Standard Operating Procedure
Distribution of Staying Active in Hospital leaflet

<table>
<thead>
<tr>
<th>Purpose:</th>
<th>Support the distribution of the leaflet to appropriate patients</th>
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</thead>
<tbody>
<tr>
<td>Scope:</td>
<td>To ensure appropriate patients receive the leaflet to support their independence whilst in hospital and reduce Deconditioning.</td>
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<tr>
<td>SOP Reference Number:</td>
<td>SOP 1</td>
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<tr>
<td>Date of Issue:</td>
<td>February 2017</td>
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<td>Date of Review:</td>
<td>February 2019</td>
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<td>Version Control:</td>
<td>Version 1</td>
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**Instruction**

**GENERAL PRINCIPLE**

To provide information to patients and carers to support independence whilst in hospital and reduce the risks associated with prolonged bed rest.

1. All patients at risk of Deconditioning will be provided with the “Staying Active in Hospital” leaflet within 24 hours of admission.

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This resource has been endorsed by the British Geriatrics Society
2. Ensure relatives receive a copy of the letter accompanying the leaflet.

3. The distribution of the leaflet will be recorded in the nursing notes under mobility.

4. There are exceptions to the Deconditioning programme.

   Please record reason in the nursing notes under mobility.

   **The exceptions to this leaflet are:-**

   - Palliative patients (EOL, Purple Bow)
   - Fast Track Palliative Patients
   - Patients bed / chair bound prior to admission
   - Patients with a clinical reason which requires bed rest