

# Get up, get dressed, get moving and...

# Make movement count

Staying in hospital can lead to becoming less active, which can impact on length of stay. Reduced movement can also increase the chances of other risk factors such as falls, fractures and bed sores.



There are simple steps you can take to make movement count:

## For our people:

- ✓ Support patients to set a routine - **get them up, dressed and sitting** in a chair (where possible)
- ✓ Support patients to take **regular short walks** (use walking aids if required)
- ✓ Encourage patients to **keep their minds active**
- ✓ Consider referring patients to the **new Virtual Hospital**

## For patients and visitors:

- ✓ Please bring in **fresh comfortable clothes** and **sensible footwear (or slippers)**
- ✓ Take **regular short walks**, independently if it is safe and you are able to do so, or with your nursing team or visitor
- ✓ **Keep your mind active** by reading, listening to audiobooks or music, and doing crosswords
- ✓ **Check any restrictions** with our ward teams



For more information, please visit [www.pah.nhs.uk/makemovementcount](http://www.pah.nhs.uk/makemovementcount) or scan the QR code (right) with your smartphone camera.

