Introduction

• 65% of patients admitted to hospital are 65 or older.
• For a person over 80 who spends 10 days in bed, their muscles will age 10 years.
• One week of bed rest results in 10% muscle loss.
• Other common harms of bed rest include; increasing risks of thrombosis, delirium, pressure sores, loss of confidence and increasing dependence.


Methods.

• Week beginning 16th October 2017, one bay picked at random on each ward (12, 13, 15, 22, 23, 44) checked daily 12.00 - 12.30.
• Patients assigned; bed and gown (BG), bed and pyjamas (BP), bed and dressed (BD), chair and gown (CG), chair and pyjamas (CP) or chair and dressed (CD).

Results.

Overall 62% (73) of patients were out of bed, with only 29% out of bed and dressed in day clothes. Of the 38% (44) of patients who were in bed only 5% (6) were too medically unwell to be out of bed.

Next Steps.

• Educate ward staff, patients, carers, relatives and visitors, on the benefits of keeping active in hospital.
• Re-audit

Acknowledgements.

Many thanks to all the Physiotherapy staff in the Medical Team who have supported this project.