



Sussex Community  
NHS Foundation Trust

# Intermediate Care Unit End PJ Paralysis Campaign

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*Excellent care at the heart of the community*

# Background

SCFT – 14 Intermediate  
Care Units (ICUS)

327 Bed base across  
Sussex

Providing a period of  
rehabilitation and  
recovery to older adults  
with moderate to  
severe levels of frailty

Practice on the wards  
had changed as a result  
to the Covid 19  
pandemic

# Community Beds Optimisation Programme

Delivering change priorities through **5 workstreams** to ensure we have the **Right Patient**, in the **Right Bed**, at the **Right Time**, receiving the **Right Intervention**, which will be enabled by having the **Right Digital System** in place.



## Right Patient Workstream

- Review and agree Sussex wide Clinical Admission Criteria to align with new patient cohort.
- Implement and embed a consist application of criteria to reside.



## Right Bed Workstream

- Standardise roles and responsibilities across ICU's.
- Increased access to support and supervision for ICU workforce.
- Agree SCFT wide clinical model.
- Implement and embed improved rostering.
- Improved provision of Enhanced Care.



## Right Time Workstream

- Implement and embed consistent Trusted Assessor model.
- Real time patient and bed data reporting to support system flow.
- New metrics to measure impact of programme changes.
- Promoting early discharge from hospital, ensuring care & rehab is delivered at home wherever possible.



## Right Intervention Workstream

- Agreed set of Rehab, Recovery and End of Life care standards.
- Ensure patients are at the centre of their care & treatment choices.
- Offer evidence-based activities and rehab to improve independence and outcomes.
- Develop collaborative MDT working.



## Right Digital System Workstream

- Review of existing digital solutions, infrastructure and identify new opportunities that increase efficiency and productivity.
- Review and streamline all ICU-related System One templates.

# Our rehabilitative approach

- Person-centred goal and intervention setting
- Discussions about discharge start on admission
- Achieve shared understanding and communication
- Focus on function and promote independence
- Rehab 24/7
- Supporting self – management
- Enable and empower patient choice
- Support clinical leadership and decision making



# Covid Pandemic and Rehab

## Restrictions

- Mask wearing
- Social Distancing
- Isolation
- Visiting

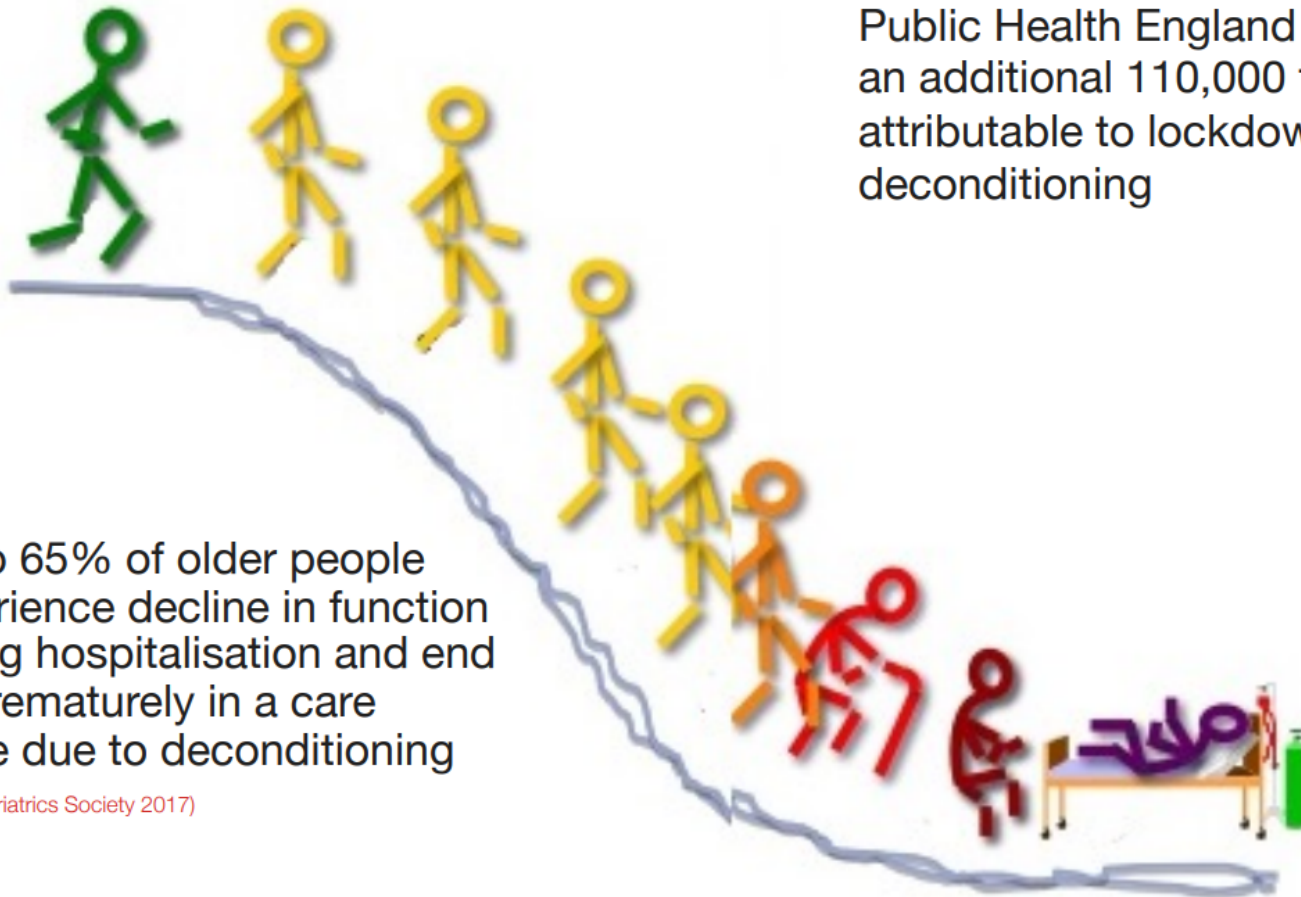
## Environment

- Loss of gym space
- Loss of dining rooms

## New Staff

- Don't know any different

# Deconditioning – Wider impact of the pandemic



Public Health England predict an additional 110,000 falls attributable to lockdown related deconditioning

(PHE 2021)

Up to 65% of older people experience decline in function during hospitalisation and end up prematurely in a care home due to deconditioning

(British Geriatrics Society 2017)

# Deconditioning Facts



**#End**  **P**  **paralysis**

# Pre-Implementation Audit

- Audit of each ICU revealed that
  - 55% were dressed in their own clothes
  - 83% out of bed for lunch

July 2022 – Launched the Trust-wide campaign



# The campaign

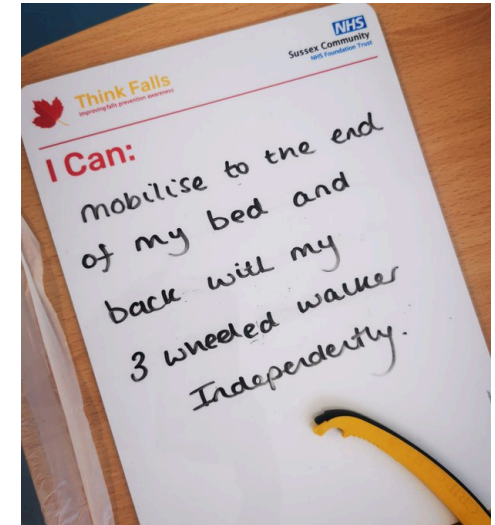
Education of staff – bite size sessions

Discussion with patients family/carers regarding clothes, shoes, toiletries as part of the welcome meeting

Goal setting – use of I Can.. Board

Mobility Milestone Posters displayed on the wards

Feedback obtained from staff and patients



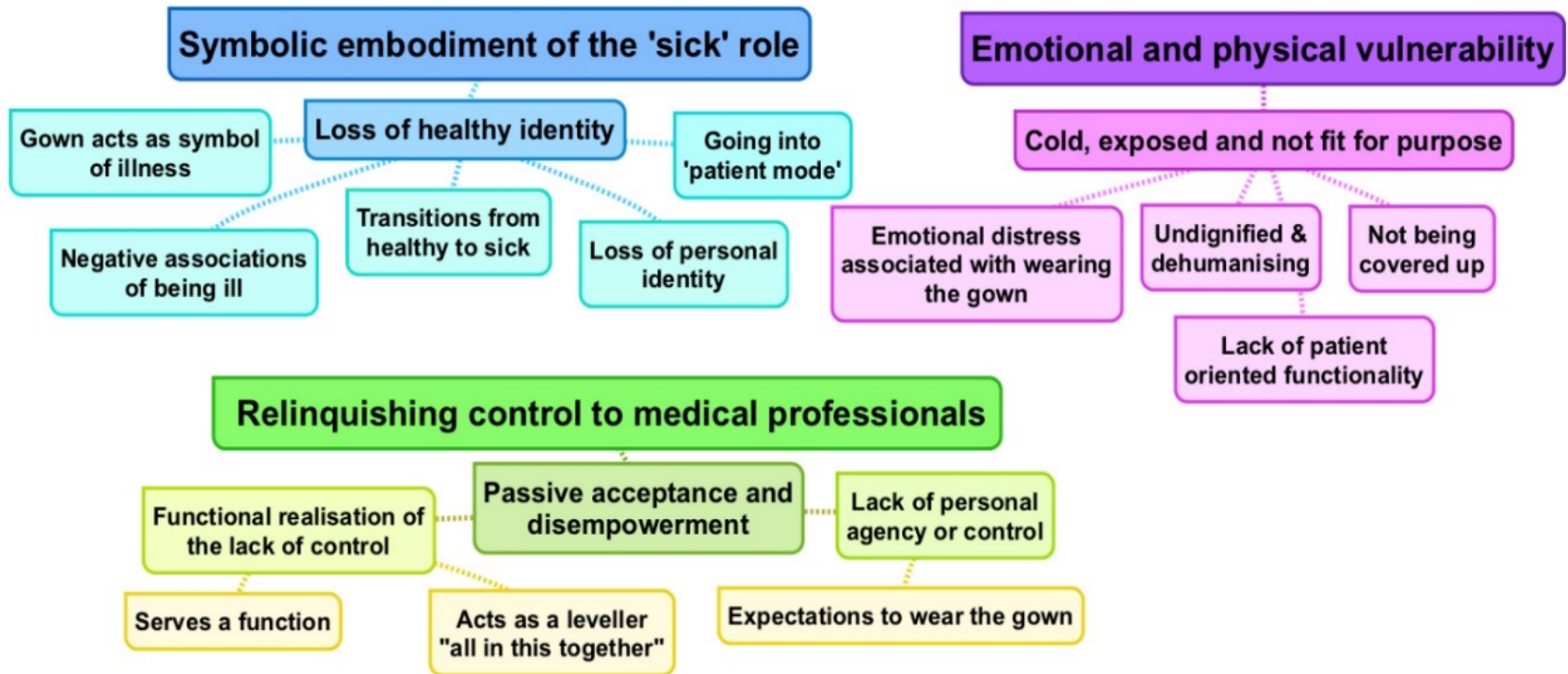
**19 ft/ 6 metre  
Check Point**



**#End PJ Paralysis**

# The Hospital gown...

Morton, Cogan *et al* (2020) Brit J Health Psychology  
Baring all: The impact of the hospital gown on patient well-being



Taken from a presentation by Brian Dolan



# Staff experience..





**Falls Awareness Week**  
#thinkfalls #keepmoving





# Auditing progress

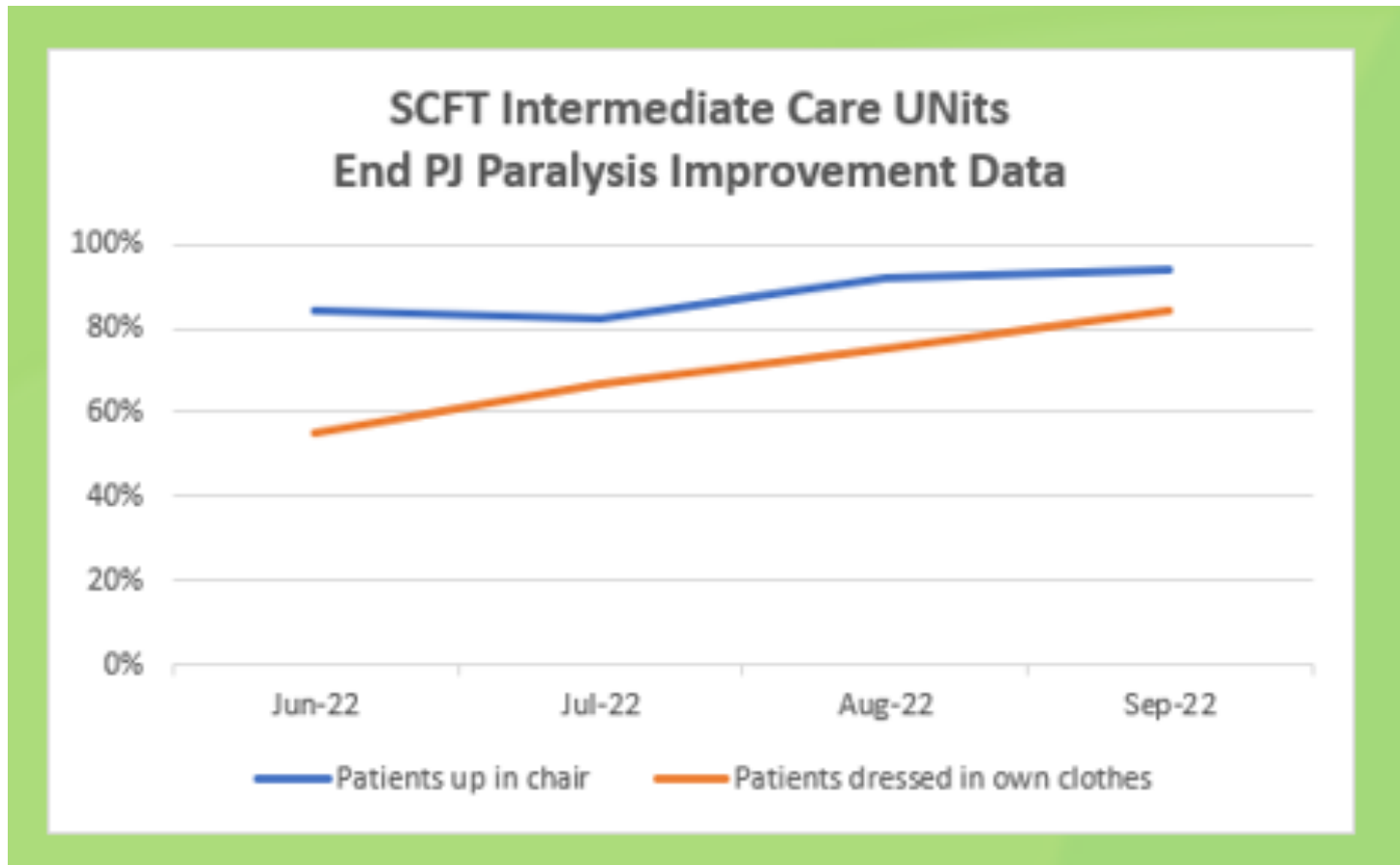


Today's Date                    \_\_\_/\_\_\_/\_\_\_  
Ward Name                      \_\_\_\_\_  
No. of beds on unit            \_\_\_\_\_

**By 12 noon:**

No. patients up and in own clothes \_\_\_\_\_  
No. patients also mobilised and up in chair \_\_\_\_\_

# The results..



# Celebrating Success



**NHS**  
Sussex Community  
NHS Foundation Trust

## End PJ Paralysis

Get up, get dressed, get moving

THIS CERTIFICATE

demonstrates improvements in actively getting patients up, dressed and moving before 12pm

August 2022



Let's get patients up, dressed, and moving - enabling them to get home to their loved ones safer and sooner



### PJ Paralysis

- Fact: Reduces mobility
- Fact: Loss in strength
- Fact: Loss of independence
- Fact: Longer stay in hospital

# Patient feedback

'it feels like your  
on your way to getting  
better'

'get too lazy if you stay in your pj's'

'I feel more at home in my own clothes'

'It's a good idea, as hopefully makes you feel better'

'Makes you feel better'

'Its wonderful to be in my own clothes'

'You spend a lot of time in bed, so getting dressed  
makes you feel more human rather than just a body'

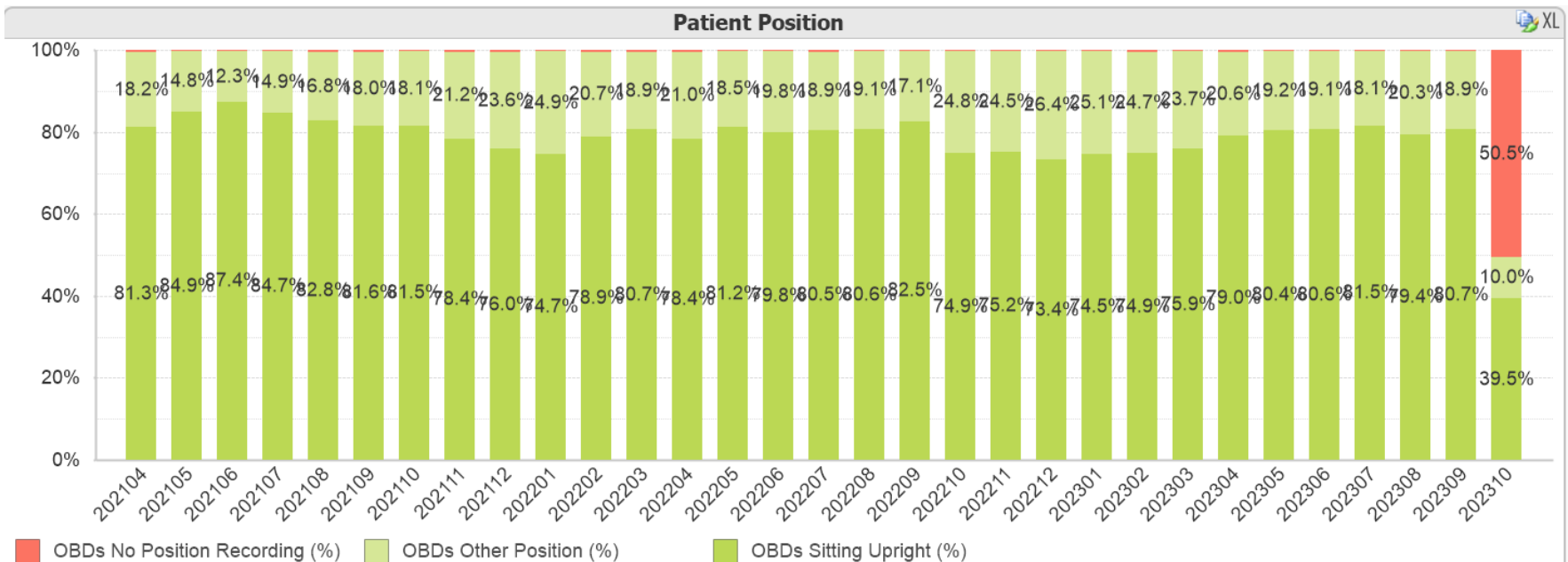
'I would hate to stay in my pj's all day'

# Sustaining the change

- Access to clothing, shoes and toiletries
  - Charitable funds, donations to have a supply of clothes available
- Measurement
  - Digital solution to record dress status and position status on the comfort rounds template on the electronic patient record – pulls into a dashboard
  - Enable monitoring and ability to celebrate success
- Training
  - Refresher sessions, recorded bite-size sessions

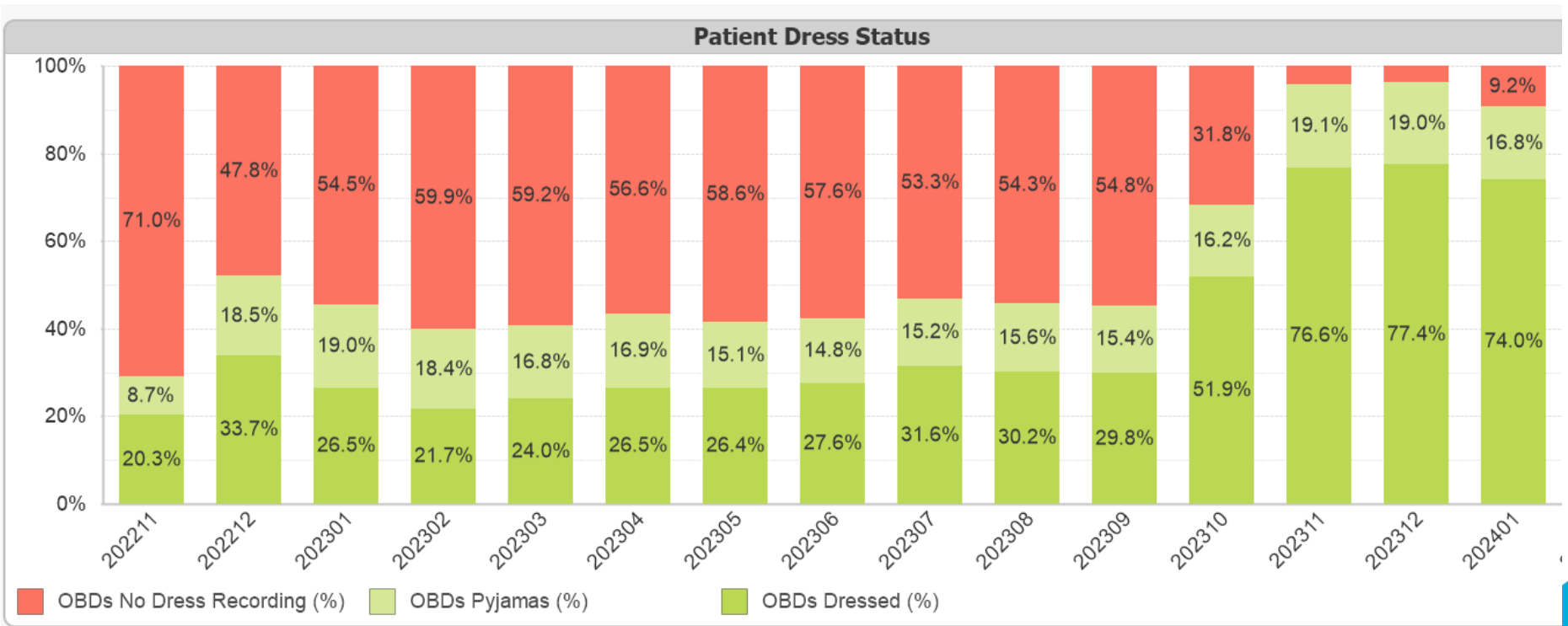
# Trustwide – Position status

- Red = no data inputted in Comfort Round template
- Dark Green = % Sitting Upright
- Light Green = % Other Position



# Trustwide – Dressed status

- Red = no data inputted in Comfort Round template
- Dark Green = % in own clothes
- Light Green = % in PJs







#EndPJparalysis  
support #EndPJparalysis  
LET'S GET DRESSED!  
with LESLIE SMITH  
SQUADRY TEAM  
16/11/2023





# "You don't have to take your clothes off..."

Spot the difference



- Loss of muscle strength
- Longer stay in hospital
- High risk of infection



- Quicker recovery
- Maintain normal routine
- Return home sooner

## Get dressed – Get moving!

#endPJparalysis

Addenbricks

## *Rethinking Our Framing*

### **Old Framing**

Falls Prevention

Reducing LOS

Days in hospital

History taking

Hospital in the home

### **New Framing**

Safer mobility

Giving patients back time

Days away from home

Story telling

There's no ward like home



