





ALL STAFF (yes that does mean you! 😊)  
ARE INVITED TO WEAR THEIR PYJAMAS TO WORK ON  
**TUESDAY THE 17<sup>TH</sup> APRIL 2018**


**#EndPJparalysis** 70 Day Challenge **70 day challenge**  
17th April 2018 - 26th June 2018


  
"Time is the most important currency in healthcare"  
Prof. Brian Dolan

  
Did you know, 46% of people aged >85 die within 1 year of admission to Hospital? (Clark et al 2014)

  
Deconditioning in hospitalised older patients, can cause serious harm

  
Aiming for 1 million patient days dressed in own clothes & moving in 70 days. Let's help our patients get home back to loved ones

  
If you had 1000 days left, how many would you want to spend in Hospital? That's why **EVERY DAY** matters

 **paralysis...**

- FACT:** Reduces mobility
- FACT:** Loss in strength
- FACT:** Loss of independence
- FACT:** Longer stay in Hospital

@sonia\_sparkles

SHOW YOUR SUPPORT FOR OUR #EndPJparalysis CHALLENGE  
ST. COLUMCILLE'S HOSPITAL