



Bòrd SSN nan Eilean Siar  
NHS Western Isles

# Staying Active in Hospital

**Let's Get Up**

**Let's Get Dressed**

**Let's Get Moving**



# Myths and facts about being in hospital

Staying in bed for too long, not getting up and about and not trying to wash and dress yourself can mean that you struggle to get back to your normal level of activity when you go home.

## Myths

- ✗ Patients should stay in bed because they will get better if they rest.
- ✗ It is not safe for patients to get out of bed.
- ✗ Patients are not supposed to wash or dress themselves.
- ✗ Patients should only wear their night clothes.

## Facts

Staying in bed and not moving can lead to other problems including:

- ✓ it can make breathing harder
- ✓ your skin can break down and become sore
- ✓ muscles lose strength, you can get weaker and tire more easily
- ✓ for people aged over 80, 10 days bedrest ages muscles by 10 years
- ✓ you lose independence in personal care such as washing and dressing
- ✓ you might not be able to digest your food properly causing stomach ache and constipation
- ✓ you may become confused
- ✓ you may lose confidence
- ✓ you may become low in mood.

Although there can be risks in moving around, staying in bed is actually more harmful to your health and wellbeing. Your ward team will advise what is safe for you to do.

# Staying active when you are in hospital

Being inactive for long periods can increase your risk of conditions such as chest infections and blood clots. Being less active can cause muscle weakness, stiff joints and affect your ability to balance and walk.

If you normally use a walking aid such as a walking stick or zimmer frame you can ask a nurse or physiotherapist to provide you with one.

Carry on doing what you were able to do at home, such as washing and dressing or walking to the bathroom.

Ask a family member or friend to bring in your shoes, closed back slippers, day clothes, hearing aids, glasses and walking stick or frame.

## If you are able to:

- sit upright for all meals
- sit up in a chair when you have visitors
- walk around the ward, either alone or with help
- do gentle exercises on your own throughout the day, even in a bed or chair (we can show you how)
- let us know what you are normally able to do so we can make sure your care is aimed at returning you to your usual abilities.



# How much activity should I do?

Hospital staff will advise you on how much activity you should attempt.

A good starting point is to get dressed daily and get up for your meals.

## Suggested activities

- Get up into your chair for meals
- Chair exercises
- Stand up every half an hour
- Walk around the room
- Walk around the ward

If you have any concerns about what you should be doing please discuss with a member of staff.

**Staying active can reduce dizziness and fatigue.**

**Staying active can reduce your risk of a fall.**

**Staying active helps keep your muscles stronger.**

# Getting dressed whilst in hospital

It's rarely necessary to stay in your pyjamas, nightgown or hospital gown.

Putting on your own clothes can make you feel more like yourself again. This will also help you keep your independence.

If you need help getting dressed, simply ask a member of healthcare staff to assist you.

If you need items brought from home, please ask your visitors.

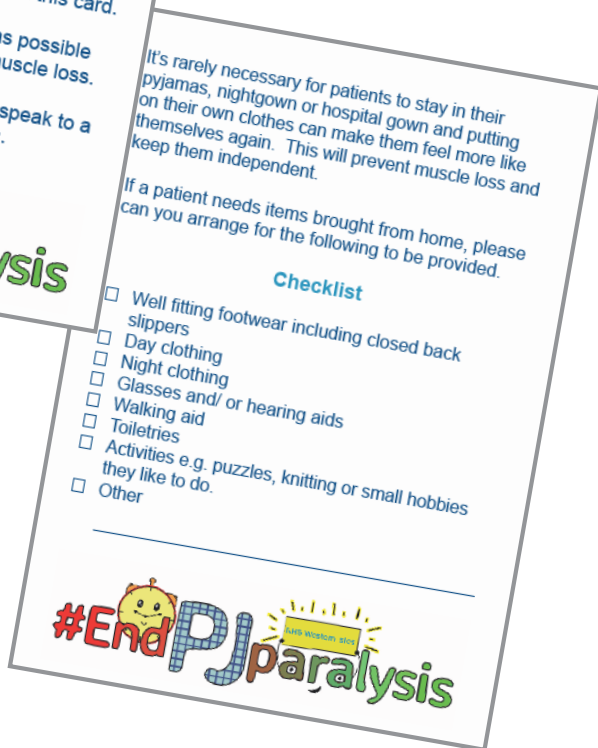
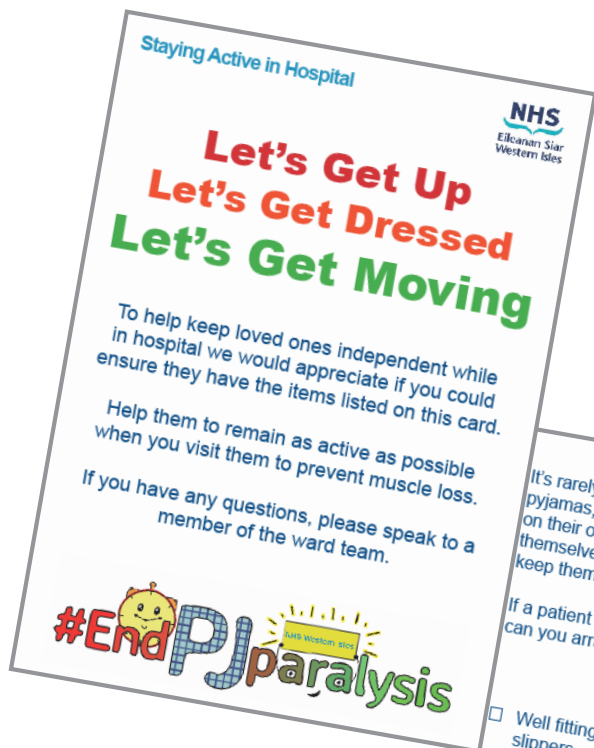
This could be...

## Visitors Checklist

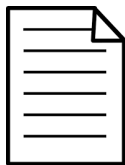
- ☐ Well fitting footwear including closed back slippers
- ☐ Day clothing
- ☐ Night clothing
- ☐ Glasses and/ or hearing aids
- ☐ Walking aid
- ☐ Toiletries
- ☐ Activities e.g. puzzles, knitting or small hobbies you like to do

# Visitors Checklist

Look out for your checklist card below. If you have not received it, please ask a member of staff.



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



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



We will look at any risks that may stop you from getting out of bed so we can support you.



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

**We can support you with anything you need to help keep you moving in or out of bed.**



We will look at equipment to help you move about and provide you with what you need.



Walking to the toilet keeps you moving and prepares you for home.



Sitting out of bed can benefit your health, even if for short spells.

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



Eat or drink on your own if you are able.



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



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

## Useful information

NHS Western Isles welcomes your comments on the #endPJparalysis campaign. Please feel free to leave a comment via:

Facebook: NHS Western Isles

Twitter: @NHSWesternIsles

#last1000days  
#endPJparalysis

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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