

60 Day Challenge

**Get Up
Get Dressed
Get Moving**



The Get Up, Get Dressed, Get Moving 60 Day Challenge enables us to focus on some of the most vulnerable people in our health care system, helping to enhance patient experience, value their time and protect both their mobility and cognitive function.

This challenge gives us the opportunity to share information, experiences and knowledge through the resource section of the app and live webinars throughout the challenge. You will be able to register for the education elements of the app if your organisation is participating in the challenge.



By measuring the impact of being up and mobile we aim to demonstrate the impact on falls, pressure ulcers and hospital length of stay and develop a specific evidence base for ongoing best practice.

To find out more about the Challenge and why Get Up, Get Dressed, Get Moving is more important than ever, join Deirdre Lang, Catherine Devaney, Prof Brian Dolan OBE and Lynda Holt in two introductory webinars.

Introductory webinars:

11am, 22nd September

11am, 29th September

<https://www.healthservice360.co.uk/GUGDGMWebinars>



RCSI FACULTY OF
NURSING & MIDWIFERY

The 60 day Challenge has been supported by The RCSI Faculty of Nursing and Midwifery and will be provided free of charge to participating organisations for the duration of the challenge.

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**Get Up
Get Dressed
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The Get Up, Get Dressed, Get Moving Challenge enables us to focus on some of the most vulnerable people in our health care system, helping to enhance patient experience, value their time and protect their mobility and cognitive function. The challenge creates an unparalleled opportunity to reduce risk, prevent harm and to collect data that can inform the cost of hospital acquired deconditioning.

Let's share information, experiences and knowledge through the resource section of the app and live webinars throughout the challenge.



Register for the education elements of the Challenge and you will be able to access talks and resources



Get Up, Get Dressed, Get Moving is now more important than ever. Join

Deirdre Lang, Catherine Devaney, Prof Brian Dolan OBE and Lynda Holt
to find out why.

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Participating wards will input the number of patients dressed and mobile each day through a secure web based system.



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You will be able to register for the education elements of the app if your organisation is participating in the challenge.

This can also be accessed through a phone / tablet app allowing you to watch talks and training videos at your convenience.

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