

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.



To reduce hospital acquired deconditioning on wards at SaTH and increase patient wellbeing by 31st May 2025 as evidenced by patient data

PLAN

Following a successful round of singing Carols at Christmas time the hospital Chaplain and reconditioning lead noticed how patients (and staff) responded well to music and singing in particular.

The plan was to introduce a monthly session (alternating sites) to encourage patients to engage in singing and movement on the wards where we often have patients who stay for a longer time. (wards 15, 16, 32 and 37).

These sessions are led by the Chaplain Kevin and the reconditioning lead, Lynette and have been supported by other members of staff.

DO

The sessions ran as planned and staff asked patients about their pain and well being before and after the sessions.

Staff provided lyrics to songs so that patients could join in, as well as percussion instruments and inflatable microphones.

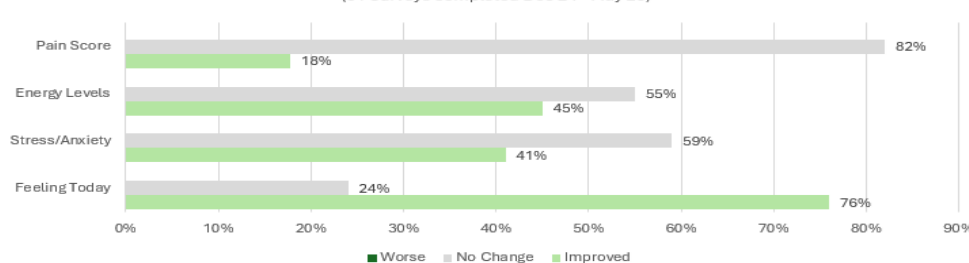
The instruments and microphones promoted upper body movement, fine motor movement, hand eye coordination and grip strength. Some of the songs also included actions or patients were encouraged to clap.

STUDY

Data showed that patients reported some improvement in pain scores and energy and a large increase in well being after the sessions.



Patient Feedback on Pain Scores, Energy Levels, Stress/Anxiety Levels & Mood Post Activity
(51 Surveys completed Dec 24 - May 25)



ACT

To **Adopt** the sessions and continue them across the hospital when able (staffing changes have made this a little unpredictable at the moment)



Kevin Place leading the singing