

Hospital staff don pyjamas to highlight patient campaign

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By [Steve Ford](#) News Editor



Hospital staff in Shropshire have donned their pyjamas to highlight a campaign designed to help patients recover more quickly by simply maintaining their daily routine.

Nurses, healthcare assistants and other ward staff at the Princess Royal Hospital in Telford and the Royal Shrewsbury Hospital wore their pyjamas to promote the #endPjparalysis campaign.

"It's really important that patients who are able try to maintain a normal routine whilst staying in hospital"

Deirdre Fowler

The national campaign was started by Professor Brian Dolan and encourages patients to get up, dressed and moving while in hospital, as recently reported by *Nursing Times*.

It is intended to help to prevent the complications of being immobile, including chest infections, muscle degeneration, clotting – as well as shifting patient's perceptions from "I'm sick" to "I'm getting better".

- [Nurse's poem highlights value of time to older patients](#)

The initiative in Shropshire was held on 4 July, to coincide with US independence day.

Shrewsbury and Telford Hospital NHS Trust, which runs both hospitals, said it used the US holiday to highlight the importance of patients remaining mobile, having their own independence and wearing their own clothes during the day while recovering in hospital.

Deirdre Fowler, the trust's director of nursing, midwifery and quality, said: "It's really important that patients who are able try to maintain a normal routine whilst staying in hospital, including wearing their normal clothes during the day and getting out of bed.

"For people over 80, 10 days in a bed ages muscles by 10 years," she said. "One week of bed-rest results in 10% muscle loss and this 10% loss of strength could make the difference between dependence and independence.

"Other harms of bed rest include higher risk of thrombosis or delirium, pressure sores, infection or loss of muscle usage, loss of confidence, and greater dependence," said Ms Fowler.

It can also cause incontinence – by too often resorting to catheters, pads, or bedpans – or constipation, instead of assisting and encouraging patients to go to the toilet as they usually would," she said.

She added: "It can also help to ensure more hospital beds are available by improving patient flow through our hospitals, enabling more timely discharges, reducing the patient's length of stay, and freeing up beds for the sickest patients as a priority."

Ruth Smith, matron for medicine at the Princess Royal Hospital, said: "We wanted to highlight this really important initiative in a fun and eye-catching way.

"A number of staff wore pyjamas during their shift which launched conversations about #endPJparalysis and raised its profile," she said.

"We ensured that the initiative met our Infection Prevention and Control criteria and did not compromise patient care," said Ms Smith.

"I'm delighted the day was such a big success as we continue to roll out the #endPJparalysis campaign across our hospitals," she added.



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Staff on Ward 17 at PRH in their pyjamas to highlight #endPJparalysis



Hospital staff don pyjamas to highlight patient campaign

Staff on Ward 16 at PRH in their pyjamas to highlight #endPJparalysis