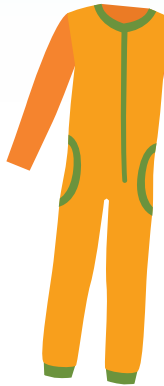


# END P↑J PARALYSIS↓



Staying active in hospital



Get up  
Get dressed  
Get moving



Help our patients get better sooner  
by following the 3 Gs

Get up



Get dressed



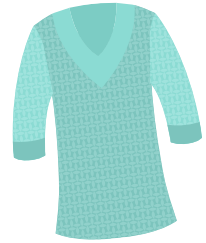
Get moving



Current research shows that bed rest is not a good way to recover from illness and / or surgery. In fact it may take longer and increase the length of time you are in hospital.

Getting up and dressed, sitting up out of bed especially for meals and walking about if you can will help you recover more quickly and reduces the risk of other problems such as:

- Loss of muscle strength.
- Becoming weaker and more tired.
- Chest infections.
- Constipation and urinary problems.
- Pressure areas.
- Loss of confidence and independence.



**Use your muscles or you risk losing them!**



## How to stay active in hospital

Carry on doing what you were able to do at home, such as washing and dressing, walking to the toilet. If you are not sure what you are able to do ask a member of the healthcare team. If you are able to, sit up for meals and throughout the day.

- Get dressed in day clothes.
- Get up for a walk if it is safe to do so.
- Let the ward team know what you are normally able to do so your care is aimed at getting you back to that as soon as possible.
- Please bring appropriate footwear ideally shoes or well fitting slippers.

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**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.**



We will look at any risks that may stop you from being able to get out of bed.



Staff will discuss with you how you normally get about.



Do you need glasses or a hearing aid? Do you have them with you?



## We can provide support to help you keep moving



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



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 if you need it.

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## We will encourage you to “do it for yourself” where you can, if you are unsure you can always use the buzzer to get assistance.



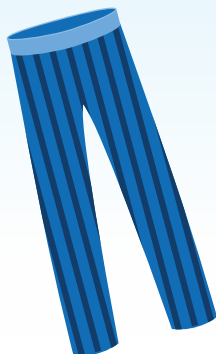
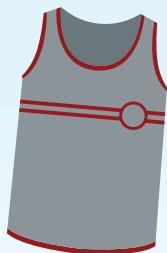
Eat or drink on your own if you are able.



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 in a chair.



Version 1

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