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#endPjparalysis: Engaging Victorian hospitals to prevent functional decline

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PJ paralysis?

n. the lack of movement that occurs when patients remain in their pyjamas.

Session Outline

- Why #endPJparalysis?
- How did we engage with improvement science?
- What did the teams do to #endPJparalysis?

Why #endPJparalysis?



Why #endPJparalysis?

Bed rest is BAD



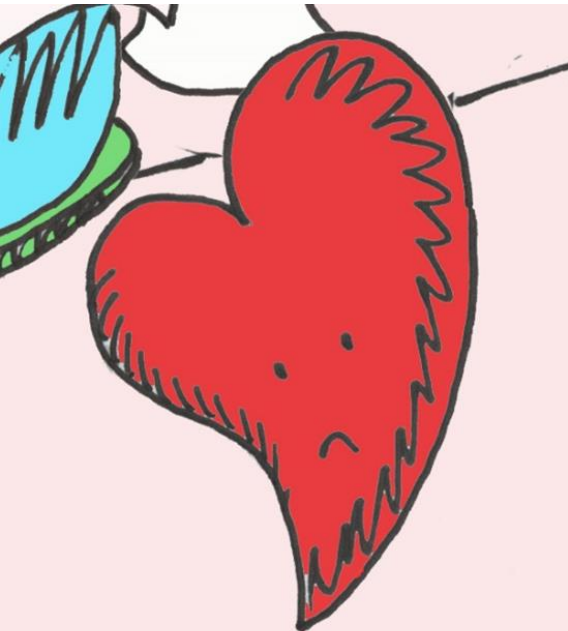
=1.5kg of muscle lost / week

= ↓ Cardiac output and VO₂ max

= Atelectasis and pneumonia

= Skin necrosis after 2 hours

= 66% ↓ in peristalsis in the gut



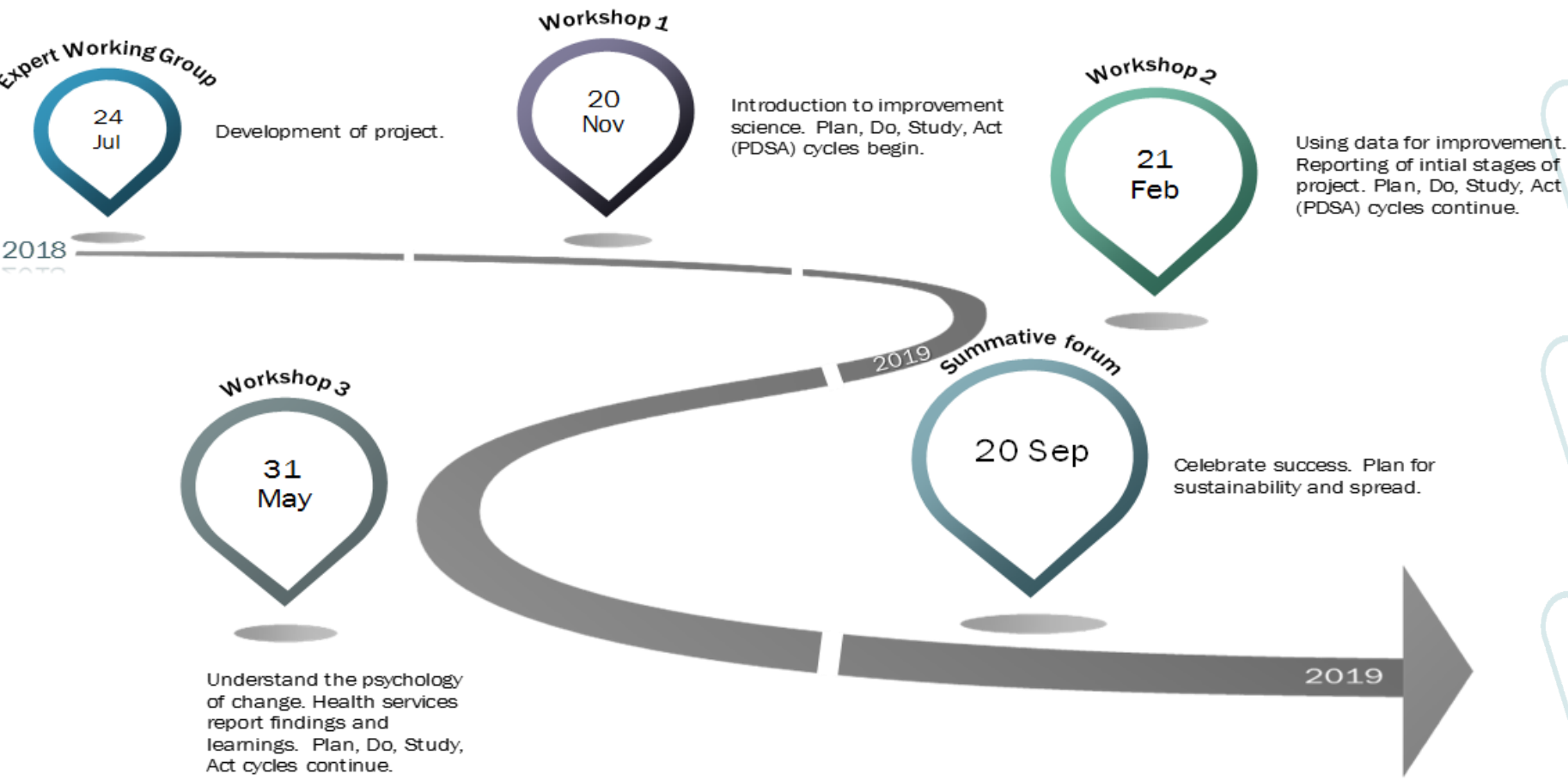
= functional decline

Yet patients spend 85% of
their hospital stay in bed.

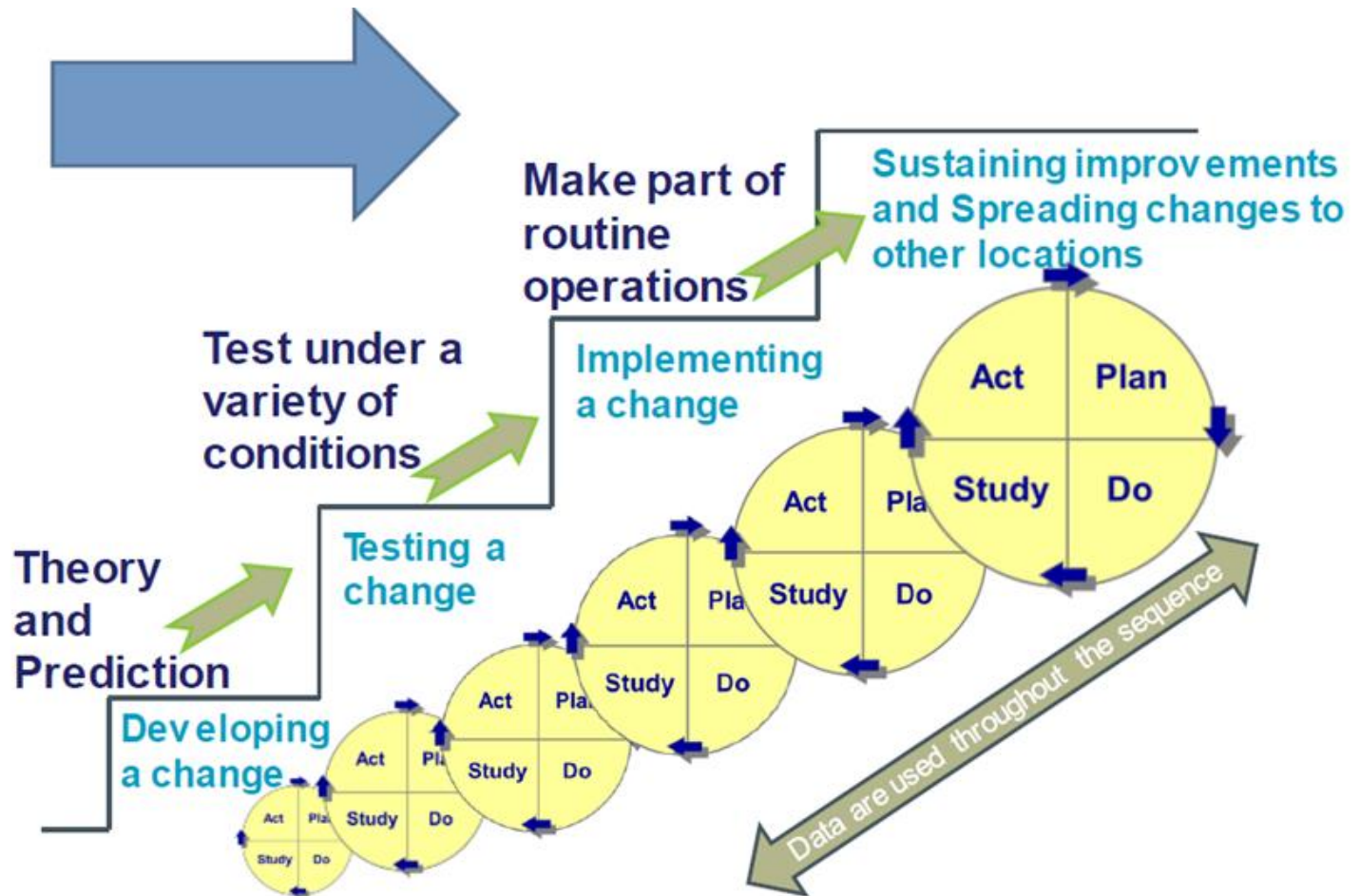
How did we engage with improvement science?



So what did we do?



Engage all of the team in PDSA's



Build the team

- Multidisciplinary
- Visible executive endorsement
- Clinician influencers on the ground



Ask Us About...



Enter as strangers • Leave as friends



Eleanor Sawyer @Eleanor... · 20/12/18
Loving the Caulfield visual management board to engage clinicians and consumers to interact with the data and contribute ideas to #EndPparalysis, #getdressed, #getmoving and #getbetter @crabtree_amelia @PeterCHunter @AlfredHealth @SaferCareVic



1 3 20



Eleanor Sawyer @EleanorS... · 24/1/19
The Tour d'North East has finished! Our colleagues in Wangaratta, Numurkah, Wodonga, Corryong, and Tallangatta are so inspiring. Fantastic ideas to #endpparalysis, including loose and cool clothing in this 40 degree heat! @jessicaahayward @SaferCareVic @PeterCHunter @BecReedOT



3 10



Collaborate for success



↻ You Retweeted



Jenny Mikakos MP ✓ @Jenny... · 21h ▾

Well done 🙌 to the 33 innovative Victorian 🏥 hospitals led by @safercarevic who are helping to #endPJParalysis, with more hospitals to come onboard. Getting up and 🚶 moving sooner can make a big difference to recovery, getting 🏠 home sooner and back to a full life #springst



Nine News Melbourne ✓ · 22h

A new healthcare movement is alleviating a side-effect of staying in hospital known as "PJ Paralysis".
@EmilyRice28 #9News



**What did the teams do to
#endPJparalysis?**



GET DRESSED GET MOVING. GET BETTER POP-UP!!



Often our patients have no clothes to get dressedand get moving.

So, we are opening a clothing pop-up.

JOIN OUR OTHER CONTRIBUTORS AND BRING IN DONATIONS TO HELP STOCK THE POP-UP!

Clean, comfortable clothing is needed. No underwear, socks or shoes please. (We are also unable to accept clothing left behind by former patients).

Leave donations with your NUM for collection.

STAY TUNED FOR MORE INFORMATION ABOUT OPENING DATES AND TIMES!



Italian

ITALIAN - the #endPparalysis project

Il progetto #endPparalysis

[fine alla paralisi da pigiama]

Informazioni per pazienti e familiari



Punti chiave

- Aumentare la consapevolezza di quanto sia importante la riabilitazione dopo gli interventi di **protesi totale al ginocchio e al femore**
- Per chi ha più di 80 anni, una settimana di riposo a letto può risultare in una **perdita muscolare pari al 10%**
- La perdita di forza fisica può determinare la **dipendenza** o l'**autonomia della persona**
- L'importanza di preparare il **corretto vestire** da indossare dopo l'intervento e durante la **convalescenza**

Queste informazioni sono solo di carattere generale e non sostituiscono la consultazione con un medico o il personale sanitario.

Cos'è la paralisi da pigiama? *Come si può risolvere la paralisi da pigiama?*

Si usa il termine 'paralisi da pigiama' quando i pazienti indossano il pigiama per tutto il periodo di degenza in ospedale. Quando si è vestiti, si ha più voglia di...

"Alzati



Vestiti



Muoviti"




DR AMELIA CRABTREE



Were we successful?



Questions?



Contact Us:



- www.bettersafecare.vic.gov.au



- OlderPeople.clinicalnetwork@safecare.vic.gov.au



- @safecarevic or @EleanorSawyer20



- Safer Care Victoria

- 'Get dressed, get moving, get better' book: @crabtree_amelia