

Paper 1

Recommendation <input type="checkbox"/> DECISION <input checked="" type="checkbox"/> NOTE	<div style="border: 1px solid black; padding: 5px;"> Listen and review the #EndPjparalysis journey at SaTH </div>
Reporting to:	Trust Board
Date	5 th July 2018
Paper Title	#EndPjparalysis – SaTH's journey to get patients up, dressed and moving
Brief Description	<p>#EndPjparalysis is a simple concept which originated from Professor Brian Dolan with the aim to get patients up, dressed and moving while in hospital.</p> <p>For patients over the age of 80, a week in bed can lead to 10 years of muscle ageing and 1.5 kg of muscle loss. One week of bed rest results in 10% muscle loss, which could make the difference between dependence and independence.</p> <p>Jane Cummings, Chief Nursing Officer for England set a national 70 day challenge to achieve one million patient days of patients being up, dressed and moving. The challenge started on the 17th April and ended on the 26th June 2018 shortly before the 70th anniversary of the NHS on the 5th July 2018.</p> <p>There have been a number of initiatives introduced within clinical areas across SaTH to get patients up, dressed and moving:</p> <ul style="list-style-type: none"> • Rock n' Roll Rehab • Balloon Tennis • Fit2Sit • Communal Dining • Exercise Groups <p>At the end of the challenge, SaTH were ranked sixth highest Trust in the UK for getting patients up and moving, and the seventh highest for getting patients dressed in their own clothes.</p> <p>SaTH's achievement has demonstrated that the Trust is a driving force in sharing the #EndPjparalysis message and leading change for the benefit of our patients.</p>
Sponsoring Director	Deirdre Fowler: Director of Nursing, Midwifery and Quality
Author(s)	Ruth Smith: Lead for Patient Experience (front cover only)
Recommended / escalated by	
Previously considered by	N/A
Link to strategic objectives	Yes
Link to Board	Yes

Assurance Framework	
Outline of public/patient involvement	Consent to share given by the patients involved
Equality Impact Assessment	<ul style="list-style-type: none"><input checked="" type="radio"/> Stage 1 only (no negative impacts identified)<input type="radio"/> Stage 2 recommended (negative impacts identified)<ul style="list-style-type: none">* EIA must be attached for Board Approval<input type="radio"/> negative impacts have been mitigated<input type="radio"/> negative impacts balanced against overall positive impacts
Freedom of Information Act (2000) status	<ul style="list-style-type: none"><input checked="" type="radio"/> This document is for full publication<input type="radio"/> This document includes FOIA exempt information<input type="radio"/> This whole document is exempt under the FOIA