

# Information for patients, carers and visitors

**Get up,  
get dressed,  
keep moving**

**We are supporting a national campaign to  
end 'pyjama paralysis' and help reduce  
patient recovery times.**



## What is the **get up, get dressed, keep moving** campaign?

The national campaign encourages patients to get dressed in their own clothes, out of bed and moving as much as they are able to during their stay in hospital. We know that if patients stay in their pyjamas or hospital gowns for longer than they need to they are at higher risk of infection, losing mobility, fitness and strength, and may end up staying in hospital longer.

By helping patients get back to their normal routine as quickly as possible, we can support them to recover quicker, help them maintain their independence and get them home sooner.



Spot the difference



- Loss of muscle strength
- Longer stay in hospital
- High risk of infection

- Quicker recovery
- Maintain normal routine
- Return home sooner

**We will encourage patients to get out of bed, change out of their pyjamas and move around when they are well enough.**

## **What can you do to help?**

- ◆ If you know you are coming into hospital please bring a change of clothes with you. Bring loose, comfortable clothing.
- ◆ Ask your relatives, friends or carers to take home any clothing that needs washing and bring in fresh clothes for you to wear. We are unable to do personal laundry.
- ◆ Ask staff to help you wash, dress and go to the bathroom.
- ◆ Keep moving and stay active.



dress



T-shirt

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



Sitting out of bed helps your recovery more than lying in bed.



Closed back and grippy slippers are critically important to allow safe walking.



Do you have the right equipment to help you move about safely? If not, ask us.

## The facts ...

For every ten days of bed rest in hospital, the equivalent of ten years of muscle ageing occurs in people over 80 and building this muscle strength back up takes twice as long as it does to deteriorate. This is the same for every patient in hospital, whatever their age. A loss of muscle strength can make a significant difference to a person and they may find it difficult to climb stairs, get out of bed or stand up from the toilet on their own.

Muscle loss can be reduced by encouraging patients to get up, dress for the day, eat meals at the bedside or in a dining area, use the toilet instead of a commode and generally participate in normal daily life as much as possible.

We know that this will not suit every patient and we will take every patient's individual situation into consideration.

**[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)**

You can request this information in a different format or another language.

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