



Donald where's your troosers?

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AIM AND BACKGROUND

To achieve 100% of patients deemed safe to sit up out of bed and dressed by midday.

This project focuses on counteracting the negative physical and mental effects of spending long periods in bed. Being up out of bed and dressed improves wellbeing, independence, increases activity and reduces length of stay. The key is that *rehabilitation does not only take place in the gym*.

METHODS

An MDT approach was taken with several PDSA cycles in two stroke rehabilitation wards. This included regular discussion at morning huddles about plans for patients to be mobilised. The project was promoted amongst staff, patients and visitors involving ongoing discussion, departmental newsletter and weekly data posters. Data was collected at midday looking at if patients were in their own clothes and up sitting. Patients not safe to sit up were identified by medical staff and were not included.

Interventions

- 16/4/21 – Initial discussions with staff and patients
- 19/4/21 – Morning MDT huddle
- 21/4/21 – Visiting restrictions lifted, visitors encouraged to bring in clothes
- 6/5/21 – Weekly data posters in ward
- 7/5/21 – Update in weekly newsletter



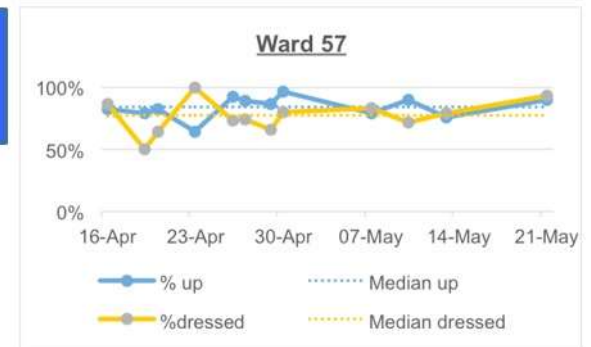
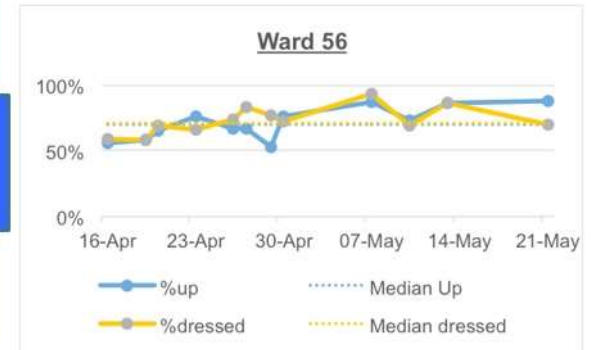
"I don't want to feel like I'm in my bed all day".

"Patients eat and feel better when they are up and dressed"

"Pyjamas make me feel like I've given in".

"I don't see the point; I am incontinent and so getting out of bed is embarrassing".

"Wearing day clothes in hospital is something only young people would do".



CONCLUSIONS

Significant differences were evident between the wards at the time of baseline data. *An improvement has been seen in ward 56, but not yet in ward 57.* There remain several barriers to patients being up and dressed particularly *staffing, equipment availability, historic beliefs about hospital attire and education.* Patient and MDT involvement has identified practical and worthwhile tests of change with by in from all members. Regular feedback will allow the team to continue to be involved in the project. Patients and visitors should also continue to be involved. Cultural change will take time. The effort must be sustained over the coming months to ensure an improvement is maintained.