

Patient
 Information

Let's put a stop to PJ Paralysis



Introduction

The 'End PJ paralysis' campaign aims to help patients to become active in their recovery, keep their independence and help improve mental wellbeing and dignity.

1. Get up

- You are encouraged where possible to get out of bed during the day as you would at home.
- It is known that 10 days in bed can lead to 10 years of aging in the muscles of people over the age of 80. No matter what age you are, your muscles will lose strength by being in bed for longer than needed. A small loss of strength can make a difference in being able to do things such as walking to the toilet without help.

2. Get dressed

Getting dressed can make you feel better in yourself and get you back to your normal routine quicker.

- Make sure you have clean comfortable clothes, shoes and some toiletries in your locker. These items are personal to you and will help you to keep your identity while in hospital. If possible, ask your family or friends to take home your clothing to wash and bring back some clean ones next time they visit.

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Patient Information

3. Get active

- Take every chance that you can to move around.
- Try to wash and dress yourself but ask for help if needed.

Taking part in therapy is a good way to improve your recovery and help you to keep active.

Staying in bed too long can lead to; a higher risk of complications such as chest infections, blood clots and pressure sores. It can also delay your recovery time.

Let's see you as a person and help you get home quicker, by getting up, dressed and getting active again.



Contact information

This leaflet was created by the Trauma and Orthopaedic Therapy Team at Gloucestershire Royal Hospital.

Find out more on Twitter at #EndPJparalysis

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>