

Dear Colleague,

Re: Participation in 60 Day Get up, Get dressed, Get moving Challenge

Thank you for agreeing to participate in the 60 day Get up, Get dressed, Get moving challenge.

As you know Hospital-Associated Deconditioning (HAD) is a complex process of physiological change that often results in functional decline in older people. Each day spent immobile is associated with loss of muscle strength, which in a vulnerable person can quickly result in the loss of the ability to transfer and mobilise independently. This contributes to delayed discharge, increased likelihood of re-admission and admission to residential care. HAD creates unnecessary costs to the health and social care services, the patient and their families and carers. It also has an impact on well-being and quality of life of older people after they leave the acute setting.

Despite increasing awareness within the clinical community of its detrimental effects, older patients continue to be immobilised for a large proportion of their time in hospital. Findings from the literature suggest:

- The benefits of attending to patients' mobility and physical function during hospitalisation include increased patient independence, shortened length of stay, reduced falls, pressure ulcers and reduced 30 days readmission rates.
- Physical activity has the potential go beyond conventional rehabilitation strategies and become part of a focused care strategy that is incorporated into patients' daily routines on the ward.
- Supporting and encouraging patients not to be sedentary during their hospitalisation may help them to maintain physical activity post-discharge; this is likely to help retain or slow the decline in older people's mobility.
- The adoption of a formal approach to mobilisation has merit for all care settings, including acute hospitals settings.

One of the aims of the Get up, Get dressed, Get moving campaign is to engage with health care professionals in acute hospitals to gather data on the impact of getting patients up,



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dressed and moving on a number of metrics (falls, lengths of stay, readmission rates, and discharge destinations) in hospitals in Ireland.

We are asking participating sites to nominate a ward or wards that you will introduce Get up, Get dressed Get moving on and also a comparative ward that will act as a control (where there is no change to practice). A multidisciplinary implementation team will develop the local processes to ensure that data is captured on a daily basis on the number of patients up, dressed and moving at 12 o'clock (See steps guide).

The 60 day challenge* will commence on 4th October and be completed on 3rd December. We would appreciate if you would forward the following data to us at deirdre.lang@hse.ie and catherine.devaney1@hse.ie by 28th September 2021:

- Name and where possible HIPE code of the GUGDGM ward and the control ward (See How to Guide)
- Names professions and email addresses of the MDT Implementation Team
- Name and email of the Team Lead

Please note the dates of the Set up Webinars: 22nd Sept / 29th Sept at 11 am. You only need to attend one of these. We will also send you dates of further webinars, which will provide educational material for participating teams and which you are most welcome to join. These will be recorded and available to you on the app (see steps guide). We will send you a link to the website url in the next week where you can access some further resources. These will also be on your app.

We look forward to working with you.

Yours sincerely

Deirdre Lang
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Older Persons Services, ONMSD
Clinical & Integrated Programmes

Catherine Devaney
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** The 60 day challenge is funded by the Faculty of Nursing and Midwifery, RCSI and is an independent body of work being undertaken by Professor Brian Dolan (Health Service 360, #endpjaralysis). There is an agreement that data obtained from this initiative will be made available to the Get up, Get dressed, Get moving steering group to help inform aspects of the National Campaign. Further funding of the HealthService 360 app is outside of the scope of the work of Get up, Get dressed, Get moving*