NHS England and NHS Improvement

#endPJparalysis

- Social movement to improve patient outcomes
- Started with a conversation between 4 people
- Increasing conversations across various SoMe platforms
- CNO endorsement and national challenge led by Brian Dolan
- #endPJparalysis now has an international profile

#endPJparalysis

Hospitalised older patients are 61 times more likely to develop disability in ADLs than those not hospitalised
17% of older medical patients who were walking independently 2 weeks prior to admission needed help to walk on discharge
Patients spend up to 83% of their time in bed
72.9% of patients considered able to walk did not walk at all
Decline in walking ability occurs in up to 59% of hospitalised older adults and begins within 2 days of admission
For 60% of patients on bed rest there is nothing documented to explain why

- 50% of older patients experience functional decline between admission and discharge
- Older people have a 23.2% risk of being unable to return home + require NH placement because they have lost ability in some basic activity of daily living
- 50% of older patients become incontinent within 24 hours of admission to hospital and in one study 70 pts out of 208 used incontinence pads unnecessarily for a total of 544 days
- Deconditioning contributed to delayed discharge in more than 47% of older patients
- Once discharged only 30% of those with a new or additional ADL disability were back to baseline after one year

Some key actions

Shared governance activities

- Clothes banks

- Activity boxes

- Volunteers –boredom busters, exercises, beauty treatments

- Laundry service

- Breakfast clubs

- Day room usage

- LD SG forum

- Development of garden areas

Strategic Actions

- Quality priority/Patient priority

- Shared system language

- Prevention strategy

- Reporting of harm via Datix

- Electronic risk assessments

- Mobility assessment development

What more can we do

- Increase public awareness
- Increase undergraduate education across healthcare professionals
- Acknowledge impact of lack of resources
- Challenge some current measures of success