



To increase the number of medically-able patients who get up and dressed by lunchtime by 20% in 6 months.

Anna Boylan and Kirsty Herd

The Problem:

Deconditioning is a daily problem that potentially can affect every patient in the Trust, along with carers, relatives and staff. This is not a new problem but may have been exacerbated by Covid affecting people in the community prior to admission and restricting access to those in hospital (relatives not able to visit/bring clothes).

It was observed that Junior staff on the ward lacked insight into their role and responsibility for preventing deconditioning and did not understand when and why to refer to therapy. We were motivated to change this and improve working relationships.

As physiotherapists on a busy medical ward, we were aware of the complexity around deconditioning and the impact this was having on discharge pathways and length of staff. We focused on one element of the bigger problem of deconditioning.

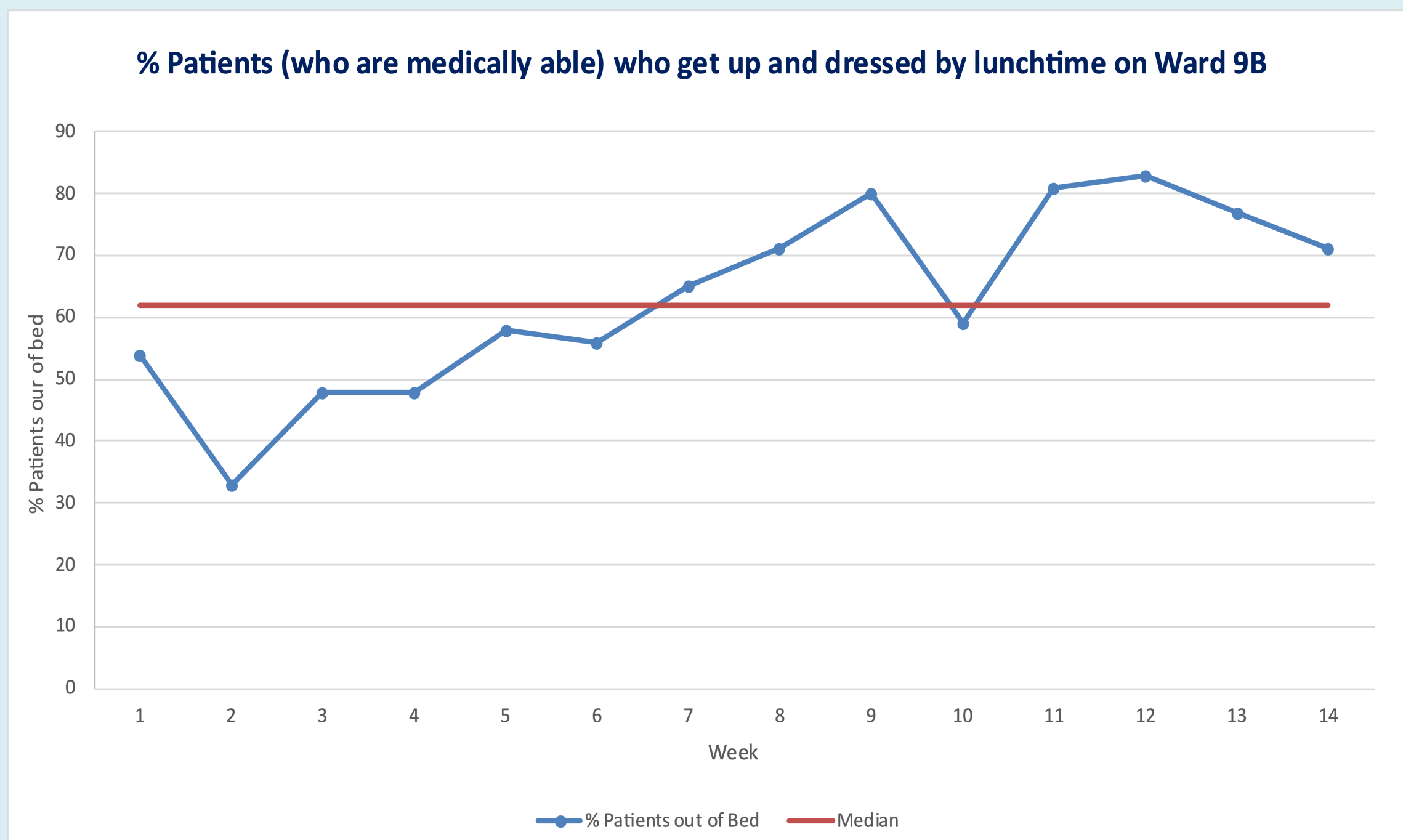
Plan Do Study Act:

Cycle 1: Prompt sheet above patient's bed, small increase in patient's out of bed, effectiveness not sustained.

Cycle 2: Therapy induction for all ward starters, staff seeking therapy support and 'doing' before referring, not sustained increase.

Cycle 3: Education session at ward training day, didn't impact on patient's but improved staff working relationships.

Cycle 4: Focus groups, highlighted need for better communication across all staff within MDT.



Aim	Primary Driver	Secondary Driver	Change Ideas
To increase the number of patients who get up and dressed by lunchtime by 20% in 6 months.	Patient	<ul style="list-style-type: none"> Education Awareness Motivation Ability Pain Support 	<ul style="list-style-type: none"> Patient information leaflet Relative leaflet with items to bring in Group Therapy sessions
	Staff	<ul style="list-style-type: none"> Education Awareness Attitude Ability Confidence Time 	<ul style="list-style-type: none"> Kiran Meet with new starters PJ day Deconditioning presentation Betty (ward clerk)
	Environment	<ul style="list-style-type: none"> Access to equipment Space in the bed area Access to clothing/ footwear Appropriate seating Pressure cushions 	<ul style="list-style-type: none"> AMU cupboard with clothing?? Documentation/I Can's

Conclusion

The project confirmed that patients being supported to get out of bed daily, to help prevent deconditioning is extremely complex with multifactorial challenges and barriers.

Despite not achieving significant improvement in numbers of patients being out of bed following each intervention, small gains were made.

Working relationships and dynamics between Therapy and the ward nursing team improved greatly.