

Getting Patients up, dressed and moving

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Preventing Hospital Associated Deconditioning & Improving Patient Outcomes Third National Conference

Wednesday 17 October 2018 The Studio Conference Centre, Birmingham



Photo Credit

Cambridge University Hospitals NHS Foundation Trust

Chair & Speakers Include:

Ciara Moore

Chief Operating Officer

The Queen Elizabeth Hospital

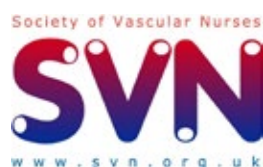
Kings Lynn NHS Foundation Trust

Dr Amit Arora

Consultant Geriatrician

University Hospital of North Midlands

Supporters Include:



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As of today the 70 day challenge has mobilised 786,797* Patients in England

'Having patients in their day clothes while in hospital, rather than in pyjamas (PJs) or gowns, enhances dignity, autonomy and experience as well as, in many instances, shortening their length of stay. For patients over the age of 80, a week in bed can lead to 10 years of muscle ageing, 1.5 kg of muscle loss, and may lead to increased dependency and demotivation. Mobilising (moving) has been shown to reduce falls, improve patient experience and reduce length of stay by up to 1.5 days.'
#EndPJparalysis, 13th June 2018

This conference takes a case study focused approach to meeting the New National Ambition set by the Chief Nursing Officer to #EndPJParalysis. The 70-day challenge ran across the UK and Ireland, and was aimed at achieving a million collective days of patients being up, dressed and moving while in hospital. The conference will demonstrate how to improve practice through implementing learning from organisations that have successfully implemented #EndPJparalysis in practice, bringing the #last1000days and #Red2Green to life. Sessions will focus on changing culture and practice, data collection and monitoring, changing patient and carer expectations, preventing deconditioning, understanding the evidence and looking at the patient perspective.

"We should all support #EndPJparalysis" Jane Cumming, Chief Nursing Officer, NHS England

"For many wearing pyjamas reinforces feeling unwell and can prevent a speedy recovery. One of the most valuable resources is a patients' time and getting people up and dressed is a vital step in ensuring that they do not spend any longer than is clinically necessary in hospital. I urge all those caring for our older patients to help end PJ Paralysis and get involved in the 70-day challenge and show the impact they can make." Prof Jane Cummings, Chief Nursing Officer, NHS England 5th March 2018

-"Despite the hard work of caring staff, patients, particularly older people, get 'stuck' in hospitals, and the systems and silos in healthcare conspire to make this worse." Prof Brian Dolan, Last 1000 days, 2017

"Patients should wear their own clothes unless it's for reasons of clinical appropriateness rather than organisational culture... Patients' time is sacred and there needs to be no needless waiting, no needless harm, and no needless suffering."
Prof Brian Dolan 2017

"Ensuring patients get into their own clothes not only helps them to recover more quickly and changes how they are viewed by staff and the patient's family, it also has benefits for staff on the front line. It can help to build system capacity by improving patient flow, enabling more timely discharges, reducing the patient's length of stay, and enable more timely admissions for other patients...By getting patients into their own clothes and building their strength, as well as improving their mental outlook on the reason for their stay, it enhances the mental wellbeing of patients as they are encouraged to take greater responsibility for their own health and become active participants in their personal health journey." NHS England 2017

Follow the conference on Twitter #endpjparalysis

* www.endpjparalysis.com, 14 August 2018

10.00 Chair's introduction

Ciara Moore

Chief Operating Officer The Queen Elizabeth Hospital Kings Lynn NHS Foundation Trust

10.10 Extended Opening Address: Bringing the #Last1000days and #Red2Green to life through #EndPJparalysis: getting patients up, dressed in their own clothes and moving

Ciara Moore

Chief Operating Officer

The Queen Elizabeth Hospital Kings Lynn NHS Foundation Trust

- last 1000 days, red to green and PJ paralysis explained
- the #EndPJparalysis movement: our experience and why it started
- enabling patients to get into their own clothes to build system capacity by improving patient flow, enabling more timely discharges, reducing length of stay, and more timely admissions for other patients
- identifying when deconditioning leads to patient safety incidents
- the impact on patient experience, deconditioning and outcomes in practice

11.00 A Patient Perspective

Jonathon Hope MBE

Patient Leader

- how it feels to be a patient
- the little things that make a big difference
- meaningfully engaging and involving people
- patient leadership in action: my experience

11.30 Questions & answers, followed by coffee at 11.40

12.00 Communicating #EndPJparalysis in practice to changing culture and practice in patients, carers and staff

Marina Murray

Therapy Team Lead, and

Tracy Moran

Lead Nurse Patient Experience

West Hertfordshire Hospitals NHS Trust

- where to start?
- how to we change staff culture and practice?
- how to we change patient expectations?
- developing information for patients and improving communication
- developing and communicating the message: #endpjparalysis
- how do we educate patients and carers to ensure patients have their own clothes to wear?
- changing culture and practice in West Herts

12.30 How active is my patient? auditing progress and practice

Dr Amit Arora

Consultant Geriatrician

University Hospital of North Midlands

- undertaking a baseline assessment
- clinical metrics and audit tools
- how active is my patient? Assessing and benchmarking progress
- What is the incidence including falls and pressure ulcers

13.00 Questions & answers, followed by lunch at 13.10

14.00 Spreading #EndPJparalysis to all patients in your organisation

Gill Harris

Executive Director of Nursing and Midwifery

Betsi Cadwaladr University Health Board

- how do we involve all patients
- which clinical areas are more challenging?
- using fun activities and games to encourage spread and healthy competition between wards
- removing the barriers and working with patients that don't want to get dressed
- how do we make getting up and moving interesting for patients: ensuring there is something for the patient to do and get involved in

14.30 Preventing deconditioning

Teri Loftus

Therapy Team Leader

Airedale NHS Foundation Trust

- helping patients to resume normal life as quickly as possible
- how to approach a project to prevent deconditioning
- improving nutrition and hydration
- can you replace beds with tables and chairs?

15.00 Questions & answers, followed by coffee at 15.10

15.30 From 9 to 99 - getting patients of all ages up dressed and moving at UCLH

Tori North *Team Lead Occupational Therapist*

with Alice Nicholson *Occupational Therapist, Teenage Cancer Unit*

and Nina Holden *Team Lead Physiotherapist*

University College London Hospitals NHS Foundation Trust

- Rolling out an enhanced recovery programme in Thoracic surgery
- Using a Thoracic rehabilitation group to provide patients with self-management strategies
- Promoting End PJ Paralysis on a surgical ward
- Promoting exercise post-surgery
- Teenage Cancer unit- encouraging children and teenagers to get up dressed and moving
- using a breakfast club with children and teenagers to encourage participation in ADL's and social interaction

16.00 Making people want to get out of bed - Tea, games and good company

Hannah Squires *Occupational Therapist*

with Tracey Jobling *Fortescue Ward Manager*

Northern Devon Healthcare NHS Trust

- Increasing activities that make people want to get out of bed
- The lunch club approach
- Making wards more fun at Northern Devon: the impact on patients

16.30 Questions and answers, wrap up and key learning points from the day, followed by close

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Download

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This form must be signed by the delegate or an authorised person before we can accept the booking

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The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk**

Venue

The Studio Conference Centre, 7 Cannon St, Birmingham B2 5EP. A map of the venue will be sent with confirmation of your booking.

Date Wednesday 17 October 2018

Conference Fee

- ☐ £265 + VAT (£318.00) for NHS, Social care, private healthcare organisations and universities.
☐ £200 + VAT (£240.00) for voluntary sector / charities.
☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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