

REASON WHY?

Hospital associated deconditioning can happen when patients are inactive and stay in bed all day. This can lead to a decline in mobility and muscle wastage with as much as 10% being lost in the first seven days of a hospital admission for those age 80 and over.



Increase the number of patients sat out of bed in their own clothes to 70% on wards 28 and 9 by January 2025

PLAN

The plan was to introduce a way for staff to donate clothes that patients in the frailty bays could wear in order to sit out of bed. Then give these donations to patients with no access to day clothes, to encourage them to get out of bed.

It was noted that the majority of patients who do not have access to day clothes are often over the age of 60, may come from a nursing home, have been admitted unexpectedly, and have no family or friends close by or no family or friends at all.

DO

The team released a poster and comms to the whole hospital and then introduced donation points at each hospital site.

DONATE 2 MOTIVATE The Shrewsbury and Telford Hospital NHS Trust

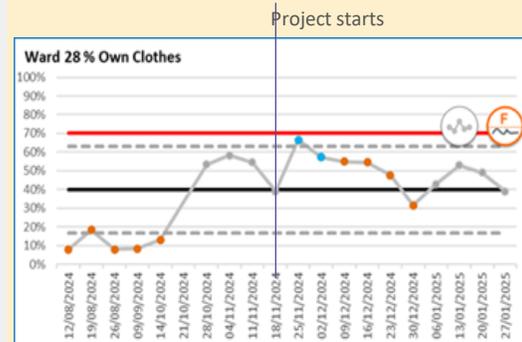
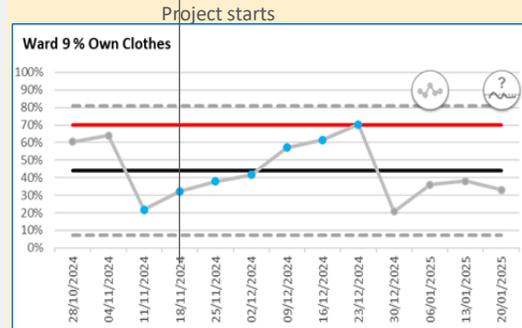
What is Donate 2 Motivate?
We are on a mission to improve patient experience by sourcing clothing for our patients to motivate them to get dressed and get out of bed!

Plan
We would love if colleagues at SaTH can join the movement and donate any unwanted clothes to the donation boxes at both sites (purple wheellie bins at STH in link corridor opposite Ward 25 and PH4 in the old league of friends next to Amazon lockers).
We are looking for the following items which should be in good condition and generally suitable for those aged 60+: we are looking for a variety of summer and winter wear:
• T-shirts & blouses
• Cardigans and jumpers
• Skirts and dresses
• Trousers & joggers
• Pyjamas

What is deconditioning?
Deconditioning (noun, medical): The process of losing physical strength through being ill, injured, or not active. Deconditioning is a complex change that occurs in a patient's body following long periods of inactivity or bed rest. This affects a patient's physical and mental health and ultimately results in functional decline, prolonged hospital admissions and increased mortality.
Why does this matter in the context of donating clothing? Long periods of time in bed wearing a hospital gown is not good for recovery. Providing patients with comfortable, warm clothes during their admission could motivate them to get up out of bed and mobilise.

If you have any questions, please contact us:
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STUDY



Both wards showed an initial increase in patients wearing day clothes when the project was introduced with both wards meeting the 70% at least once in November /December 2024. After Christmas there was a decline that is only just beginning to pick back up. This may be due to appropriate donations not being available or clinical and staffing pressures

Lynette Williams, Movement Matters/Reconditioning Lead at SaTH, said: "The linen trolley is fantastic and acts like a moving wardrobe which can be taken directly to the patient to enable them to select an outfit they would like to wear, just like being at home."

"One patient who was living with dementia really enjoyed using the wardrobe on wheels and when they selected a sparkly jumper and leggings commented 'I haven't felt like a princess for years' and was line dancing with staff down the ward."

ACT

The team will **ADOPT** donate to motivate.

The have **ADAPTED** the scheme to include storage space on the wards for clothes as well as support from the Salvation Army who accept inappropriate donations and often swap for more appropriate clothes. In January the scheme was opened out for the public to donate as well as staff and will continue to be monitored.

