

#end paralysis

get up get dressed be active

“We know that if patients stay inactive in hospital for too long, they may have a higher risk of infection, lose mobility, fitness and strength, and stay in hospital longer.”

Ann-Marie Riley, Deputy Chief Nurse, NUH

Let's work together to keep your relatives and friends as active as possible.

Why?

- Preserves individuality and dignity
- Prevents muscle and strength loss
- Maintains a normal routine
- Keeps them in touch with the outside world
- A quicker recovery
- Returns them home as soon as possible



How?

- Bring in comfortable clothes, well-fitting shoes, toiletries, hearing aids, reading glasses and activities for your relatives and friends
- Encourage your relatives and friends to:
 - Get up and be as active as possible, by moving around the ward, and using day rooms where possible
 - Do as much as they can for themselves
 - Make sure they are eat and drink regularly even if its little and often. When recovering from illness or surgery, higher energy foods may be more appropriate especially if appetite is poor
 - Keep mentally active by staying in touch with life outside the hospital like reading a newspaper, watching TV, listening to the radio and talking with friends and family
 - Help them to stop smoking, if appropriate

Look after yourself – try not to do everything. Encourage other relatives and friends to make visits as well. Talk to our staff and visit www.nuh.nhs.uk/patients-and-visitors/patients-and-carers/carers/ for more information.