

# Eat, Drink, Dress, Move

Staying active whilst in hospital



## Introduction

**Inactivity** – not moving your body whilst in hospital can lead to **deconditioning**.

Staying in bed all day can lead to between 3-4% reduction in muscle strength per day during the first week.

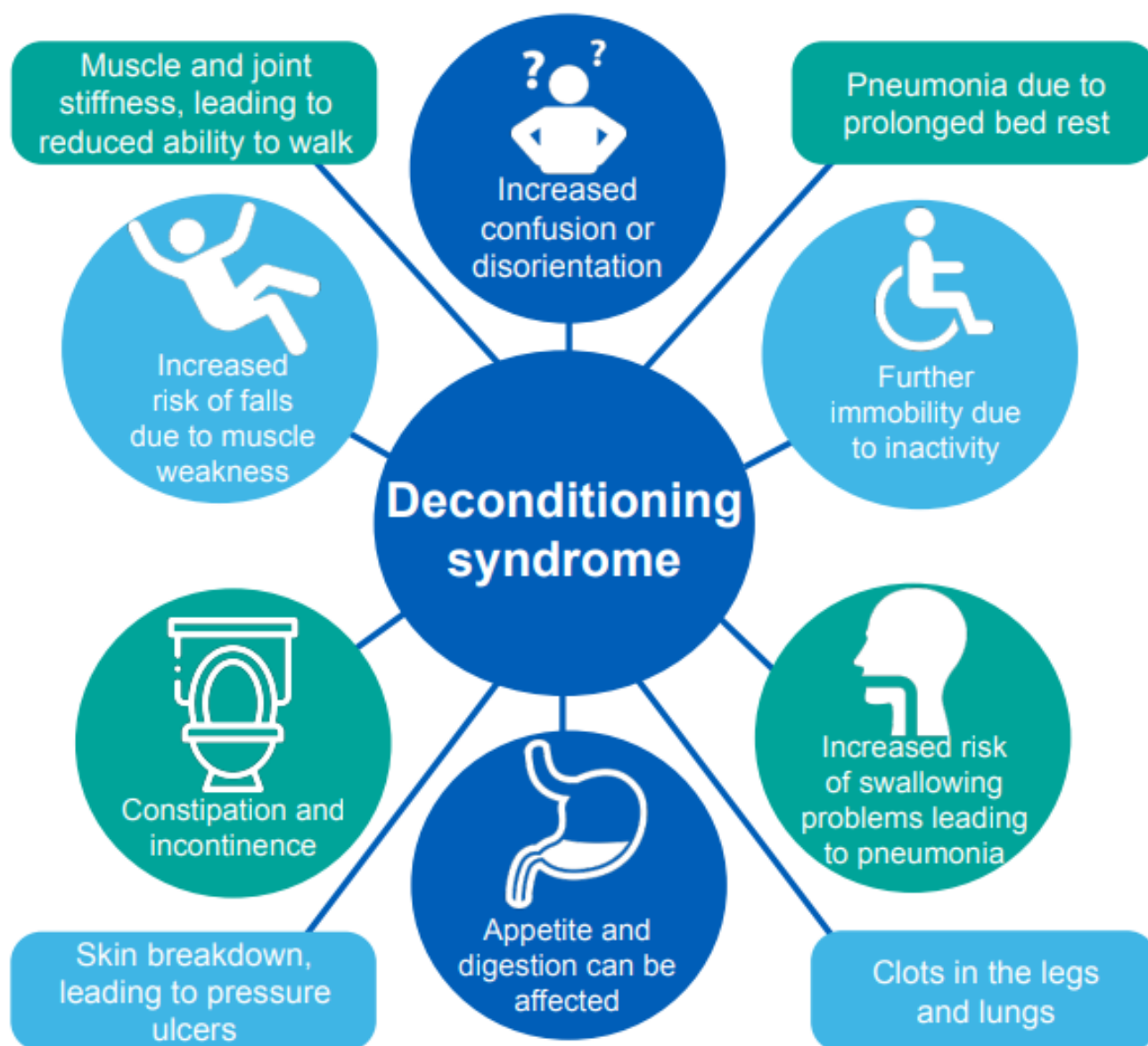
This can lead to an increased risk of.....

- Blood clots
- Pneumonia
- Pressure sores
- Falls
- Extended length of stay in hospital
- Hospital acquired infections

Staying as **active** as possible whilst you recover from your illness or injury in hospital is very important. Every bit of physical activity can help keep you healthy and reduce your recovery time. If safe and able, maintaining your normal routine of getting up, dressed and moving throughout the day will get you out of hospital sooner.

## Deconditioning syndrome

What are the negative impacts of inactivity and hospital associated deconditioning?



Taken from British Geriatrics Society and University Hospitals of North Midlands, 'Sit Up, Get Dressed and Keep Moving!'

## Movement matters

### What are the benefits of staying active in hospital?

- More able to cope when you are well enough to go home
- Better breathing and maintains fitness
- Better appetite and digestion
- More able to fight infections
- Better sleep and mood
- Improves bladder and bowel function
- Lowers risk of bed sores
- Less weakness and fatigue
- Less dizziness
- Less pain due to getting stiff muscles and joints
- Lowers risk of getting muddled or confused
- Lowers your risk of having a fall

## Movement matters

### How do I stay active while in hospital?

**EAT** – eating well is important for recovery.



- Try to eat something at each mealtime
- If you don't feel like anything from the menu, we will offer you an alternative. Try some toast, soup or a milky drink and a pudding
- Sit up for all meals, either on your chair or at the edge of your bed

If your visitors want to bring food in for you, the following snacks would be suitable to keep in your bedside locker:

- Small quantities of fresh or dried fruit
- Individual cartons of fruit juice (that do not need to be kept in the fridge)
- Biscuits / individually wrapped cakes
- Sweets, chocolate

Your ward will have a copy of the guidelines on bringing food into hospital if you need more information.

**DRINK** – Not drinking enough makes you feel thirsty and can increase your risk of developing a urine infection and falling, which may prolong your hospital stay.

- Have a drink when you are offered one from the trolley, as well as water from the water jug (unless we ask you to limit your fluid intake)



- Avoid having too many caffeinated drinks as this may affect your sleeping pattern
- Make sure your drink is always within reach and ask us to refill your water jug if you need more water

**DRESS** – Wearing your own clothes from home can make you feel more like yourself

- Wash and dress yourself if you are able, or ask for help from the ward staff



- Ask friends and/or family to bring in your own day clothes and footwear

- Make sure you have any glasses or hearing aids you need



**MOVE** – reduce your risk of deconditioning and return home sooner

- Get out of bed and sit in a chair
- Walk around the ward when it is safe to do so
- Walk with your relatives when they visit
- Complete gentle exercises throughout the day (your ward staff can show you how)



## What next?

If you have any questions, concerns or comments about staying active in hospital ask to speak to a Healthcare Professional on your ward. This can be a therapist (a physiotherapist or occupational therapist), a nurse, a doctor or any other staff member that is trained to give you advice about staying active in hospital.

## **Eat, Drink, Dress, Move**

### **Where has the information in this leaflet has come from?**

Information in this leaflet has come from [www.nhs.uk](http://www.nhs.uk), [www.gov.uk](http://www.gov.uk), [www.csp.org.uk](http://www.csp.org.uk) and <https://movingmedicine.ac.uk/>

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