



Nottingham
University Hospitals
NHS Trust



**Consistently high quality, safe
care with outstanding outcomes**

Experience is our overriding priority.



Active Hospitals

Keep Moving Sheet Arts Trails

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Active Hospitals

Active Hospitals Programme

- Nottingham University Hospitals were chosen to form part of a pilot, alongside Northumbria Healthcare, North Tees and Hartlepool NHS Foundation Trust and Sheffield Children's NHS Foundation Trust.
- The pilot is funded by Public Health England (now The Office for Health Improvements and Disparities/OHID), Sport England and the National Lottery.
- The pilot builds on work started by Oxford University Hospitals NHS Trust.
- OHID have overseen work completed at pilot sites.

Patient Partnership Group

- Our Patient Partnership Group (PPG) were concerned about the problem of deconditioning.
- They identified a need for patients to have quality information about staying active in hospital.
- They produced an *innovative* “Patient Placemat” with information on this issue.
- Patients asked for exercises they could do in bed and on chairs.

Keep Moving sheet

- Our PPG and the Active Hospitals project created the “Keep Moving” patient information sheet.
- **Innovative** use of QR codes.
- The patient voice was **included** at every stage of planning and delivery of the project.
- We have seen **ongoing improvements** to delivery of care in relation to physical activity.
- There has been a **roll out** to three other wards.
- We have had **local and national interest** in the “Keep Moving” sheet.

Keep moving in hospital

Getting up, dressed and moving can help you to feel better and sleep better

If you have been asked to stay in bed, ask the ward staff how you can move and exercise safely. They can also help you to do what matters most to you.

Keeping moving can help you:

- Breathing
- Wound healing
- Muscle strength
- Digestion
- Recovery
- Independence
- Confidence

Keeping moving can reduce your risk of:

- Falling
- Sore or broken skin
- Blood clots in your legs or lungs
- Feeling confused
- Constipation and incontinence

Don't forget to:

Sit in a chair or sit up – Sit up or in a chair for your meals and at other times when possible.



Keep in touch with friends and family – ward staff can let you know how.



Move about and exercise – on the ward either alone or with help if you feel able.



Keep your mind active – read, socialise, do a puzzle, play a game or craft. Ask staff about activities that are available on the ward.



Ask the ward staff for information, advice and help to keep moving.



Before doing these exercises: seek advice if you have been told not to move a limb, if your ward physiotherapist has given you an exercise sheet, or if you have been told to be careful or to avoid exercising. During the exercises- stop and seek advice if the movement causes a lot of pain, pins or needles or loss of feeling, chest pain, severe breathlessness, sudden rapid palpitations, irregular heartbeat, dizziness or sudden change in vision

Knee press



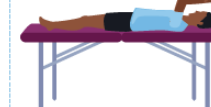
Lie down in bed with your legs flat
Tighten the muscles on the front of your thigh by trying to push your knee down into the bed
Hold for 5 seconds then relax
Repeat 5x each leg



Scan here for instructional video

Arm lift

Lay down on a bed, (do not use a pillow) or sit in a chair.
Grasp one wrist with your other hand, lifting gently toward the ceiling, then overhead if able. Hold this position for 5 seconds, repeat 5x each arm



Scan here for instructional video

Knee bend



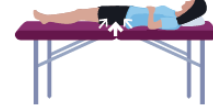
Lie down in bed with your legs straight
Bend one knee up as far as you can without using your arms, then straighten it so it's flat on the bed again
Repeat 5x each leg



Scan here for instructional video

Bottom squeeze

Lay on your back and tighten your buttocks as hard as you can. Hold for the count of 5. Relax and repeat 10x each side



Scan here for instructional video

Straighten Leg



Sit upright in a chair
Straighten your knee, lifting your lower leg out in front of you. Slowly lower your foot back to the floor
Repeat 10x each leg



Scan here for instructional video

Marching on the spot

Sit upright in a chair
Lift your thigh up off the chair, to march your knee up and down
Repeat 10x each leg.



Scan here for instructional video

Arm Bend

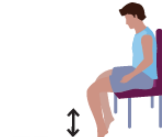
Sit upright in a chair
Start with your arm straight down
Bend your elbow to bring your hand up towards your shoulder and then lower again. To make this more difficult you can hold something like a water bottle. Repeat 10x each arm



Scan here for instructional video

Heel lift

Sit in chair.
Lift your heels off the floor, and then lower down slowly.
Repeat 10x each foot.



Scan here for instructional video



Keep Moving sheet

PLAN:

- Create patient information “Keep Moving” sheet.

DO:

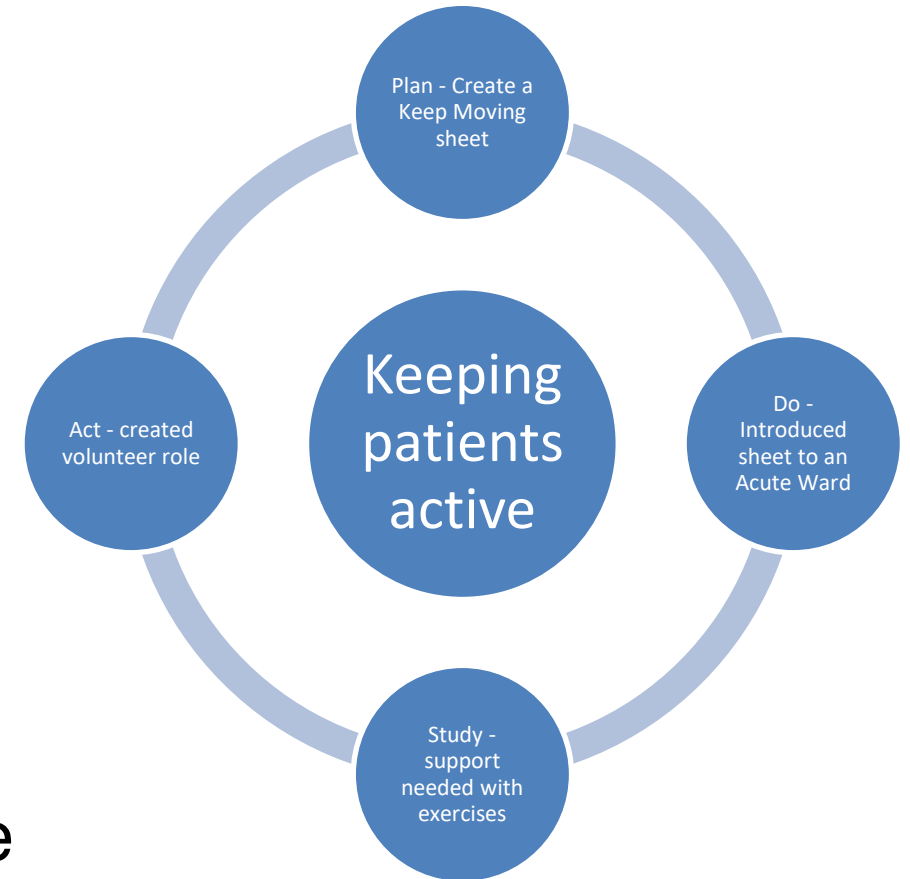
- Introduce sheet to pilot ward.

STUDY:

- Not all patients are receiving the “Keep Moving” sheet.

ACT:

- Recruit and train volunteers to complete the exercises with patients, and disseminate the sheets.



Patient feedback

- *“I was so pleased with these exercise sheets. Everything made sense, and I think it’s even good for someone who can’t read or doesn’t speak English”.*
- *“These exercises are useful, especially being able to stretch my arms out, I’ve been getting shoulder stiffness”.*
- *“Overall, it’s very nicely delivered, I’ve been given the information I need and I’m looking forward to using it to reach my goal”.*

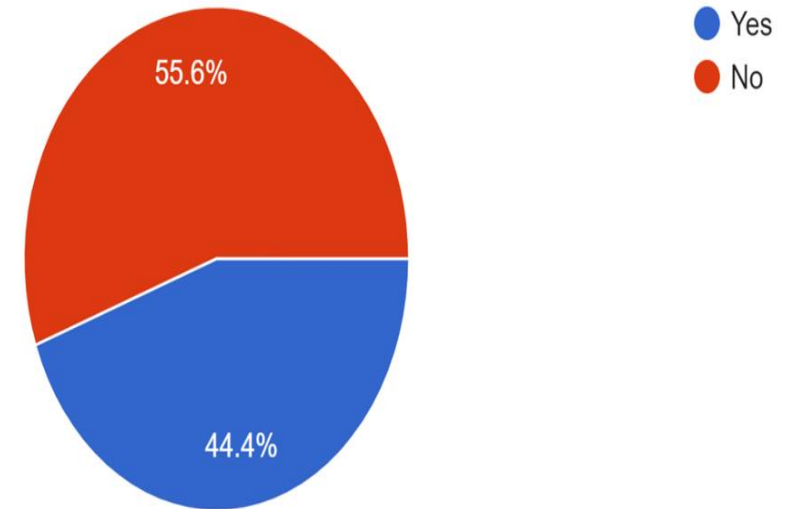


Audit

- September 2022 and June 2023.
- 28% increase in patients seeing the “Keep Moving” sheet on the ward.
- 27.7% increase in patients supported with the “Keep Moving” exercises.

Have ward staff or volunteers supported you to complete the keeping moving exercises?

18 responses



Audit

BENEFITS

- Patients are being encouraged to be active on the ward.
- Patients have access to exercises even in bed and chair.
- Staff have support from volunteers to promote and facilitate the exercises with patients.
- Patients are taking the exercise sheet home.

WHAT HAS WORKED WELL?

- Working with the voluntary team.
- The “Keep Moving” sheet.

WHAT CAN WE DO BETTER?

- Recruit more volunteers, from different backgrounds.
- Gather more qualitative feedback.

NEXT STEPS:

- Gather more patient stories.
- Recruit more volunteers.
- Roll out to other wards.



Any questions?

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