

#ThinkActivity

Improving patient activity in hospital

Lianne McInally, Improvement Advisor, ihub, Healthcare Improvement Scotland
 Kello Improvement Team: Audrey Smith, Fiona Black, Elaine Davidson, Margo Mclean, Margaret Scott, Graham Douglas, Lorraine Callen

Aim: To increase patient activity by 50% on Kello intermediate care ward, by the end of November 2017.

#endpjaralysis highlighted '10 days in bed ages the muscles by 10 years'¹. Older people in a rehabilitation ward move less than community dwellers². 47% of people with a dementia are physically less well and able on discharge from hospital³.

#ThinkActivity improvement journey was taken to improve outcomes for older people in collaboration with NHS Lanarkshire, Healthcare Improvement Scotland and Glasgow Caledonian University.

Method

- Preplanning to use Activpal activity monitor to measure patient activity.
- Quantitative and qualitative baseline data gathering, falls rates, delayed discharge, patient, carer and staff opinion.
- What matters to you?

- #ThinkActivity improvement team identified and improvement methods session completed.
- Operational definition of activity agreed.



- Baseline Activpal data collected
- Weekly Activpal data organised Therapy Technical Instructor.
- GCU research student processed Activpal data.

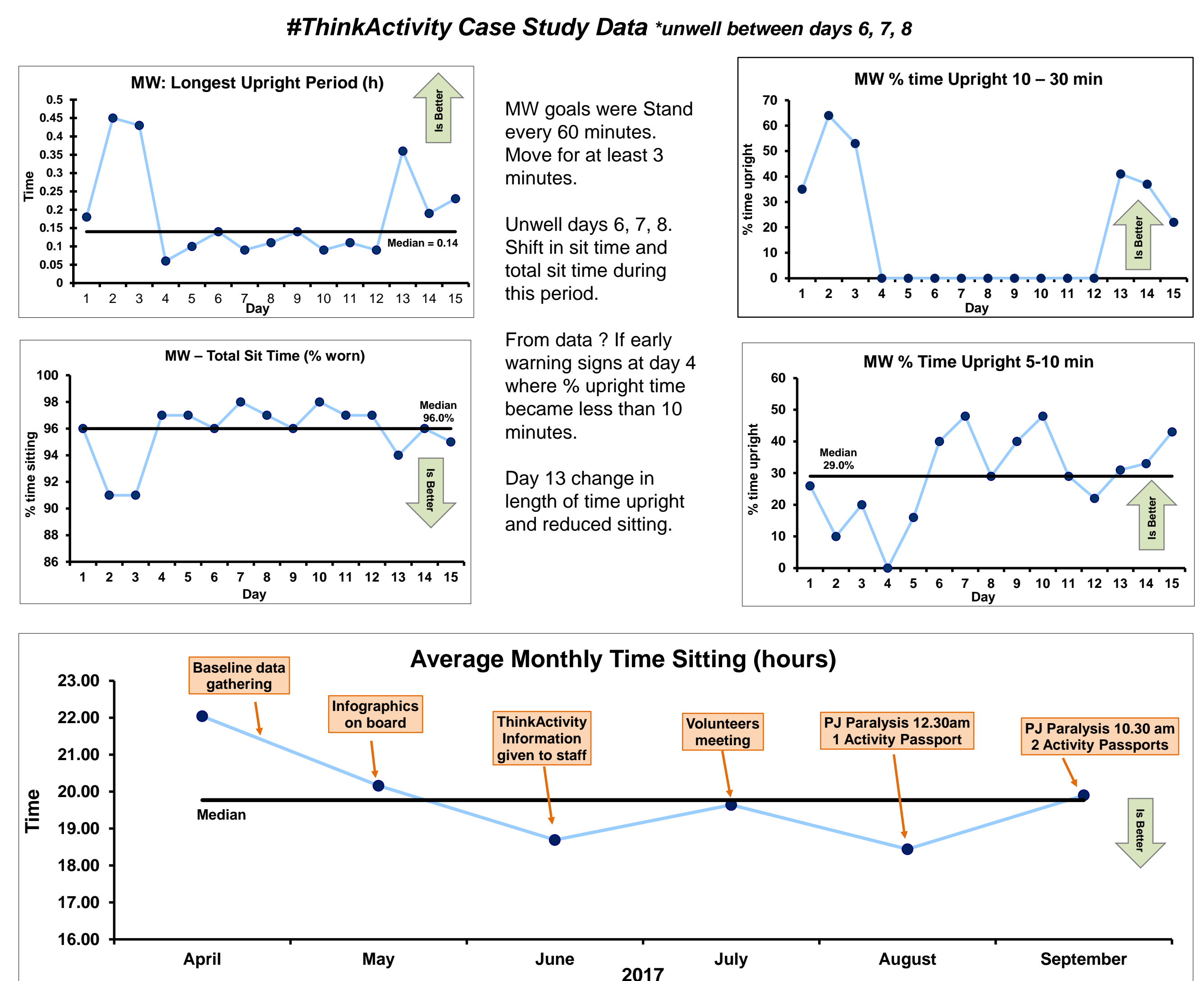
Process change

PDSA's Infographics, staff information, activity programme, activity passport, and endpjaralysis.

Results

Baseline sitting averaged 22 hours daily and 668 steps.

100% patients are now up and dressed by 10.30am or as indicated on their activity passport, instead of midday. Activity passport increased upright time/reduced sitting.



'I enjoy the activity passport. It's encouraging me to do more on the ward. I'm doing my exercises regularly. I've not been well and was keen to get back to using my passport. I can see my progress over time.'



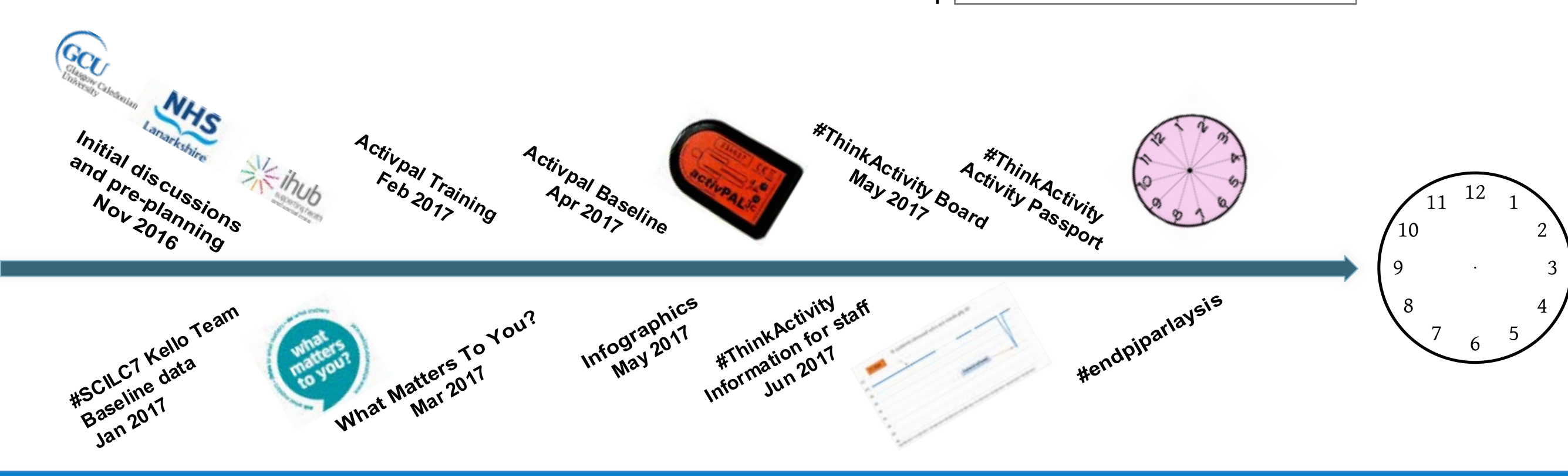
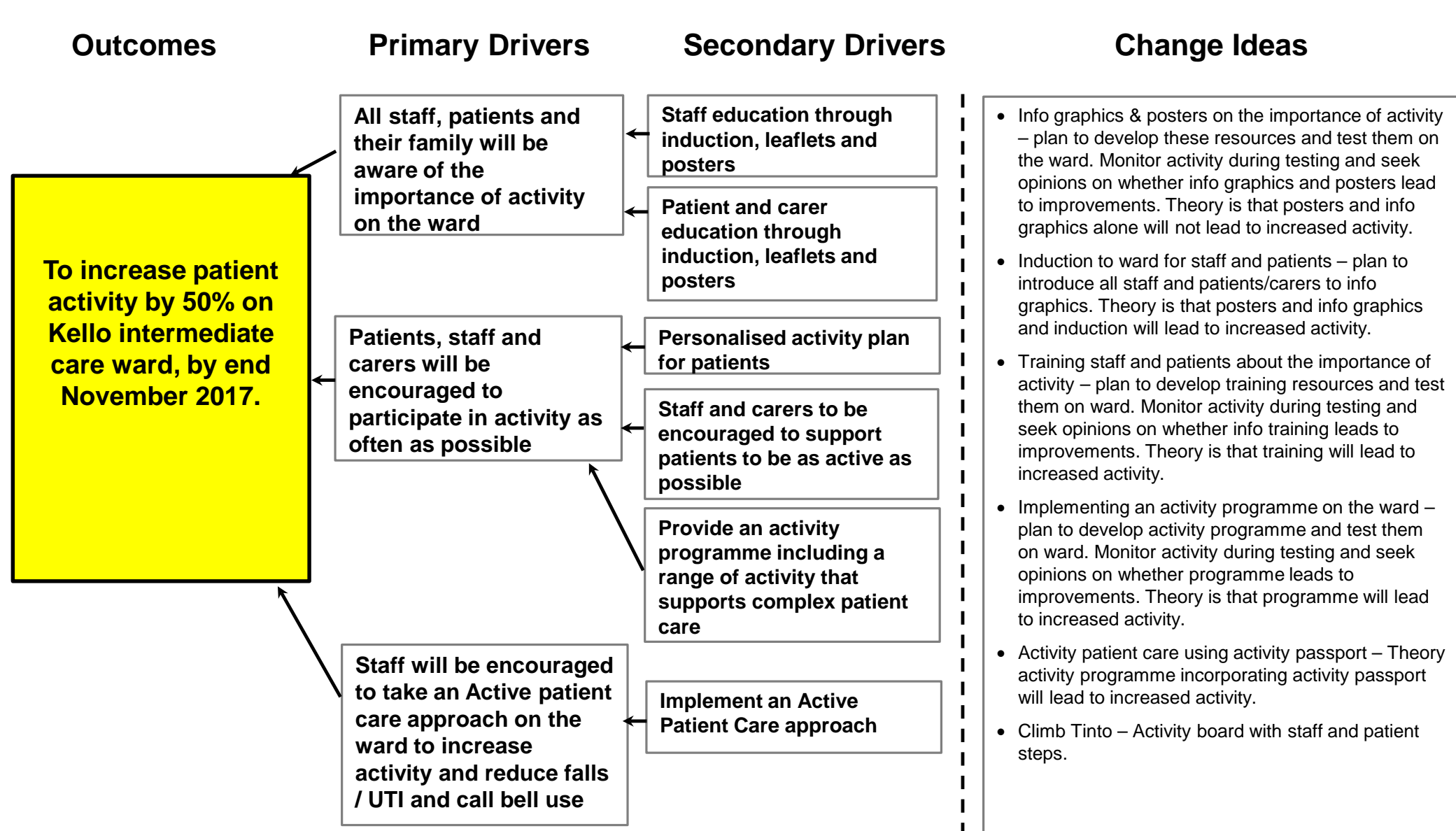
Conclusions

Case studies suggest that the activity passport supports patients to reduce sitting time, increase standing and stepping, and increase physical and social activity. Patients report increased choice and visual progress over time.

Key learning points

Human factors are key for improvement. Engagement from nursing staff is critical to support increased activity.

#Think Activity Driver Diagram



Contact: Lianne McInally
 liannemcinally@nhs.net



ScIL
 Scottish Improvement Leader