

# Get Up Get Dressed Get Moving

We want to help people recover and get home quicker from hospital and a great way to do this is by getting out of your pyjamas, night dress or hospital gown and get out of bed!

- ✓ Putting on your own comfortable clothes, can make you feel better and more like yourself again.
- ✓ Remaining active in hospital will quicken your recovery and allow you to return home sooner.
- ✓ Hospital staff can advise you how much activity you should attempt. A good starting point is to get out of bed, get dressed and sit out for your meals.
- ✓ Staff will advise you if it is necessary to stay in bed.

**Please bring in comfortable day clothes, shoes and wash kits as soon as possible.**

**We will be encouraging you to get up, get dressed and be as independent as possible.**

# Get Up, Get Dressed, Get Moving!



Did you know that 10 days bed rest is equal to 10 years muscle ageing

Getting out of your pyjamas helps you get back to normal more quickly

Getting moving prevents blood clots, muscle wasting and chest infections.

- You don't always need to wear pyjamas in Hospital
- Reduce risk of muscle weakness
- Quicker recovery
- Get home sooner

**Ask staff what you can do to keep active in Hospital**

**#EndPJParalysis**

## Staying active when you are in hospital

Being inactive for long periods can increase your risk of conditions such as chest infections and blood clots. Being less active can also cause weak muscles, stiff joints and affect your ability to balance and walk.

If you normally use a walking aid such as a walking stick or zimmer frame you can ask a nurse or physiotherapist to provide you with one.

### How much activity should I do?

Even just getting out of bed to sit up in your chair or standing up for a few minutes at your bedside will help to prevent some of the problems associated with bed rest. If you are not sure how active you should be, ask the staff who will be able to advise you.

If your nurse tells you it is safe to do so, there is no reason why you can't go for short walks around the ward or hospital. **Always let your nurse know if you are going off the ward.**

If you have certain infections you may be staying in a side room which you mustn't leave. If so, you can still be active within this room. (This may not be the reason you are in a side room – check with your nurse.)

If you have a urinary catheter, you can still be active. Just remember to always take the catheter with you. Nurses can provide a leg-bag for the catheter, so please ask.

## Getting Dressed

It's rarely necessary to stay in your pyjamas or hospital gown and putting on your own clothes can make you feel more like yourself again. If you need help with this, the staff can assist.

Make sure that you have some well fitting and comfortable footwear so that you are safe and steady on your feet.

If you do not have clothes or footwear in with you – please ask a family member or friend to bring some.

### When NOT to try to remain active

- If you feel very unwell
- If you feel very unsteady on your feet
- If staff have advised you to stay in bed