



3rd Annual Quality & Patient Safety Conference Improving the Healthcare Journey for Patients & Staff



TITLE

Get Up Get Dressed Get Moving – Medical 5 gets moving to keep you improving

SUBMITTED BY

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ABSTRACT

INTRODUCTION

Hospital Associated Deconditioning (HAD) is a complex process of physiological change that often results in functional decline in older people. During an acute hospital stay, patients remain in bed 83% of the time, with an additional 12% of the time spent in a chair. Each hospital day spent immobile is associated with loss of muscle strength, which can quickly result in a loss of independent mobility in a vulnerable person.

METHODOLOGY

A MDT Steering group was set up to include nurses, physicians, Occupational Therapy and Physiotherapy.

AIM

The purpose of the Get Up, Get Dressed, Get Moving 60 day challenge is to raise awareness of the benefits of getting our patients up, dressed and moving during their hospital stay:

- Increased patient independence,
- Shortened length of stay,
- Reduced incidence of falls
- Reduced incidence of pressure ulcers
- Reduced 30 days readmission rates
- Better patient physical and emotional well being

CHANGE IMPLEMENTED

Using a MDT approach all patients were got up, dressed and moved by 12 midday.

MEASUREMENT

Data was collected daily on the number of patients who are up and dressed by 12 midday number of falls, pressure ulcers, lengths of stay, readmission rates, and discharge destinations.

RESULTS

This proved to be very beneficial for staff and patients. It fostered better MDT working. It increased morale among staff locally. Patients fed back positively and there was a reduction in the incidence of falls and pressure ulcers in the 60 day period.

VALUE

While in hospital the loss of independence contributes to delayed discharge, increased likelihood of re-admission and admission. It also has an impact on a patient's physical and psychological well-being and quality of life after they leave the acute hospital setting.

SUSTAINMENT

Following the 60 day challenge the momentum continue to get patient sup dressed and moving by midday. It is also being rolled out to other areas across the hospital.