

Press release

Working together for
outstanding care

Local NHS Trust joins campaign to end 'PJ paralysis' in hospital

The Trust responsible for the county's community hospitals and recovery units is backing a national campaign to encourage patients in hospital wards to get up dressed and mobile to support their recovery.

#EndPJParalysis is a national NHS campaign which urges staff on wards to encourage patients to get up, washed and out of the PJs and into their normal daytime clothes. Being in pyjamas can reinforce the feeling of being unwell and can pro-long recovery. Also, being immobile for long periods can cause chest infections and muscle degeneration.

For example, for patients over the age of 80 a week in a hospital bed can lead to 10 years of muscle ageing, 1½ kg of muscle loss, and may lead to increased dependency and demotivation. Getting up and mobile has been shown to reduce falls, improve patient experience and reduce length of stay by up to 1½ days.

The campaign started this week and runs until the end of June and staff in the county's community hospitals in Evesham, Malvern, Bromsgrove, Tenbury and Kidderminster, which are run by Worcestershire Health and Care NHS Trust, are all embracing the initiative

Michelle Clarke, Director of Nursing and Quality at Worcestershire Health and Care NHS Trust, said: "We have been encouraging patients in our community hospitals to get up and dressed for some time now as we've long recognised the physical and psychological benefits but this campaign is a great way of reinforcing that message. We want our hospitals to be places of recovery and this is a big part of that."

For more information please visit www.endpjparalysis.com or follow #EndPJParalysis on Twitter.

-ENDS-

Worcestershire Health and Care NHS Trust is the main provider of community, nursing, therapy and mental health services to people of all ages provided in a range of community venues including; community hospitals and recovery units, schools, community centres, outpatient clinics and in peoples' own homes.