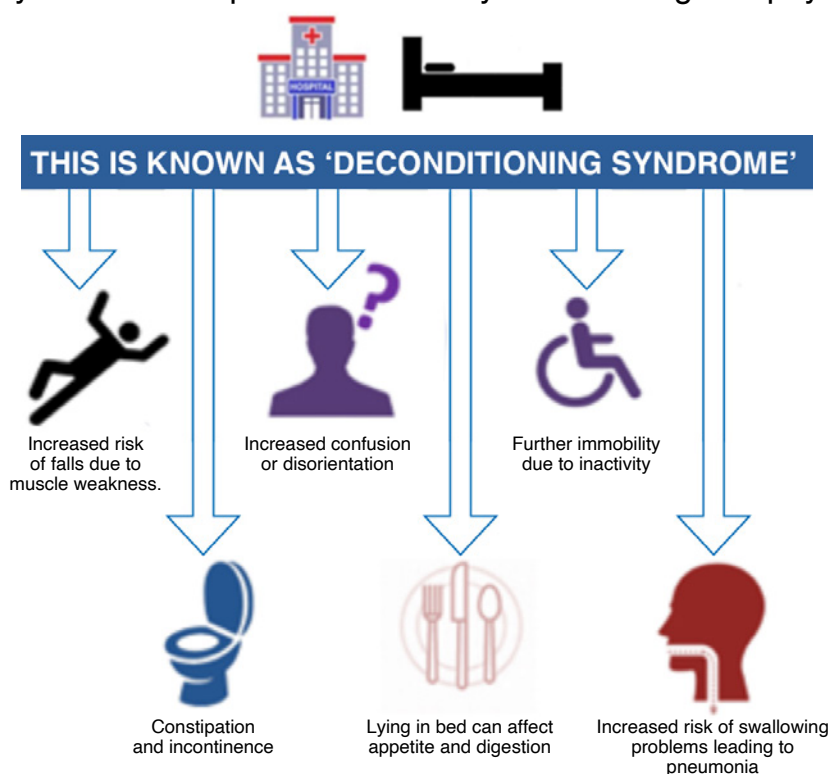


Safe activity in hospital

Your guide to staying active and safe during your hospital stay.

Information for patients, relatives and carers

When you stay in bed in hospital it can affect your wellbeing and physical function.



Research shows that bed rest is not a good way to recover from many illnesses or injuries. It may make your recovery time longer. Staying in bed and not moving can lead to other problems:

- It can affect your breathing.
- Your skin could break down and become sore.
- Muscles lose strength. You get weaker and tire more easily.
- You lose independence in personal care, such as washing and dressing.
- You might not be able to digest food properly. This may cause stomach-ache or constipation.
- You may get confused.
- You may lose self-confidence.

We will look at what you were able to do before you came into hospital. This helps us make sure we understand how best to support and encourage you to keep moving.



You should have a full assessment to help us to know how you normally get about.



We will make sure we look at any risks that may stop you from being able to get out of bed so we can support you.

We will help make sure that you have everything you need to get up and move around.



Do you need glasses or a hearing aid to help you communicate? Do you know where they are?



Do you have the right equipment to help you move about? If not we should be able to provide what you need.



Wear appropriate shoes or slippers. Ask a member of staff if you need footwear.



We're here to help, please use your bell to call for assistance if you need it.

We will encourage you to 'do it yourself' where you can.



Eat and drink on your own if you are able. It's important to eat well and stay hydrated to help your recovery.



Wash and dress yourself if you are able, and wear your own clothes.



Keep changing your position even if you are in a bed or a chair.



Sitting out of bed helps. We can help you get out of bed.



If you can walk to the toilet, it keeps you moving and prepares you for home. There are rails to help you in most of our toilets but please ask if you need any other help with toileting.

Advice for relatives and carers:

- Please bring in suitable footwear for the patient.
- Please bring their glasses and hearing aids into hospital.
- Take home unnecessary belongings i.e. suitcases/ large bags.
- Please seek advice from a member of staff with regards to bed rail use.
- Ensure call bell and mobility aids are left within reach before you leave.
- Report to nursing staff if you feel your relative/ friend has become more confused than normal, if they complain of feeling unwell or that they are in pain.
- Report any slip or trip hazards in our environment to a member of staff.
- Encourage your relative/friend to complete any exercises given to them by the Therapy Team.
- Ask the nursing team if you can take your relative/friend off the ward for a change of scenery. Please be aware this may not be appropriate for everyone.
- Please bring in your friend/relatives usual walking aid if it is possible to do. Please ensure it is clearly labelled.

We are committed to patient safety. By working together with you and your relative, we can help you to keep your independence and reduce the number of slips, trips and falls.

If you have any concerns about falls, please speak to a member of our ward/department team.

Further information:

LiveWell Dorset Freephone **0800 8401628** or Age UK Freephone **0800 6781602**

Images courtesy of British Geriatric Society.

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