

Shrewsbury And Telford Hospital NHS Trust

Reconditioning at
Shrewsbury and Telford
Hospital

Clare Walsgrove – Quality
Matron

Lynette Williams –
Reconditioning/Movement
Matters lead



Mission to...

RE-NDITION
THE NATION 

#ReconditionTheNation

#ItCouldBeYou



@ReconGamesUK

WINTER ~~DE~~-CONDITIONING GAMES
East of England
Inspired by
 #End PJP  paralysis

Decondition

Oxford Dictionary

Cause to lose fitness or muscle tone, especially through lack of exercise. '*sedentary lifestyles that decondition their bodies*'

Medical Dictionary, © 2009 Farlex and Partner

A loss of physical fitness due to failure to maintain an optimal level of physical activity or training
Inactivity for any reason may lead to deconditioning

What does the evidence tell us?

Hospitalised patients are 61 times more likely to develop disability in ADL's than those not hospitalised

17% of older medical patients who were walking independently 2 weeks prior to admission needed help to walk on discharge

Patients spend up to 83% of their time in bed, and 12% in a chair

Risks of hospital based deconditioning

For 60% of patients on bed rest there is nothing documented to explain why

50% of patients experience functional decline between admission and discharge

Hospital admission in past 12 months is single most predictive risk of functional decline

Impact of bedrest in older people

In first 24 hours

Reduced muscle power 2-5%

Reduced circulatory volume by upto 5%

In first 7 days

Reduced circulatory volume by upto 25%

Reduced VO2 max by upto 8-15%

Reduced muscle strength by upto 5-10%

Reduced FRC by upto 15-30%

Reduced skin integrity

Reduced dignity, quality, confidence, independence, choice

Deconditioning contributed to delayed discharge in more than 47% of older patients

Up to 50% of older people become incontinent within 48 hours of admission

Once discharged, on 39% of those with a new or additional ADL disability were back to their usual level of function after one year

Courtesy: Acute Frailty Network, UK

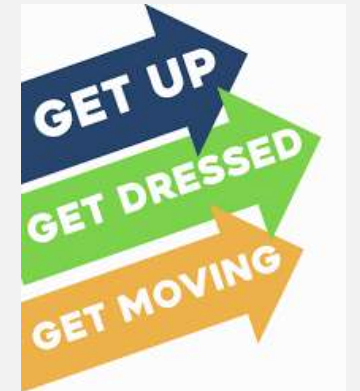
FRC=functional residual capacity

VO2max= maximal oxygen uptake, is the measurement of the maximum amount of oxygen a person can utilize during intense exercise

Deconditioning – reducing harm improving outcomes

Work to date:

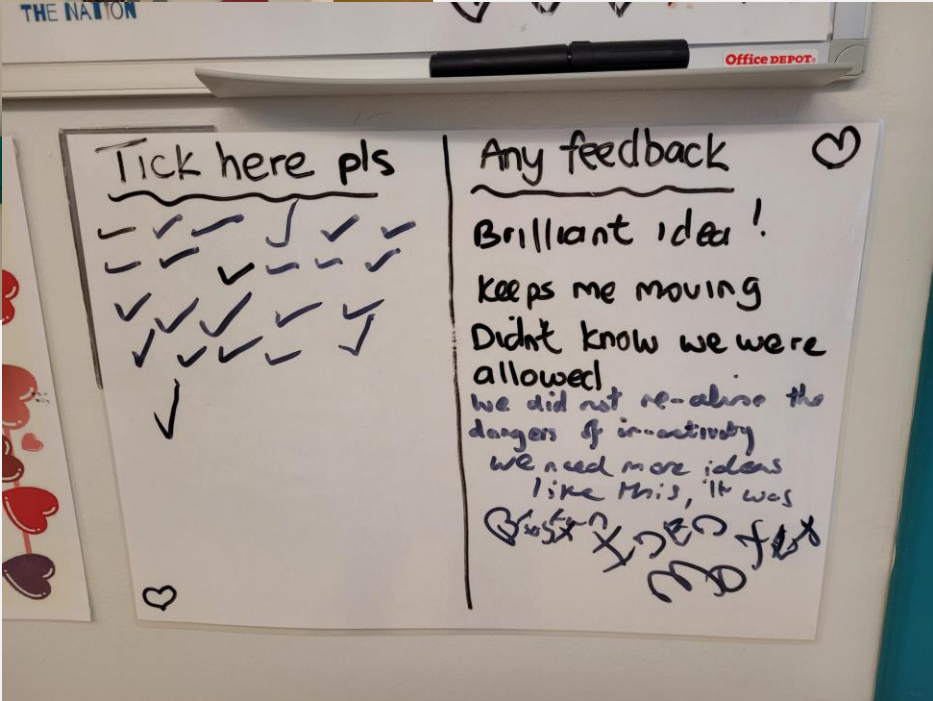
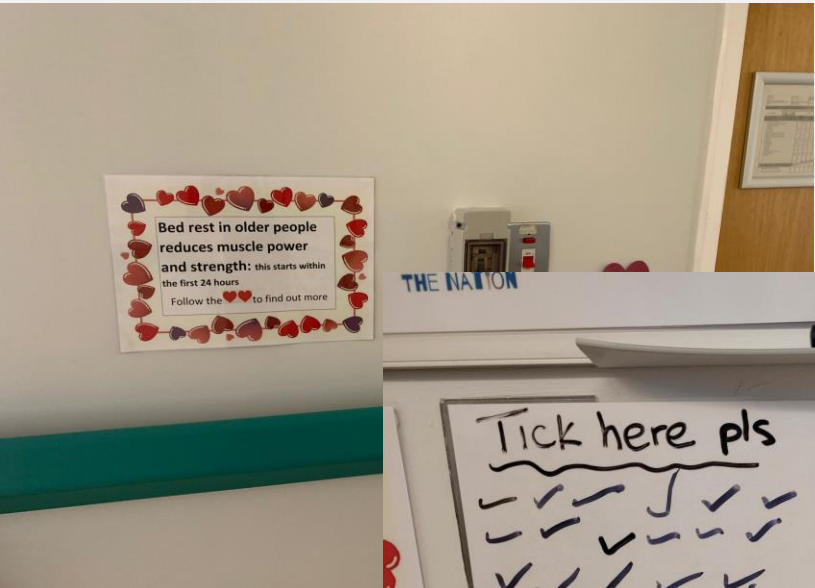
- Local launch of reconditioning games 1st November 2022– ribbon cutting, week programme of events – taster sessions
- Promotion of the games to encourage others to follow
- Ambassadors - Raise awareness on key meetings – NHS new hospitals programme, regional learning event, Board meetings
- Seasonal Themed activities – Christmas, Valentines, Easter
- Linking key people together – keeping patients moving workbook
- Support externally – care homes/move it or lose it
- Medal Submissions and supporting others to apply
- NHSEI podcast streamed on social media
- SaTH charity support
- Staff events – football tournament
- Re-ignite reconditioning games mid-Feb 2023 with Valentines day themed activities followed up with Easter egg hunt
- Formed Stakeholder Group to share new ideas



Patient Stories – David and Barbara



Patient stories - Mo



Reconditioning Games – SaTH in Action



Clare and Hayley
talk to Nick
from ECIST about the
re-condition
games and work
SaTH are doing
now and in the
future

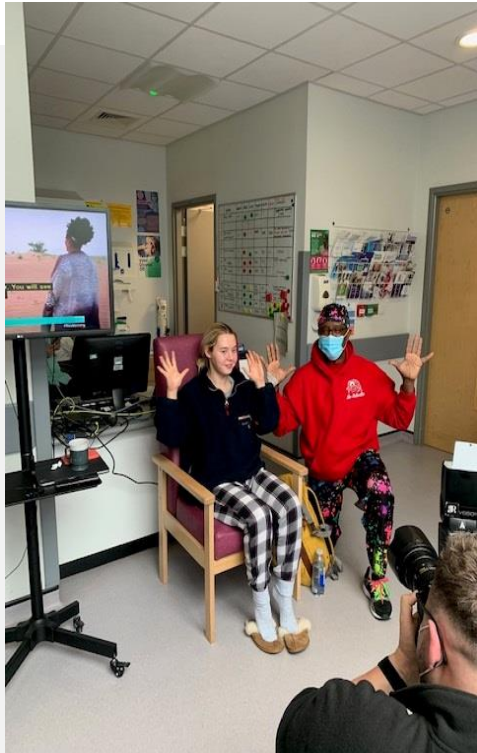
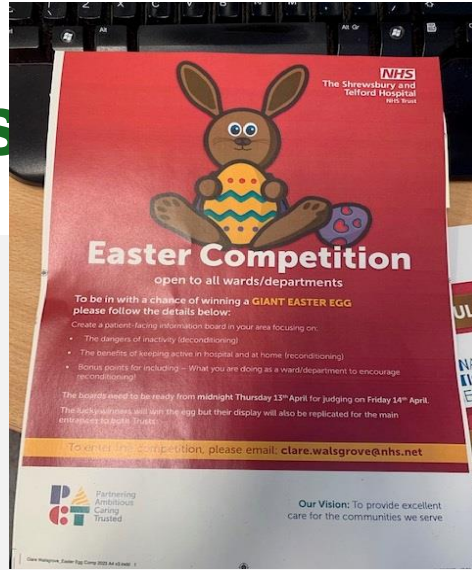


Small things make a difference:

- Bingo
- Balloon tennis
- Upskilling and supporting staff
- Staff activities - supports morale and team building – bowling nights
- Cognitive interactions
- Shared learning with and from Care Homes
- “Move It or Lose It” training



Easter activities




Short Video



Deconditioning – reducing harm improving outcomes

Future plans:

- Promote Get up, Get dressed, Get moving/Eat, Drink, Dress, Move
- Share patient stories through ward meetings
- Identify mechanisms and metrics to collate to help identify key areas for support.
- Deconditioning dashboard production
- Continue links with external agencies
- Launch patient experience questionnaire
- Staff activities – Pilates, team championships
- Raise awareness internally and for local community – Radio Shropshire
- Quality Account priority 
- Equipment library
- Appoint Reconditioning/Movement Matters lead 