



Information for  
patients and  
carers

**Get Up, Get Dressed & Keep Moving.**

**How to prevent hospital related  
deconditioning.**

## What is deconditioning?

Deconditioning is when a person loses the ability to do everyday tasks over a period of time.

This is often caused by inactivity/extended periods of time in bed. Many elderly people experience this after a stay in hospital.



## Facts about deconditioning

It is known that:

- 10 days of bed rest in hospital ages the muscles by the equivalent of 10 years in people over 80
- Lack of mobility caused reduced bone strength and muscle wastage

- A shorter length of stay reduces the risk of hospital infection
- Falls are reduced if people move more in hospital
- People who move more in hospital are more likely to return home and require less support on discharge

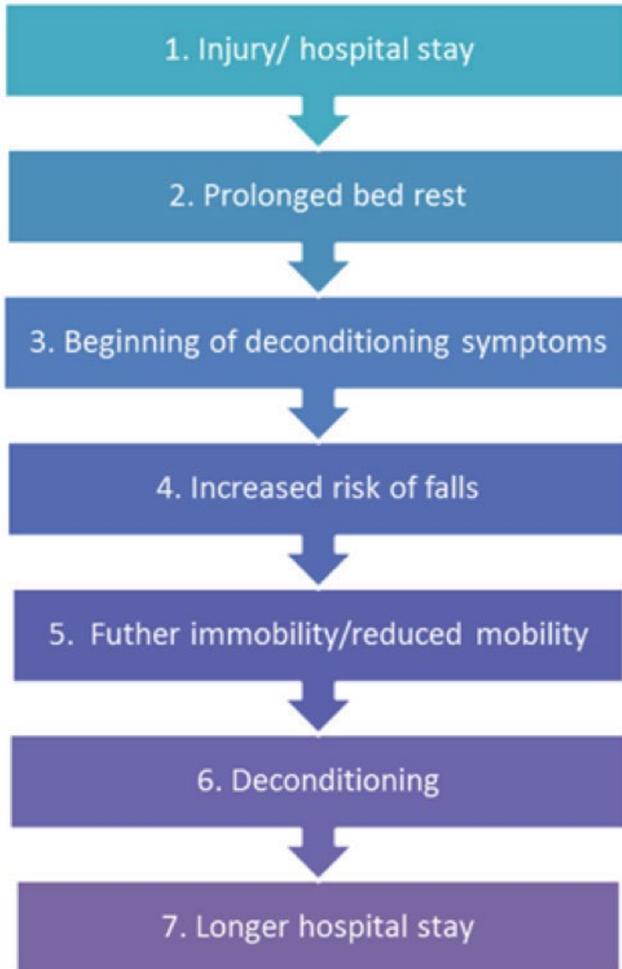
## **Deconditioning can lead to a number of issues for older people:**

- Reduced mobility
- Reduced balance
- Falls
- Reduced independence
- Reduced muscle mass and strength
- Increased risk of constipation and urinary retention
- Functional incontinence
- Low self-esteem/mood
- Impact cognition

**All this can have a longstanding, negative effect on patients.**

## Deconditioning process

For any advice or information please speak to the ward staff and check any information boards.



## We encourage you to do the following:

To remain active as much as you are able to and to maintain your independence; such as getting washed and dressed, walking to the bathroom and sitting out of bed.

- Wear your own clothes (day and nightwear)
- Wear suitable footwear (flat, full shoe/slipper)
- Let staff know what you can usually do for ourselves and what you may need help with
- Please bring in any hearing aids and glasses you may have
- Bring in your own walking aids (stick, Zimmer frame)
- Please sit out of bed where possible
- Sit out of bed for all meals
- Ask your family to bring in your toiletries (labelled with your name)
- If you are unsure or feel unsafe please ask a member of staff to help you
- If you feel pain is affecting your ability to mobilise as normal then please discuss this with your doctor or nurse on the ward

**If you have any concerns about your mobility please speak to the ward physiotherapist.**

## Contact details

Should you require further advice or information please contact  
Physiotherapy department Chorley 01257 245176

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

**Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.**

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے بے مل مدد یک ضرورت ہے تو یی چھپا یں یبھ ابی دست بو یسکت ہے برا ئے مہر یان بو یی چھہ ی۔ معلومات

**Arabic:**

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يملكن تو فسير هذه المعلومات

**Department:** Core Therapies  
**Division:** Diagnostics and Clinical Support  
**Production date:** February 2022  
**Review date:** February 2025  
**JR 733 v1**