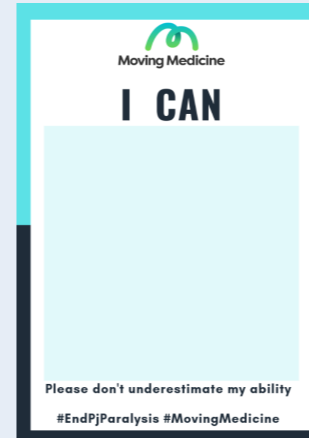


Project Aim

To provide a bespoke ward-based area that patients can use to complete prescribed physical activity for the purposes of rehabilitation and preventing deconditioning.



Project Team

Chris Tuckett— Project lead/ Falls practitioner
Chris Cook—Research and Innovation Dept Head
Terry Clarke—Supervisor/Retired Chief Pharmacist
Lister ward team—MDT
Therapies dept— PT/OT

Timeline for delivery

From: May 2019 To: July 2019

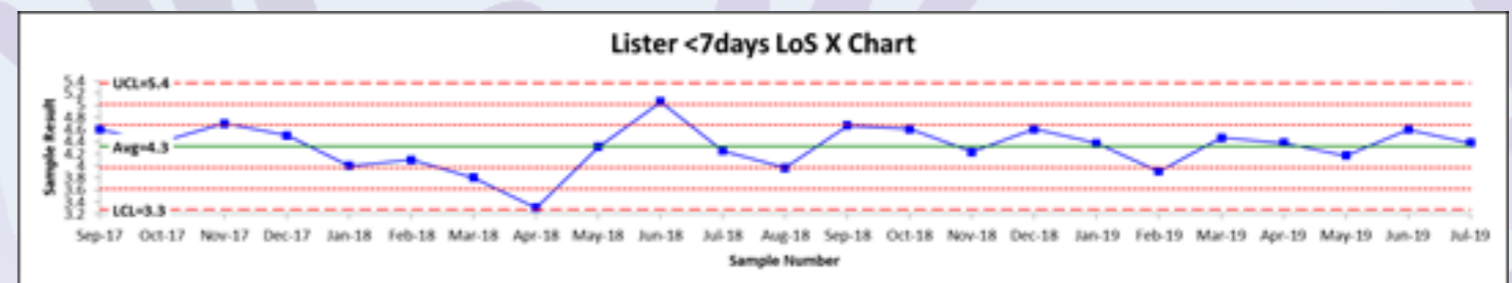
Measures

Outcome measures: Length of stay- <7days, stranded patients, super-stranded patients.

Balancing measures: Falls, patient mortality,

Results

- Lister ward LoS unchanged over the 3-months
- Falls did not increase
- Mortality rate did not increase



Tests for change

Change 1: Activity space provided

Change 2: Sit to stands promoted

Change 3: Terms of use clarified and further alterations to area made.

Learning and Next Steps

- Ease of access to the activity space was a limiting factor
- Use of process measures to assess take-up of interventions needed
- Ward based activity is possible but requires full-time commitment from staff external to ward to really embed change