

**Get Up
Get Dressed
Get Moving**



60 Day Challenge

October 2021



Set Up Guide



Welcome



Welcome to the Ireland Get Up, Get dressed, Get Moving 60 Day Challenge. Its aim is to raise awareness, keep patients physically and mentally active and reduce care acquired deconditioning.

By collecting information about the number of patients up and dressed as well as falls and pressure ulcers, you will be able to see the impact of the campaign, take part in challenge specific online classes and discussions as well as accessing a wealth of research, resources and best practice around preventing harm by keeping people mobile.

The education elements of the app are available through the website and phone to any registered member of your organisation, so please share this with your wider team and get as many people involved with the challenge as possible.

At 12 noon each day each participating ward / department / home will input the following data:

1. The number of patients up and mobile
2. The number of patients dressed
3. The number of falls in the past 24hr period
4. The number of pressure ulcers in the past 24 hr period

People involved in previous challenges have also kept a local recording of numbers so that if they forget to input the data on any given day it can be done retrospectively.

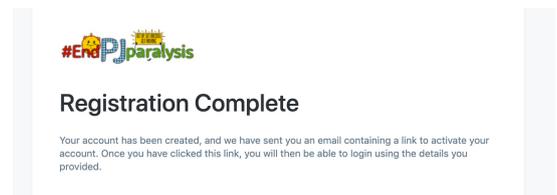
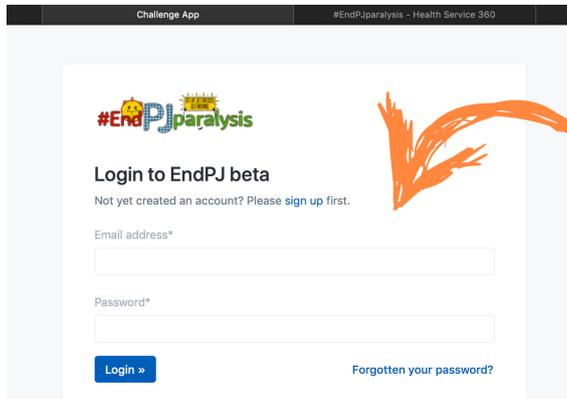


How To Use The App



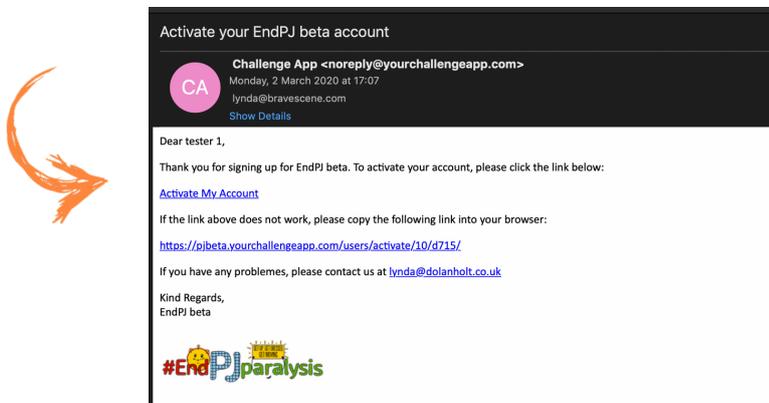
1

You need to register using your work email address – go to <http://getupgetdressedgetmoving.com>



2

Click sign up and enter your work email address and create a password – you will not be able to log in until you have activated your account via email.



3

Download the mobile app – if you prefer to learn on the go, or submit data that way you can



If you can't access the app through this button copy the link below into your browser

<https://apps.apple.com/us/app/healthservice360-challenges/id1486580952>

If you can't access the app through this button copy the link below into your browser

https://play.google.com/store/apps/details?id=com.healthservice360.healthservice360challengeapp&hl=en_GB

From here on you can access the challenge on any computer with your login or any device through the app and your login.

Using the website:

1

Log in

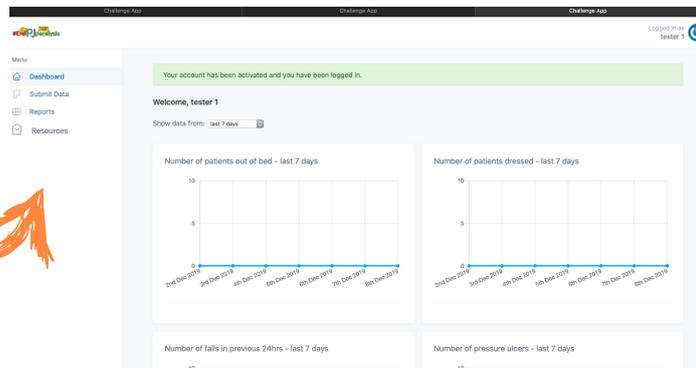
2

The dashboard

Navigation

- Submit data
- View reports
- View resources and education materials

Track Progress



3

Submit data

Click on the date

Input your data



Using the website (cont):

4

Viewing reports

Reporting Options

- View Graph
- View Table
- Excel Download

Search by date
Compare by specialism

5

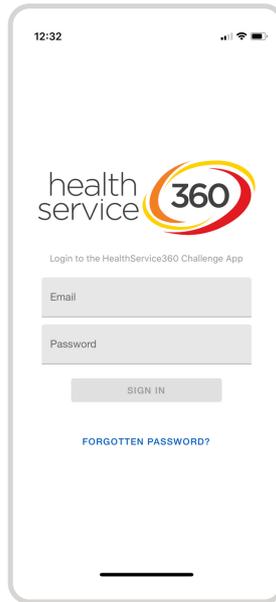
Viewing Resources and Education

Choose from Library and
click to watch / read

Using the App:

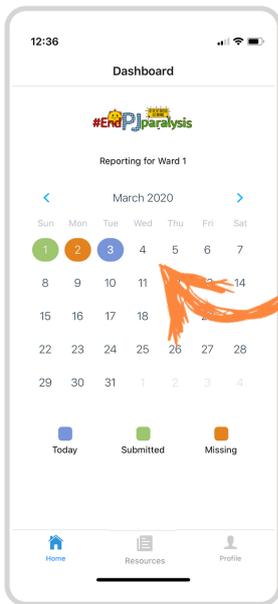
1

Log in

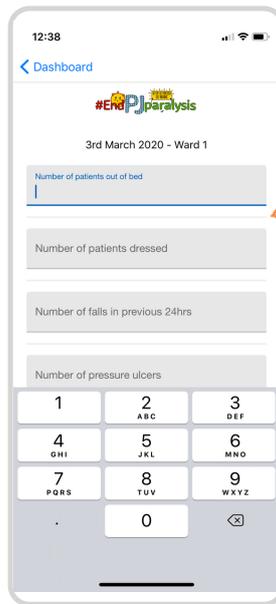


2

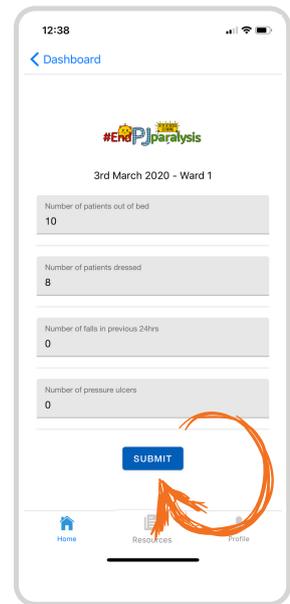
Submit data



Choose day



Tap to add numbers

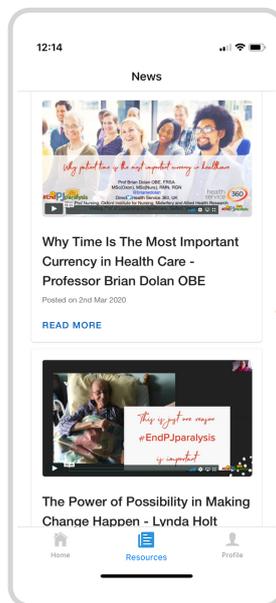


Submit data



3

Education & Resources



Tap on which ever class or article you are interested in and watch on the go



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If you need further help please contact: tech@dolanholt.co.uk

If you have any specific topics you would like discussed in webinars or case studies you'd like to share please contact Lynda@dolanholt.co.uk

This challenge is managed by Health Service 360



SUPPORTED BY



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NURSING & MIDWIFERY