

Staying active in hospital

*Sit up, get dressed,
keep moving*



This leaflet provides information about the importance of staying active during your hospital stay, how this will help you get home sooner and how we can help you achieve your physical goals.

If you have any questions or concerns that are not answered in this leaflet, please speak to the staff member in charge of your care.

The myths of being in hospital

Many people believe that bed rest is the best way to recover from many illnesses or injuries, and that;

- patients should stay in bed, they will feel better if they get rest
- it is not safe for patients to get out of bed
- patients should not wash or dress themselves while in hospital

Not moving enough and staying in bed physically affects your recovery by reducing muscle strength and mobility. We call this deconditioning. The sooner you are active, the sooner you should be able to go home.

Benefits of staying active in hospital

- Better appetite
- Better sleep
- Better mood
- Better able to cope at home
- Less weakness and tiredness
- Less risk of bed sores
- Less confusion
- Less dizziness

Why staying active is important

Although there can be risks with moving around, staying in bed is actually more risky to your health and wellbeing. Bed rest is not a good way to recover from many illnesses or injuries and can actually make your recovery time longer. It can also lead to additional complications, such as:

- Your skin could break down and become sore
- You may lose independence in personal care
- You may lose strength and tire more easily

Staying active whilst in hospital is really important, as prolonged periods of bed rest and reduced activity levels can keep you in hospital for longer than needed.

How we can help

We will look at what you were able to do before you came into hospital to understand how we can support and encourage you to keep moving.



You will have a full assessment of your mobility. We will create an individualised mobility plan for you.

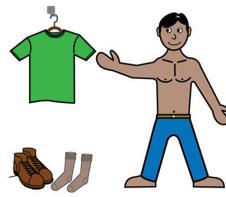


We will let you know in advance when you are likely to be going home.



If you need glasses or hearing aids let us know so we can make sure you have them to hand.

We will support you with anything you need to help you get out of bed and become active.



We will encourage you to get dressed in your own comfortable clothes. We will help you to get dressed until you can do it yourself.



We will encourage you to sit in the chair for as long as appropriate.



We will let you know how far you should walk and help you if you need assistance. We will encourage you to walk a little further each day.

What you can do to help

- Bring your own day clothes into hospital so you can get dressed.
- Sit in the chair to eat your meals and increase the time you spend out of bed.
- If you are told to stay in bed try to keep moving your arms and legs.
- Ask a member of staff if you need help to walk.
- Ask your family/friends to bring in your slippers, day clothes and, if needed your walking aid.
- Ask ward staff if your relatives can walk with you or take you to the café or hospital shops.