



Move, Groove Improve on the Elderly Care Unit By: Emily Richards B7 Physiotherapist

Purpose:

Move, Groove Improve is the Elderly Care Unit's version of the End PJ Paralysis campaign. The ethos is to reduce patients risk of deconditioning in hospital and increase their functional independence through getting up and getting moving. The project was relaunched from April 2018.

Aims:

For over 55% of patients to be sitting out for lunch daily on the Elderly Care Unit.
For over 20% of patients to be wearing their own clothes daily on the Elderly Care Unit.

Secondary Aims:

- Improve patients experience
- Maintain/ Reduce Length of Stay
- Increase staff knowledge on Deconditioning

Methods:

Several PDSA cycles were completed on the ward including those listed below:

Groove Group:

Chair based strengthening exercise based on the ward. Initially launched x1 a week increased to x2.

Patient Video:

To increase awareness that patients can wear their own clothes.

Staff Training:

Deconditioning teaching at nursing handovers

Screensaver & Poster Promotion:

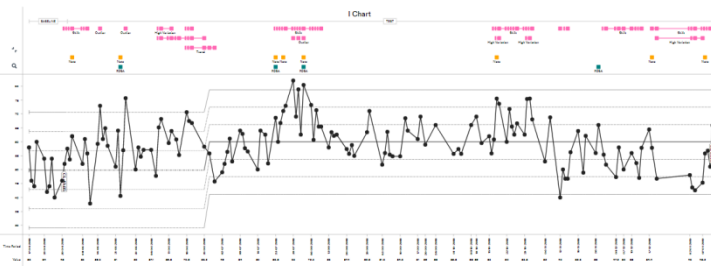
On the ward to raise awareness of the project .
League table to reward progressing patients.

Results:

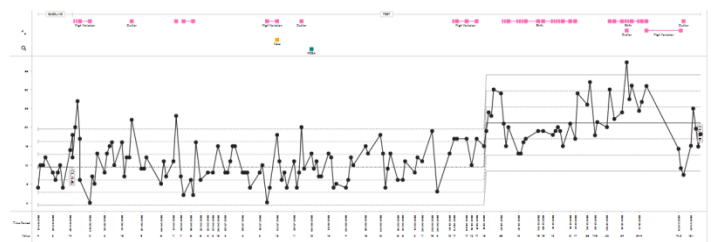
Overall, there has been an average 10% increase in the number of patient's sitting in the chair for lunch.

Overall since October 2018 there has been an average 10 % in the number of patients wearing their own clothes.

Patients sitting in the chair for Lunch:



Patients wearing their own clothes:



Conclusions

Overall , the Move Groove Improve Quality Improvement has resulting in significantly increased number of patients sitting out in the chair before lunch and wearing their own clothes.

Groove group has become a sustained integral part of the therapy week on ECU with consistent improvements in the patient's reported mood scores.