



# Preventing deconditioning

and enabling independence for older people in hospital



Prolonged bed rest in older people can lead to substantial loss of muscle strength and physical activity. This is known as deconditioning.



Older people in hospital can be more at risk of:

- Reduced bone mass and muscle strength
- Problems with blood pressure control
- Reduced mobility
- Confusion due to changes in environment
- Demotivation

The increased risks due to deconditioning are:



Falls due to muscle weakness



Further immobility due to inactivity



Lying in bed can affect appetite and digestion



Confusion or disorientation



Constipation and incontinence



Swallowing problems leading to pneumonia

Sit up • get dressed • keep on moving