

REASON WHY?

Hospitalised individuals who lead sedentary lifestyles are susceptible to experiencing deconditioning, which can result in diminished muscle strength and mass (sarcopenia), a decline in their functional capabilities. Patients who engage in physical activities, such as walking, during their hospital stay exhibit significant enhancements in physical function, shorter hospitalisation periods, reduced occurrences of complications, and are a reduced risk of falls.

PLAN

The plan was to hold discussions with the staff on ward 9 about the issues related to hospital acquired deconditioning and the benefits of people being sat out of bed and being dressed in day clothes.

Information leaflets were also made available to the patients and a separate project (donate to motivate) looked at patients having the availability of day clothes if they did not have any with them.

DO

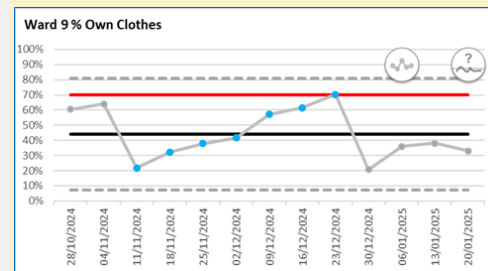
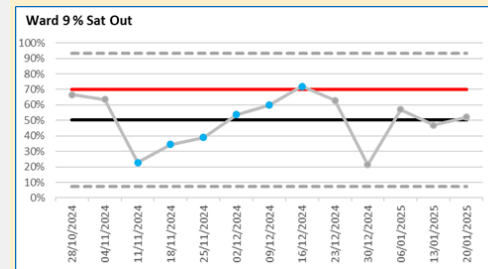
60% of the staff on ward 9 attended sessions that were held to educate about the benefits of patients being up and dressed whilst on the ward.

Information leaflets were left with staff on the ward to give to patients.

Initially, it was thought that this project may impact on length of stay for the patient, but similar projects done previously within the Trust have shown that not to be the case, data was therefore collected on percentage of eligible patients being sat out of bed at lunch time. (eligible meaning that there was no clinical reason why the person would not be able to be sat out of bed)

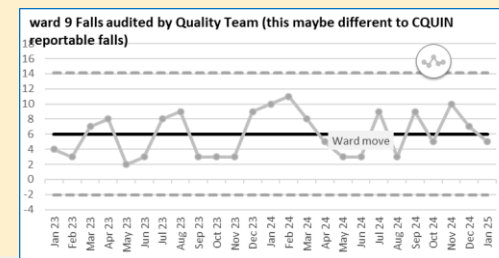
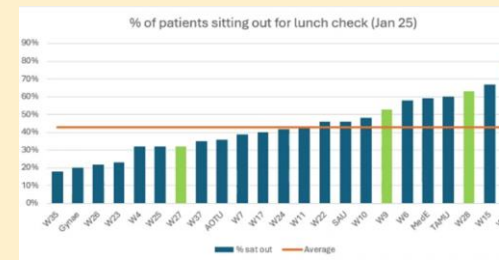
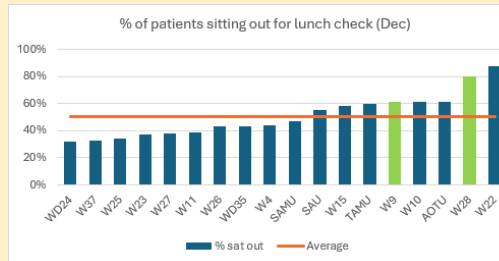
STUDY

The project started in November 2024 and ward 9 showed significant changes in the number of patients sat out and the number wearing day clothes, however this was not sustained in January.



Snapshot data also shows the decline. However, the ward remains above average for the whole hospital.

Falls data is too limited to show any conclusive signs and may be clear after a three month remeasure



ACT

The plan is to **ADAPT** the project.

Training with the ward staff will continue until they have all completed sessions.

There are ongoing talks with the therapy teams about how they can support, however this is slow due to capacity issues with the therapy service.

It is felt that the changes were not sustained due to clinical and staffing pressures within not only the ward but the hospital as a whole. Data will continue to be collected, and a 90 day remeasure completed at the end of April 2025.