



Standard Operating Procedure Distribution of Staying Active in Hospital leaflet

Purpose:	Support the distribution of the leaflet to appropriate patients
Scope:	To ensure appropriate patients receive the leaflet to support their independence whilst in hospital and reduce Deconditioning.
SOP Reference Number:	SOP 1
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Instruction	Photograph / Diagram
<p>GENERAL PRINCIPLE</p> <p>To provide information to patients and carers to support independence whilst in hospital and reduce the risks associated with prolonged bed rest.</p>	
<p>1.</p> <p>All patients at risk of Deconditioning will be provided with the “Staying Active in Hospital” leaflet within 24 hours of admission.</p>	

<p>2.</p>	<p>Ensure relatives receive a copy of the letter accompanying the leaflet.</p>	<p style="text-align: right;">University Hospitals of North Midlands </p> <p>PROUD TO CARE</p> <p>Dear relatives/carers and visitors</p> <p style="text-align: center;">Sit up.....Get dressed....Keep moving....</p> <p>We are carrying out a National awareness campaign around what is termed as a 'deconditioning syndrome' to encourage our patients to "Sit up, get dressed and keep moving" while in hospital.</p> <p>This is known as "Preventing Deconditioning Campaign".</p> <p>This campaign has been shared nationally and many other hospital trusts are doing the same. We know that prolonged bed rest in older people can lead to a loss of muscle strength and physical activity and it is important we work together to prevent this where ever possible.</p> <p>On admission:</p>
<p>3.</p>	<p>The distribution of the leaflet will be recorded in the nursing notes under mobility.</p>	<p>To keep a record for audit purposes</p>
<p>4.</p>	<p>There are exceptions to the Deconditioning programme.</p> <p>Please record reason in the nursing notes under mobility</p>	<p>The exceptions to this leaflet are:-</p> <ul style="list-style-type: none"> X Palliative patients (EOL, Purple Bow) X Fast Track Palliative Patients X Patients bed / chair bound prior to admission X Patients with a clinical reason which requires bed rest