

Sit Up, Get Dressed, Keep Moving

Why?

We know that for every 10 days of bed-rest in hospital, the equivalent of 10 years of muscle ageing occurs in people over 80-years old, and building this muscle strength back up takes twice as long as it does to deteriorate. One week of bed rest equates to 10% loss in strength, and for an older person who is at threshold strength for climbing the stairs at home, getting out of bed or even standing up from the toilet, a 10% loss of strength may make the difference between dependence and independence, going home or not going home.

We know that this is the case for every patient in hospital, irrespective of their age. No matter how old a patient is, they will lose muscle strength during their stay, albeit at different levels, so it really is in the interests of our patients to help them be as mobile as possible

Getting patients into their own clothes and building their strength, enhances their mental wellbeing as it builds their confidence and empowers them to take greater responsibility for their own health and become active participants in their personal health journey.

It's not just patients and all staff should be aware of this campaign. Educating relatives and carers will be just as important to ensure that they encourage their relative, friend or person they care for to get dressed and move about.

BE part of this campaign and **HELP US** embed the principles into our everyday practice.

SIT UP, GET DRESSED, KEEP MOVING IS THE RIGHT THING TO DO