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## Media Release

### Let's end PJ paralysis!

Patients at the Royal United Hospitals Bath NHS Foundation Trust (RUH) are being encouraged to "get up, get dressed and get moving" as part of the national End PJ Paralysis campaign.

The Trust is taking part in NHS England's #EndPJparalysis 70 days challenge, which aims to rack up a million "patient days" by 26 June. At the halfway mark we're delighted that more than 2,000 patients have been supported to get dressed and active. Staff on the hospital wards are using a smartphone app to record how many patients are dressed before midday.

The RUH started their #EndPJparalysis activity two months ago with a highly successful March on Frailty campaign. Research has shown that encouraging and supporting patients to get dressed and get moving can reduce the risk of infection and reduce the loss of mobility, fitness and strength.

Dr Chris Dyer, Consultant Geriatrician at the RUH said, "Spending a few days in bed might seem like kindness, but actually it will quickly lead to a lot of muscle wasting. Many patients lose the ability to carry out routine daily functions like bathing, dressing, getting out of bed and walking due to unnecessary bed rest. Just two days of bed rest reduces a patient's muscle strength 2 - 5%, that loss of strength may make the difference between dependence and independence.

Dr Dyer continues, "Getting dressed each day motivates patients to get up and get moving, it's in the interests of our patients to help them be as mobile as possible. If we can help patients get back to their normal routine as quickly as possible, including getting dressed, we can support a quicker recovery, help patients maintain their independence and help get them home sooner."

Staff from across the organisation have been pledging how they will help to #EndPJparalysis by arranging activities on the wards, organising shared mealtimes and providing information about the campaign to patients and relatives.



Dr Dyer adds "It's fantastic to have this concentrated focus but the support and encouragement we provide to patients to get dressed and move around will carry on throughout the year. We know these small changes will bring great physical and mental benefits and we want them to be part of the everyday practice at the Trust."

The 70 days campaign started on 17 April and will run until 26 June to coincide with the 70<sup>th</sup> birthday celebration for the NHS.

## Ends

### Notes to Editor:

- The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.
- The Trust provides 565 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.
- In 2015 The Royal United Hospitals NHS Foundation Trust was acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain, chronic fatigue syndrome/ME and services for adults living with and beyond cancer.
- The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust is now working towards building a purpose built RNHRD and Therapies Centre and a new Dyson Cancer Centre. For more details visit: [www.ruh.nhs.uk/about/fit\\_for\\_the\\_future](http://www.ruh.nhs.uk/about/fit_for_the_future)
- For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

