
Keep a normal routine

- Ask someone to bring in daywear, underwear, socks and comfortable shoes that fit well and cannot fall off.
- Bring in toiletries to help with washing and grooming, such as a toothbrush and toothpaste.
- Wash and dress yourself if you can, and wear your own clothes.
- Sit out of bed and change your position as regularly as you can.
- Walk to the toilet yourself or ask for help to do so, rather than using a commode.
- Eat and drink regularly and have your meals out of bed.

Carers, family members and friends

- Help your relative or friend with eating, dressing and walking where appropriate. Our staff are happy to support you in the correct way to do this.

Working together, we'll make sure you're able to keep active while you are with us and get home as soon as you're medically well enough to do so.



Your feedback

If you would like to give us feedback on this leaflet, or require references for it, email: rf.communications@nhs.net

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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