



# #EndPJparalysis

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# “The dangers of going to bed”

- ▶ It is always assumed that the first thing in any illness to put the patient to bed. Hospital accommodation is always numbered in beds. Illness is measured by the length of time in bed. Doctors are assessed by their bedside manner. Bed is not ordered like a pill or a purge, but is assumed as the basis for all treatment. Yet we should think twice before ordering our patients to bed and realise that beneath the comfort of the blanket there lurks a host of formidable dangers.....there is hardly any part of the body that is immune from its dangers.
- ▶ So writes R.A.J Asher, MD in the BMJ...
- ▶ **in 1947!**

# Get up, get dressed , keep mobile

- ▶ Plenty of EBR around the deleterious effects of bed rest especially in older persons
- ▶ Deconditioning syndrome
- ▶ Kortebein et al (2008) all measures of lower extremity strength were significantly lower after bed rest including isotonic knee extensor strength, stair climbing power, maximal aerobic capacity was 12% lower

# Risks of hospital based de-conditioning

## Habitual inactivity

Impact of bed rest in older people

### In first 24 hours

- ▶ ↓ muscle power 2.5%
- ▶ ↓ Circulating volume by up to 5%

### In first 7 days

- ▶ ↓ circulating volume by up to 20%
- ▶ ↓ VO<sub>2</sub> max by 8–15%
- ▶ ↓ Muscle strength 5–10%
- ▶ ↓ FRC– 15–30%
- ▶ ↓ Skin Integrity

# Aims

- ▶ **Prevent deconditioning**
  - promote the patients normal routine; get up, get dressed, keep mobile
- ▶ **Promote independence**
  - support patients to self care; this may take a little more time but there are huge benefits for the patient
- ▶ **Value patient time**
  - reduce delays and LOS so patients are back home as soon as possible (#1000 days)
- ▶ **Deliver Quality care**
  - Person centeredness

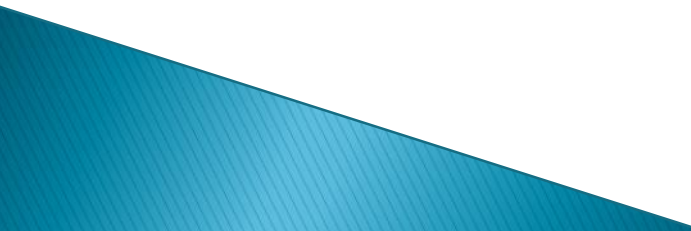
TALES FROM THE BEDSIDE

JOHN WISE




The Gown....

# Quality initiative– person centeredness

- ▶ The *Gown*.....
  - ▶ Reinforcement of the “patient role”
  - ▶ Dignity aspect of getting dressed in own clothes
  - ▶ Patient choice
  - ▶ Reminds the care givers/professionals to recognise patients as people
- 
- A blue decorative triangle is located in the bottom-left corner of the slide, pointing towards the center.

# Next Steps

- ▶ Establish baseline measurements for each ward
  - ▶ Connect with other hospitals
  - ▶ Discuss and debate at ward meetings, physio, OT, HCA
  - ▶ Raise awareness of the effects of bed rest
  - ▶ Actively encourage patients to get up, get dressed and get moving
  - ▶ Patient information leaflets prior to admission
  - ▶ Review baseline measurements monthly
- 



# CUH Pilot

- ▶ Multidisciplinary approach
- ▶ Commenced in February 2017
- ▶ 4 wards– 2A, 3A, 3D, 5B
- ▶ Raise awareness of the effects of bed rest
  - staff
  - patients
  - family
- ▶ Baseline measurements
  - % of patients in PJs
  - % of patients in gowns
  - average LOS on each ward in 2016
  - number of falls on each ward



## WARD 2A-TRANSITIONAL CARE UNIT



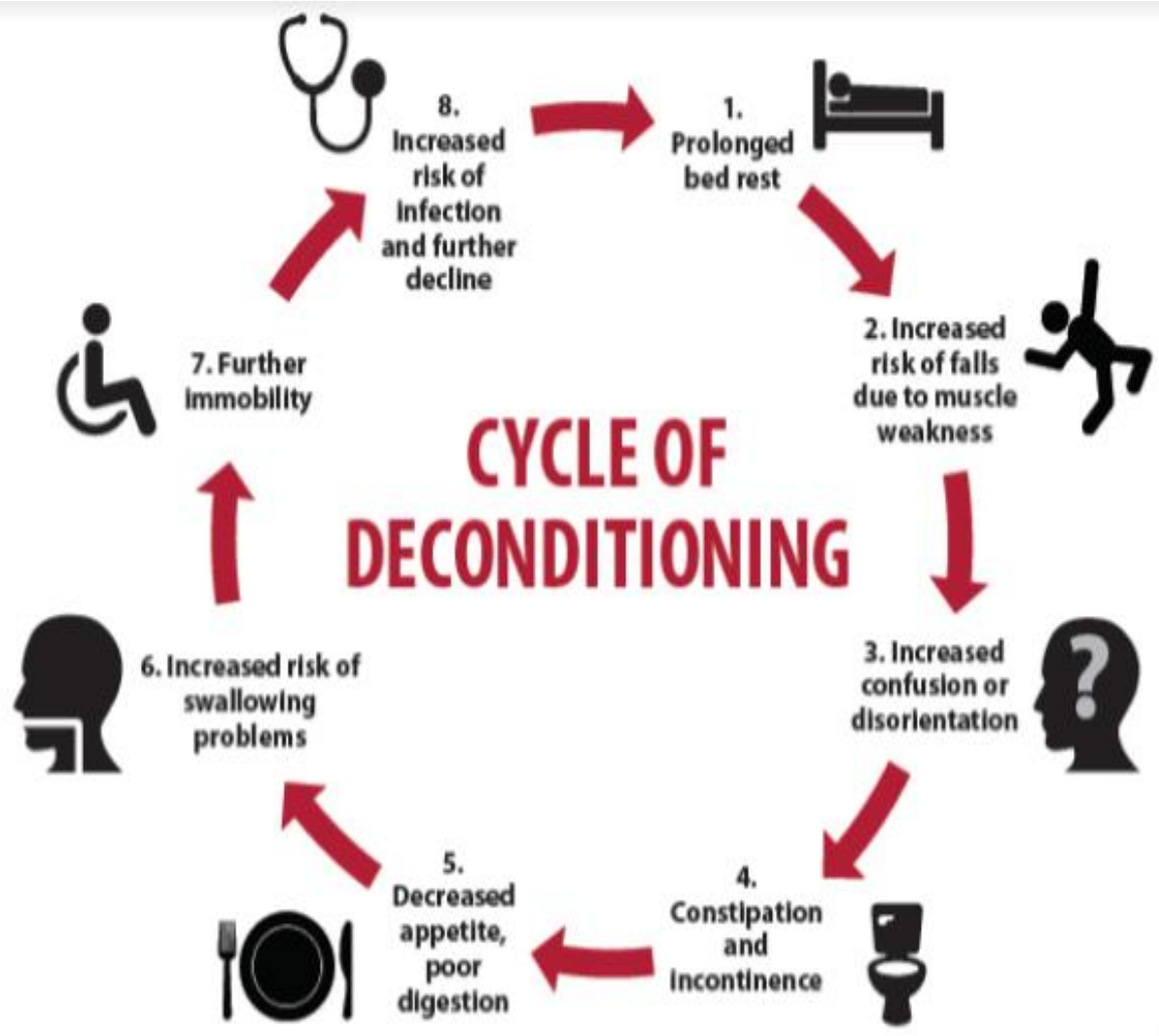
Our team want to maintain a normal routine for all our patients, where possible.

This includes getting up, getting dressed and moving about.

Could you please ensure your relative/friend has:

- Comfortable day clothes so they can get dressed during the day
  - Well-fitting shoes so they can walk about as able.







For people over  
the age of **80...**

Ten days in bed  
ages muscles by  
**10 years**

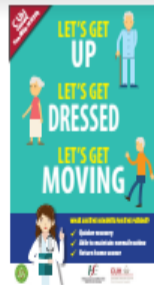
One week of  
bed rest results in  
**10% muscle loss**





## What is **PYJAMA PARALYSIS** all about?

#endPJparalysis



**#endPJparalysis** is an international concept aimed at getting patients to get out of their pyjamas and dress in their own clothes during their hospital stay. This is to encourage patients to get up and move about. It can result in a shorter stay in hospital.

Having to stay on bed rest because of an accident, illness or treatment can have an effect on your entire body. If you are elderly the effect can be greater.

*For example, for people over the age of 80:*

- **Ten days in bed can age muscles by 10 years.**
- **One week of bed rest can result in 10% muscle loss.**

This loss of strength could make the difference between staying independent or needing more help with your daily living. It is very important to prevent excess loss of strength and to begin moving as soon as possible.

## What are the benefits of wearing my own clothes and walking about?

If you get dressed in your own clothes you are more likely to walk around, feel more confident and restore your sense of self.

If you get up, get dressed and walk you may have less risk of:

- **getting an infection**
- **losing mobility and agility**
- **loss of fitness and strength**

**and** you are more likely to go home sooner.

***We want to get you back to your normal routine as quickly as possible.***



## What can I do?

When you start to feel better you will be encouraged to get up and get moving.

You may feel more comfortable in your own clothes rather than pyjamas or a hospital gown.



A relative / friend / carer can bring in some comfy clothes and footwear for you. We encourage you to walk with your carer/relative, Nurse/Health Care Assistant, Physiotherapist/Occupational Therapist as part of your recovery.

We encourage you to fill in the mobility chart to motivate you each day to walk.

**LET'S GET UP  
LET'S GET DRESSED  
LET'S GET MOVING**  
**#endPJparalysis**



## CYCLE OF DECONDITIONING



Ospidéal Ollscoile Chorcaí  
Cork University Hospital

For people over  
the age of **80...**

Ten days in bed  
ages muscles by  
**10 years**

One week of  
bed rest results in  
**10% muscle loss**

Please ask the team looking after you  
if you have any further questions.

### Useful Links:

[www.cuh.hse.ie/About-Us/  
Project-Flow/PF17-Project-Flow-2017/](http://www.cuh.hse.ie/About-Us/Project-Flow/PF17-Project-Flow-2017/)

#endPjparalysis

#pf17cuh



Ospidéal Ollscoile Chorcaí  
Cork University Hospital

**CUH**  
#endPjparalysis

LET'S GET UP  
LET'S GET DRESSED  
LET'S GET MOVING

WHAT ARE THE BENEFITS FOR THE PATIENT?

- ✓ Quicker recovery
- ✓ Able to maintain normal routine
- ✓ Return home sooner

**CUH**  
Cork University Hospital

LET'S GET UP  
LET'S GET DRESSED  
LET'S GET MOVING

#endPjparalysis

**CUH**  
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LET'S GET UP  
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Cork University Hospital



**Get up**

**Get dressed**

**Be active**

**#endPJparalysis**

**PYJAMAS SAY YOU'RE POORLY**

**#End PJ Paralysis**

**CLOTHES SAY YOU'RE GETTING BETTER**

**#End PJ Paralysis**

**COPD**  
with a green dot

**LET'S GET UP**

**LET'S GET DRESSED**

**LET'S GET MOVING**

**WHAT ARE THE BENEFITS FOR THE PATIENT?**

- ✓ Quicker recovery
- ✓ Able to maintain a normal routine
- ✓ Return home sooner

**EF** **COPD UK**

# References

- ▶ Kortebein, P. Symons, T. Ferrando, A et al (2008) The journals of Gerontology Series A, Biological Sciences and Medical Sciences. 63, 10, 1076–1081
- ▶ Hoenig, H. Rubenstein, L. (1991) Journal of the American Geriatrics society. 39, 2, 220–222.
- ▶ Convertino, V. hung, J. Goldwater, D. DeBusk, RF. (1982) Cardiovascular responses to exercise in middle aged men after 10 days of bedrest. Circulation. 65:134–140.
- ▶ Asher, R. (1947). Dangers of going to Bed. British Medical journal. 2 (4536): 976–968.
- ▶ <http://fabnhsstuff.net>