

News Release

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DCH joins #endPJparalysis campaign

Dorset County Hospital has launched an initiative to encourage patients to 'get up, get dressed and be active' while in hospital.

Patients who are medically able are being encouraged to get up and get dressed during the day as part of the #endPJparalysis campaign which is spreading across the globe.

Research has shown that by supporting patients to wear their day clothes when in hospital they can recover more quickly, find it easier to maintain a normal routine and are able to return home sooner.

Kirsty Lee, occupational therapist and project lead for the initiative at DCH, said: "There has been a lot of work nationally based on the campaign started by Professor Brian Dolan to 'end PJ paralysis'.

"The focus of the campaign is that wearing pyjamas or bed clothes in the daytime can slow patients' recovery, and that being inactive can lead to complications such as muscle degeneration and increased lack of mobility.

"'Get up, get dressed and be active' while in hospital is a simple message but one that could help improve the psychological wellbeing of patients, as well as their physical wellbeing. Staff on the wards will support patients, families and carers with the initiative."

Patients who are attending the hospital for a planned operation are being asked to bring day clothes along with them as well as their bed clothes.

The team leading the initiative at Dorset County Hospital are occupational therapists Kirsty Lee and Amber Cockwell, Dr Benjamin Smalley, ward sister Tracey Mattravers, physiotherapist Carl Neal, dietitian Wendy Cuthbert and patient information and experience facilitator Seth Palmer. They are helping to spread the message through a video they have produced to illustrate the benefits of the initiative which you can view via the hospital's You Tube channel: <https://youtu.be/a1rib9b1CpM>

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