

#EndPJparalysis

Challenge to end PJ paralysis: **Launched**

The nationwide 70 day, 1 million patient day
#EndPJparalysis challenge

17 APRIL 2018 – 26 JUNE 2018

More
pictures on
the next
two pages



Ward 9

Wards across our hospitals are being encouraged to 'end PJ paralysis' by getting as many patients as possible dressed and moving.

Launched on Tuesday, NHS England's #EndPJparalysis challenge aims to improve recovery, shorten hospital stays and boost morale of patients and staff by encouraging patients to get up and dressed every day, where practical.

Our Wards are all taking part in the 70 day challenge to get patients dressed and mobile and across the next couple of pages you can see pictures of a few of those involved.

On the next page you will find a totaliser that shows how many patients have been dressed and mobilised so far—the target being one million by 26 June

Throughout the campaign, Chatterbox will feature a Ward of the Week from RSH and PRH every Friday. This will include more pictures and a short description of what they are up to.

■ [To find out more read Deirdre Fowler's \(Director of Nursing, Midwifery and Quality\) Message of the Week here.](#)



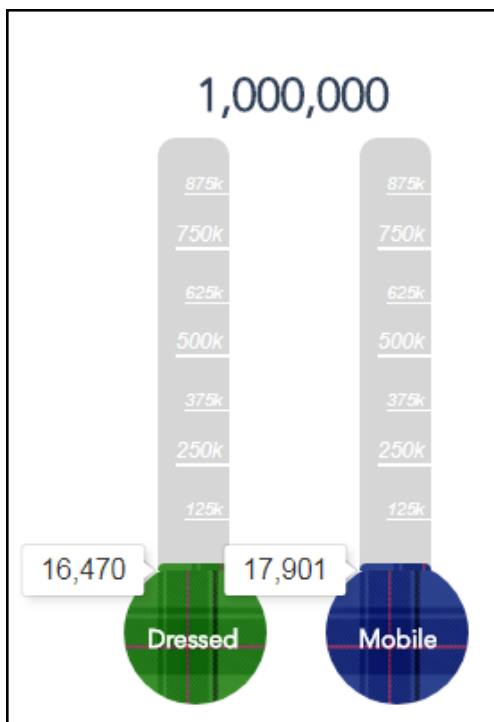
Ward 10



Ward 25



Ward 28



#EndPJparalysis 70 Day Challenge



Ward 6



Ward 4



Ward 26



Ward 15



Physiotherapists

#EndPJparalysis



Ward 22 T/O



Ward 16



Ward 22 S/R



Physiotherapists

Ward of the Week will start next week,
as well as information about the
Noticeboard Competition and a special
walk up The Wrekin

#EndPjparalysis

70 Day Challenge

WARD OF THE WEEK: Ward 11

The nationwide 70 day, 1 million patient day
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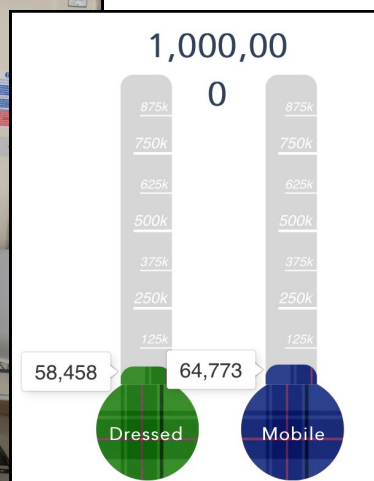
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A local exercise class leader visited Ward 11 and conducted a 'clubercise' session for the patients to support them in getting up and moving.

A 10-minute session was planned in each of the four bays, however a number of the patients, visitors and staff enjoyed it so much that they moved between bays and attended more than one session.

The 'clubercise' sessions involved the use of glow sticks to make the exercises fun and interactive.



Nurses to conquer the Wrekin—in their PJs!

A team of nurses will be donning their walking boots – and their pyjamas - to climb the Wrekin this June.

The nurses have pledged to complete the Wrekin challenge on June 23, in a bid to raise awareness of NHS England's #EndPJparalysis campaign to encourage patients to get out of their pyjamas – and get up and dressed every day, where practical.

Experts believe that getting out of bed, and out of pyjamas, improves recovery, shortens hospital stays and boosts the morale of both patients and staff.

The hike to the top of the Wrekin is one of a number of initiatives that has been organised by staff at PRH and RSH as part of the “70 Days to End PJ Paralysis” drive, which has been set up as part of the 70th anniversary of the NHS. Patients and staff have taken part in disco beat classes complete with glow sticks, dancing and balloon tennis on the wards of the two hospitals.

Lisa Butler, Ward Manager of Ward 11 at the PRH, has organised the Wrekin climb to raise awareness of the campaign and is hoping that more than 50 nurses and NHS colleagues will pledge to take part.

Lisa said: “This is such an important campaign and we are proud to be involved as it will help our patients get home, where they want to be.

“We were talking about what we could do as part of the 70-day challenge, and we decided to climb the Wrekin on June 23 as it is the Saturday nearest to the end of the End PJ paralysis campaign. We think it will definitely give people something to talk about – and as a result highlight the importance of exercising and mobilising, and the need to keep fit.

“If you are over 80 years of age – one week in bed will cause the equivalent of ten years of muscle damage – so this is a campaign that is close to our hearts as it will make a difference to so many.”



Ward of the Week—see page 4

Now that is dedication!



Check out three wonderful members of staff who have gone global in raising awareness of the End PJ Paralysis Campaign.

Jill Bennett, Elaine Wales and Jenny Van Der Woning, who all work on Ward 16 at PRH held up their pledge of support in front of the magnificent Niagara Falls.

Our Wards are taking part in the 70 day challenge that started on 17 April to get patients dressed and mobile – so far initiatives have ranged from mobile drinks carts to get patients up and hydrated, to “clubercise” dance classes on the wards!

Find out who is our #EndPJParalysis Ward of the Week on page 4.



#EndPjparalysis

70 Day Challenge

WARD OF THE WEEK: Wards 25 and 26

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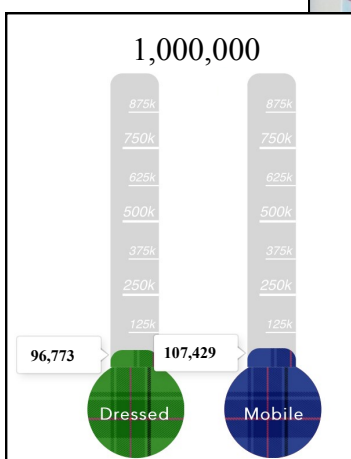
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This week we have not one, but two Wards of the Week. Wards 25 and 26 at RSH have implemented an initiative to get patients mobile by collecting their own drinks.

When patients are asked if they would like tea or coffee, they are encouraged to collect their drink themselves if they are able to walk, either with or without assistance.

Through supporting this small change the wards can make a difference to a person's health and wellbeing through promoting both mobility and hydration.



#EndPJPparalysis

WARD OF THE WEEK: **ED at PRH**

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This week's Ward of the Week feature focuses on the Emergency Department at PRH where they are not only taking part in the #EndPJPparalysis challenge but have implemented #Fit2Sit.

The #Fit2Sit campaign aim to put a stop to patients lying down on stretchers if they are well enough to sit up.

This is being done by:

- Staff encouraging patients to be fully clothed and thinking of #Fit2Sit as the sibling of the #EndPJPparalysis movement
- Staff encouraging patients to walk if they can to prevent deconditioning
- Using the wheelchair first, rather than a stretcher or trolley
- Recording the time it takes to move a patient onto a bed
- Having a clear plan for when and how the patient can be mobile

The way the ED PRH team introduced #Fit2Sit began by removing one trolley from a cubicle and replacing its with comfortable chairs.

Next to the comfortable chairs there is an assessment cubicle so patients can be assessed by the doctor and turned around in a timely manner. A similar set-up have been incorporated in the new Clinical Decisions Unit at PRH, where patients are encouraged to be dressed and sit.

The departments also have #Fit2Sit posters displayed on the walls to remind staff and ambulance staff to get patients into chairs.

It is important to encourage patients to get dressed and moving in order to prevent deconditioning. This is important because 65% of patients admitted to hospital are 65 or older and a person over 80 who spends 10 days in a hospital bed will lose 10% of muscle mass.



Above, Sister Angie Boulds and some the PRH ED Nursing team in the Fit2Sit area .

Linda Jones (far right), 67, and Olive Painter (right), 96, patients in the Clinical Decisions Unit at PRH were both encouraged to remain active and in their own clothes to prevent deconditioning. They are pictured here sitting in comfortable chairs opposed to stretchers or trolleys.



#EndPJPparalysis

70 Day Challenge

TEAM OF THE WEEK: Therapy Assistants

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Twenty three Therapy Assistants at SaTH have been learning about the #EndPJPparalysis campaign during a training session.

The therapists have been involved in work across a number of wards at both PRH and RSH, in conjunction with the ward teams, to raise awareness of reducing deconditioning to support #EndPJPparalysis and the 70 day challenge.

Some examples of activities the therapy teams are supporting are:

- Exercise classes
- Developed exercise leaflets for patients with larger print and staff to enable them lead on group sessions
- Bed/chair exercises for patients as appropriate
- Use of motomed
- Use of otago exercises
- Assisting patients to get dressed in their own clothes
- Asking doctors to encourage patients to wear their own clothes and asking them why they are not dressed on ward rounds
- Sharing knowledge with nursing staff to get more patients transferring out of bed
- Asking nursing staff not to put bags on the ends of patient tables to encourage patients to walk to the bins
- Asking family members to bring clothes in to hospital for their relative



Don't forget to enter the #EndPJPparalysis Noticeboard Competition which will be judged by the Heads of Nursing at each site during the week commencing the 28th May 2018.

Areas which are participating should contact Ruth Smith by emailing ruth.smith@sath.nhs.uk by 25 May to ensure that all areas participating are visited.

#EndPjparalysis

70 Day Challenge

TEAM OF THE WEEK: **Ward 24**

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Andrea has patients shooting hoops

Every Friday between 11am and 11.30am patients on Ward 24 take part in exercise classes using hula hoops and inflatable balls.

The classes are led by HCA Andrea Roberts with the support of Acting Ward Manager Claire Edwards.

Andrea plays her patients' favourite music while she gets them up and dancing, playing catch with the balls and even get the shooting hoops.

Great fun is had by all who get up, get dressed and get active. And once the fun and games are over Andrea encourages all of the patients to sit in the middle of their bay for lunch opposed to having it at their bedside.



#EndPJPparalysis

70 Day Challenge

TEAM OF THE WEEK: **Ward 15**

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Balloon tennis and board games on Ward 15

Introducing balloon tennis which is played in a group

This is usually led by a member of the nursing team and all patients are encouraged to join in.

Patients are encouraged to use both arms to exercise their weaker limb.

When a patient is unable to get out of bed due to their condition, nurses play balloon tennis with the individual where appropriate.

Upper limb movement through interactive board games

Patients are encouraged to use both arms to exercise their weaker limbs.

This promotes movement, patient interaction and socialisation.

Communal dining

This commenced with patients sitting together for lunch and dinner however patients were quick to challenge staff and asked why they didn't sit together for breakfast too.

Patients therefore now sit together for all of their meals and feedback is very positive, with patients valuing the social interaction, support and camaraderie they gain from this.

Getting Dressed

Patients are encouraged to wear day clothes whilst in hospital and the nursing team assist them in this by explaining the importance to family and friends to encourage them to bring a change of clothing into



#EndPjparalysis

70 Day Challenge

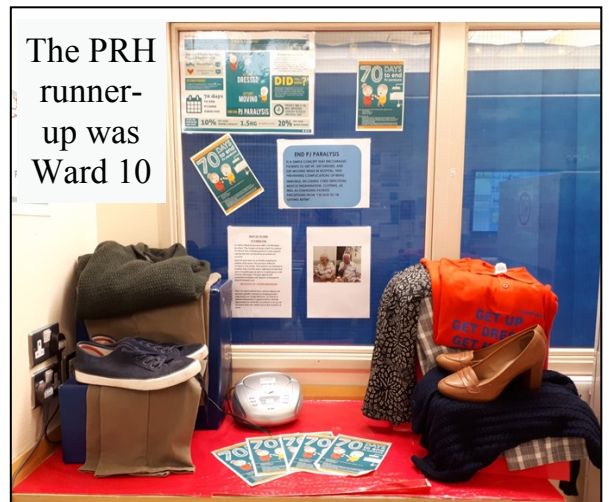
NOTICEBOARD COMPETITION

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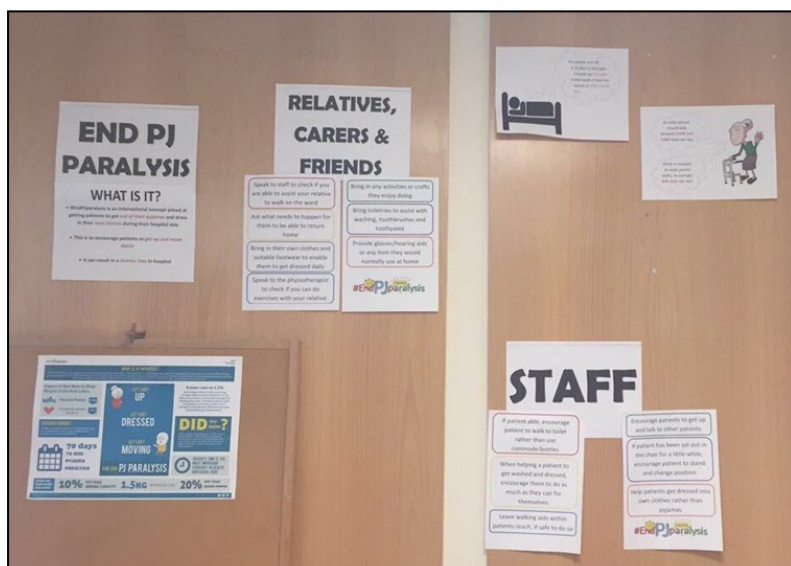


The PRH winner
was Ward 16



The PRH
runner-
up was
Ward 10

Winners and runners-up



LEFT: The RSH winner was Ward 22T/O
ABOVE: The RSH runner-up Ward 21

#EndPjparalysis 70 Day Challenge

NURSES TO WALK THE WREKIN IN THEIR PYJAMAS

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The hike to the top of the Wrekin is one of a number of initiatives that has been organised by staff at PRH and RSH for the 70-day duration of the challenge.

Patients and staff have taken part in disco beat classes complete with glow sticks, dancing and balloon tennis on the wards of the two hospitals.

Lisa Butler, Ward Manager of Ward 11 at the PRH, has organised the Wrekin climb to raise awareness of the campaign and is hoping that 50 nurses and NHS colleagues will pledge to take part.

Lisa said: "This is such an important campaign and we are proud to be involved as it will help our patients get home, where they want to be."

"We were talking about what we could do as part of the 70-day challenge, and we decided to climb the Wrekin on June 23 as it is the Saturday nearest to the end of the campaign. We think it will definitely give people something to talk about and, as a result, highlight the importance of exercising and mobilising, and the need to keep fit."



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SaTH in the Top Five

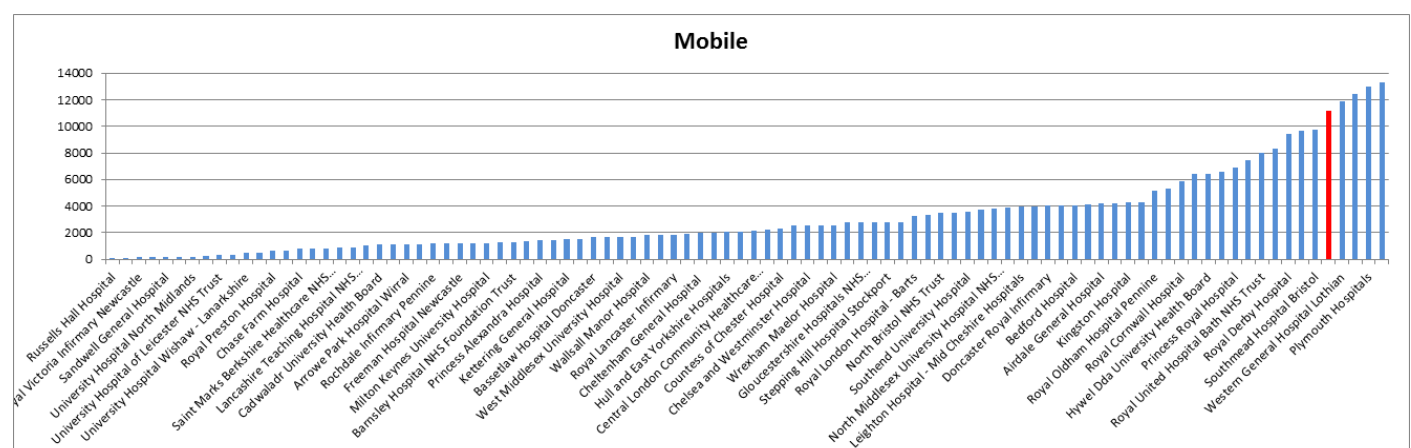
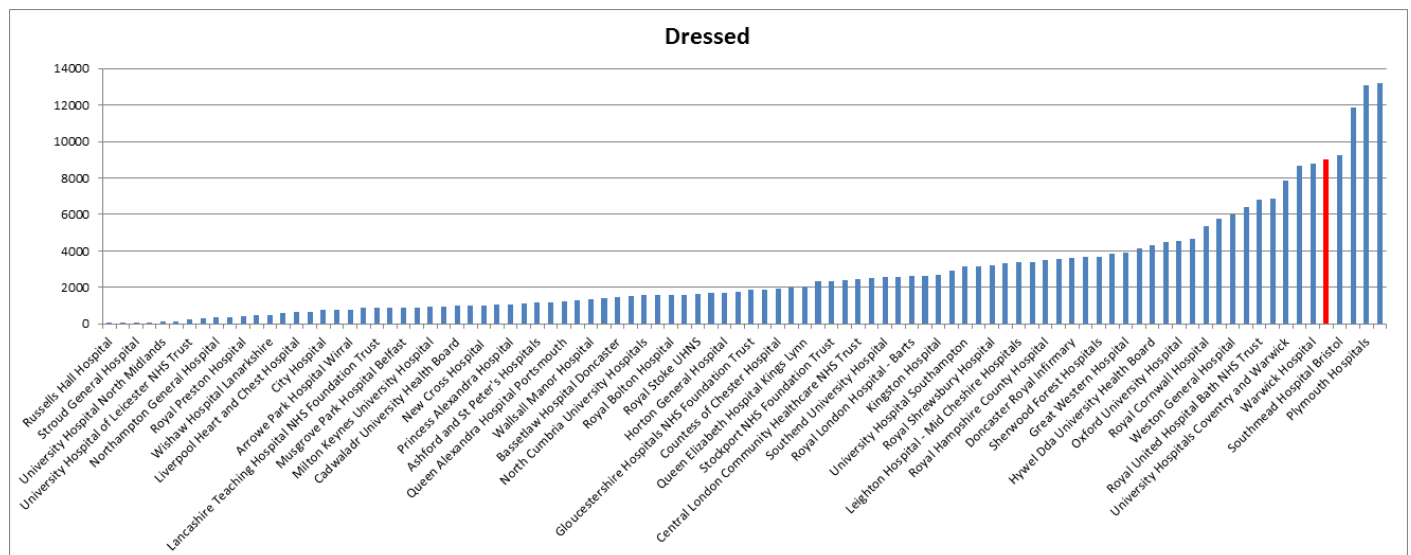
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The below tables show how SaTH is doing when compared nationally to other hospitals in relation to #EndPJPparalysis campaign. The data is from the start of the trial up to and including today (Friday 22 June).

We are fifth for both getting patients up and dressed and also for getting patients moving.

Well done to everyone involved!



#EndPJparalysis

70 Day Challenge

Challenge ends with a **climb up the Wrekin**

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Nurses conquer Wrekin in pyjamas



Twenty three nurses from SaTH conquered the Wrekin to support and raise awareness of a national campaign to 'End PJ Paralysis'.

The challenge to climb the Wrekin was organised by PRH Ward 11 manager, Lisa Butler, who managed to rally colleagues to join her on Saturday morning.

Lisa wanted to do something to highlight the 70-day campaign, which aims to get patients home from hospital quicker.

The walkers celebrated with a much-deserved glass of bubbly when they reached the top – and they toasted the NHS to mark its 70th birthday, on 5 July.

Trust staff have spent the last eight weeks organising various events as part of the campaign, including getting patients to dance to Elvis; dressing in their pyjamas for work and even asking a Disco Beat Instructor to take exercise classes on a ward.

SaTH among the best in the 70 day challenge

SaTH has completed 'The 70 Days to End PJ Paralysis' challenge among the most successful in the country.

The challenge ended this week and SaTH have been named the sixth best Trust in the UK for getting patients up and moving and the seventh best for getting patients dressed into their clothes.

Ruth Smith, Matron, said: "This shows a great achievement from the Ward staff across SaTH in doing what is right for our patients and avoiding deconditioning or harm."

Although the 70 day challenge has official ended,

wards are expected to continue to record the number of patients up, dressed and moving each day in the national App as this data will still be collected to capture ward achievements from a quality perspective.

Ruth added: "Being dressed in day clothes whilst in hospital enhances patient dignity and experience, while promoting mobility and activity reduces deconditioning and can make the difference between dependence and independence."

Deirdre Fowler, Director of Nursing, Midwifery and Quality, said: "I am incredibly proud of the teams at SaTH and what they have accomplished for the

benefit of our patients. Our achievements in the #EndPJparalysis 70 day challenge demonstrates that the Trust is a driving force in sharing the message and leading change."

The campaign was launched by England's top nurse Professor Jane Cummings on 17 April – and it concluded on 26 June. Its aim is to get people back home to their loved ones living much happier and fuller lives.

The national 7– Day #EndPJparalysis campaign, originated by Professor Brian Dolan, encourages patients to get up, dressed and moving while in hospital.

#EndPJPparalysis

70 Day Challenge

VIDEO

SaTH has completed 'The 70 Days to End PJ Paralysis' and now a special video has been released that shows just some of the highlights from the challenge.

When the challenge ended SaTH were named the sixth best Trust in the UK for getting patients up and moving and the seventh best for getting patients dressed into their clothes.

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n Watch the video here or by pressing the play button below.



End PJ Paralysis campaign is given a giant boost



SaTH's End PJ Paralysis campaign was given a giant boost when a team of nurses took part in a special parade, dressed in the pyjamas.

The team took part in Telford Carnival, which this year celebrated 50 years of Telford as a town and once again featured a parade of giants around the town centre.

The team from SaTH joined the parade in their PJs, pushing around an old bed, to raise awareness of the national End PJ Paralysis campaign.

#endPJparalysis, a national campaign originated by Professor Brian Dolan, encourages patients to get up, dressed and moving while in hospital. This helps 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'.



**Councillor Raj Mehta,
Mayor of Telford &
Wrekin, with a Little Book
of SaTH**

Trust staff have spent the last eight weeks organising various events as part of the campaign, including getting patients to dance to Elvis; dressing in their pyjamas for work and even asking a Disco Beat Instructor to take exercise classes on a ward.

Last month, a team of 23 nurses from SaTH tackled the Wrekin, again dressed in their pyjamas, to raise awareness of the campaign.

As well as our nursing team, Kate Ballinger, Community Engagement Facilitator, attended to carnival to talk to people about various projects which are happening within the Trust, as well as giving out our special *Little Book of SaTH*, which was produced to celebrate 70 years of the NHS.

Ward staff are being reminded to continue capturing PJ Paralysis data each day and record it in the dedicated app.

