Staff Members Perceptions of the #EndPJParalysis initiative

Peter Ward MSc OPR
Senior Physiotherapist Beaumont Hospital

Don’t leave your identity at the door, keep it with you
#EndPJParalysis

- Term coined by Professor Brian Dolan in late 2016
- Umbrella term for promotion of early mobility and increased function
- Empowers patients to maintain their function, their mobility and their identity
- Offers patient greater dignity & respect
- Encourages patients to:
  - GET UP
  - GET DRESSED
  - GET MOVING
Reduced activity in hospital

- 4.1% (Fisher et al, 2011) or 3.8% (Brown et al, 2009) of admission time spent walking
- 83% of time spent lying in bed (Brown et al, 2009)
- Daily step count ranging from 299-661 steps in Days 1-5 of admission (McCullagh et al, 2016)
- Compared to 6565 in community dwelling adults over 65 (Bohannon RW, 2007)
- 35% of over 70’s decline between baseline (2 weeks pre-admission) and discharge with physiological markers recovering quicker than physical function (Covinsky et al, 2003)
Aim & Methodology

• Assess staff perceptions towards the “End PJ Paralysis” initiative pre-implementation and after education and a period of implementation

• Mixed method study design using sequential, non-parallel surveys and focus groups

• Permanent members of nursing\HCA staff, GIM teams and HSCP’s surveyed and staff selected for focus group
Challenges

• Time and resources
• Refusal to get back into pyjamas
• Culture

“.........some patients were very reluctant to change into day wear due to the worry about washing building up and in some cases they had nobody to bring their washing home”.

“They’ve got this idea around hospital......you’re in your pyjamas, you’re sick, but you can’t be in your normal clothes.”
Benefits

• Patient mood and engagement
• Personalises patients
• Earlier D\C planning

“when they are in a good mood they tend to cooperate more........Whereas if you’re in a very bad mood you don’t engage so that would, obviously, delay discharge planning”

“If you see them in their normal clothes the discharge planning starts earlier in your thought process; this person could be at home quicker. You know, it definitely comes quicker than somebody lying in their pyjamas”

“seeing not so much “the patient” ..........but a person”.”
Stories

• 96 year old lady being transferred to a nursing home
• 75 year old admitted over a week with an LRTI
• 82 year old due for discharge after the weekend
Where are we now?

• #EndPJParalysis has been trending on Twitter for almost 3 years
• Global online summit held last July (www.endpjparalysis.org)
• National collaborative which is aiming to create a scalable, sustainable model of “Get up, Get dressed, Get Moving”
• This model can be adopted and implemented across all health and social care settings and in the community
Conclusion

✔ GET UP
✔ GET DRESSED
✔ GET MOVING
Questions??

BED RIDDEN WHEN THERE'S WORK TO DO

DANCES WHEN THERE'S FREE CHOCOLATE
References


• Bohannon RW. Number of pedometer-assessed steps taken per day by adults: a descriptive meta-analysis. Phys Ther 2007; 87: 1642-1650

