We wanted to educate the future patients on the benefits of sitting out of bed for all meal times, working towards a 24-hour rehab approach across all inpatient wards.

Evidence shows that increased functional activity as an inpatient directly relates to a more positive functional outcome on discharge and shorter hospital stay. As a first priority, we decided to focus on encouraging all patients to sit out in a chair for lunch to aid a safer swallow and promote early mobilisation.

Second step: Complete a survey to establish the current knowledge of staff on the benefits of patients sitting out of bed for lunch.

The general points were:
- 100% of staff surveyed felt confident or very confident about mobilising patients.
- Staff identified patient fatigue, confusion, falls risk and staff shortage as reasons why patients would not sit out for lunch.

Third step: Complete a patient survey to gain patient preferences and experiences in hospital.

The general points were:
- 90% of patients have lunch in a chair at home compared to 47% in hospital.
- 45% of patients who ate lunch in bed did not have a good experience.
- Patients did not feel empowered to sit out or ask for assistance.
- Some patients were not aware of the negative consequences of bed rest.

Fourth step: Implementation

“Why do I sit out in my chair for lunch, it feels more like home”

“Why do I sit out when I’m in bed”

Chair poster: The chair icon was used in each patient’s bed space to prompt patients to sit out of bed and educate staff and visitors.

Toilet poster campaign: To capture the attention of staff we placed educational posters in staff toilets. We will rotate these every 3 months as there are 6 posters with different facts.

Mobility boards: We introduced mobility boards on all OPM wards so that staff know how each patient transfers out of bed. Ward sisters agreed these are a useful resource and would encourage nursing staff to complete.

Dr Helen Parker, Naomi Patrick, Katrina Titterington, Rosie Enfield, Clare Wilcox, Ellen Kennedy, Kelly Nicholls

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Staff Survey Results (post-implementation):

- A general marked improvement in knowledge of why sitting out of bed in hospital is beneficial and reasons why bed rest would be acceptable
- Similar unacceptable reasons were cited as to why patients wouldn’t be assisted out of bed
- Positive responses to the benefits of patients sitting out significantly outweigh any negative responses in the survey

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Next Steps:

- **Share knowledge**: Present at Trust’s Audit Symposium, liaise with other therapy teams/AHPs and inpatient wards
- **Explore**: The reasons for differences in ward performance and implement changes accordingly
- **Educate**: HCA and Doctor’s induction training programme and update sessions
- **Further intervention**: “Movement volunteers” initiative, ward champion roles, TA standard operating procedure, prompts within Speech & Language Therapy assessment
- **The Future**: Patients to be sitting out of bed for all meal times, working towards a 24-hour rehab approach across all inpatient wards