

## Eat

Eating well gives you energy and helps you recover more quickly and try to eat something at every meal

Try milky drinks, creamy soups and puddings to boost your intake

Try snacks between your meals

Ask your friends or family to bring in some favourite finger foods / drinks

## Drink

Staying hydrated helps you to stay well

Have a drink whenever you are offered

Water, milky drinks, tea and coffee are all available on the wards

Aim for at least 6 to 8 cups a day unless you have been advised otherwise

## Move

Moving around helps you feel more confident, makes you feel better and helps to build your appetite

Work with us when we come to get you moving. If you are able to, sit out in your chair throughout the day instead of remaining in bed

Walk with family and friends, ask us for help and use walking aids if needed

## Dress

Getting dressed in your own clothes helps you feel more like yourself

Ask your friends and family to bring in your day clothes and footwear

Get dressed or ask the nurses to help you into your own clothes



These guidelines can be followed by all unless you have been advised otherwise  
Please check with ward staff if you have any concerns or questions

### Family, Friends and Carers, We Need You!

**EAT** - Bring in snacks that your relative or friend enjoys eating and encourage them to eat something when you visit. Please check with nursing staff what would be suitable

**DRINK** - Prompt your relative or friend to have a sip of a drink when you are with them. Check with nursing staff what drinks are suitable

**DRESS** - Bring in regular day clothes and provide supportive footwear with firm heel support and not open slippers and any walking aids used at home if needed

**MOVE** - Ask the nurses if your relative or friend can go for a walk. Walk with them around the bay and corridor





## Eat



- Good nutrition can help speed recovery from illness
- Around 1 in 3 people admitted to hospital are not adequately nourished
- Inadequate food intake can lead to pressure sores, poor wound healing, infection

## Drink



- Adequate fluid intake is essential to maintain wellbeing, aim for at least 6-8 cups a day
- Dehydration can lead to confusion, falls, urinary tract infections and in severe cases can be life threatening

## Dress



- Patients getting dressed in their own clothes in hospital enhances dignity, maintains identity and encourages patients to become active participants in their own recovery
- Getting dressed in hospital can promote normal routine and speed up recovery

## Move



- Muscle strength can decrease by 2 to 5% per day when lying in bed – this means after a week lying in bed a patient may not be able to get around as independently as they were previously able to
- One week of bedrest equates to 10% loss in strength regardless of age. For an older person a 10% loss of strength may make the difference between being able to manage in their own home or needing additional support
- Inactivity in hospital can be harmful. The deconditioning which occurs can lead to reduced muscle strength, problems with blood pressure control, risk of falling, pressure ulcers, confusion and loss of confidence in mobilising

