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## Media Release

### RUH takes on #EndPJparalysis challenge

More than 8,000 patients at The Royal United Hospitals Bath NHS Foundation Trust have been helped to get mobile as part of the national campaign to End PJ Paralysis and speed-up patients' recovery and reduce the length of time spent in hospital.

From 17 April to 26 June staff on the hospital wards used a smartphone app to record how many patients were dressed before midday. Our teams recorded that more than 7,000 patients were helped to get dressed and we supported a huge 8,000 to be mobile – making a massive difference to patient recovery.

Matron, Anita West, at the RUH said: "End PJ paralysis has always been well supported in the hospital and we have a great track record of getting patients up, dressed and moving. The campaign is a great way of reminding people of the benefits of getting dressed and moving. There's sometimes an assumption that when you're in hospital you should be in your pyjamas but that's just not the case. We'd love to see more patients up and in their day clothes and this is where family and friends can help their loved ones by providing a change of clothing when possible."

Research has shown that the time patients spend in bed reduces strength, mobility and overall independence, resulting in longer hospital stays, particularly for elderly people. Getting up, dressed and moving while you're in hospital has been proven to reduce falls, improve patient experience and reduce the time spent in hospital by up to 1.5 days.

Matron West 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."



Our wards continue to support patients to #EndPJPparalysis by arranging activities, breakfast and lunch clubs and providing information about the items to bring in your suitcase to the hospital for patients and relatives.

The Stroke Unit are organising a communal lunch club for patients, their families and staff. The lunch club is an opportunity for everyone to socialise, staff to speak to families about any issues. It helps patients get up and active and helps them to maintain a routine.

To help patients to get mobile after undergoing surgery the Robin Smith Ward are trialling using 'sticky feet' footprints to set patients a target to follow to help their recovery.

Sister Lisa Brown said: "This simple idea works by setting out a trail of sticky footprints for post-operative patients to follow as part of their recovery. The great thing is that they don't have to wait to be helped – they can own their own recovery and increase their mobility according to their ability."

"Encouraging patients to get moving is a team effort and we're confident that a simple idea like this can make a big difference to patients' mobility."

More information about what to expect when preparing for a stay in hospital can be found at [ruh.nhs.uk/patients/your\\_care\\_inpatient/preparation](http://ruh.nhs.uk/patients/your_care_inpatient/preparation)

## 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 759 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, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis
- 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)

