

We will look at what you were able to do before you came into hospital to make sure we understand how best to support and encourage you to keep moving



You should have a full assessment to help us to know how you normally get about.



We will make sure we look at any risks that may stop you from being able to get out of bed so we can support you.



Do you need glasses or hearing aid to help you communicate. Do you know where they are?

We can support you with anything you need to help keep you moving, in or out of bed



Do you have the right equipment to help you move about? If not we should be able to provide what you need.



If you can walk to the toilet, it keeps you moving and prepares you for home.



Sitting out of bed helps. We can help you get out of bed.

We will encourage you to 'Do It Yourself' where you can



Eat or drink on your own if you are able.



Wash and dress yourself if you are able, and wear your own clothes.



Keep changing your position even if you are in a bed or chair.

STAYING ACTIVE IN HOSPITAL



Sit up... Get dressed... Keep moving...

MYTHS

- ✗ Patients should stay in bed because they will get better if they rest
- ✗ It is not safe for patients to get out of bed
- ✗ Patients are not supposed to wash or dress themselves

Staying in bed for too long, not getting up and about, and not trying to wash and dress yourself can mean that you struggle to get back to your normal level of activity when you go home.

We call this “Deconditioning”

FACTS

Research shows that bed rest is not a good way to recover from many illnesses or injuries and may actually make your recovery time longer. Staying in bed and not moving can lead to other problems:

- ⇒ **It can affect your breathing**
- ⇒ **Your skin could break down and become sore**
- ⇒ **Muscles lose strength and you get weaker and tire more easily**
- ⇒ **You lose independence in personal care such as washing and dressing**
- ⇒ **You might not be able to digest food properly causing stomach ache or constipation**
- ⇒ **You may get confused**
- ⇒ **You may lose self- confidence or may become low in mood**

Although there can be risks with moving around, staying in bed is actually more risky to health and wellbeing. Your ward team will advise what is safe to do. There are lots of things we can do to keep you as safe as possible while you move about in hospital.

YOUR MUSCLES

IF YOU DON'T USE THEM, YOU WILL LOSE THEM!

BENEFITS OF STAYING ACTIVE IN HOSPITAL

- **Better breathing**
- **Better able to fight infections**
- **Better appetite**
- **Better sleep**
- **Better mood**
- **Better able to cope at home**
- **Less risk of bed sores**
- **Less weakness and fatigue**
- **Less dizziness**
- **Less risk of falls**
- **Less pain**
- **Less confusion**

HOW TO STAY ACTIVE WHILE IN HOSPITAL

Every little bit of activity can help to keep you healthy. If you are not sure what you are safe to do, please ask a member of your healthcare team.

Carry on doing what you were able to do at home, such as washing and dressing or walking to the bathroom.

Ask a family member or friend to bring in your shoes, slippers, day clothes, hearing aids, glasses, and walking stick or frame.

If you are able to:

1. **Sit up for all meals, either on your chair or at the edge of your bed**
2. **Sit up in a chair when you have visitors**
3. **Walk around the ward, either alone or with help**
4. **Do gentle exercises on your own throughout the day, even in a bed or chair (we can show you how)**
5. **Let the ward team know what you are normally able to do so they can make sure your care is aimed at returning you to your usual abilities or as near to this as possible**