

Cycle of deconditioning



For people over the age of

80...

Ten days in bed ages muscles by

10 years

One week of bed rest results in

10% muscle loss

Please ask the team looking after you if you have any further questions.

#endPJparalysis

About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. We're responsible for over 12,000 staff and volunteers, 15 Public and Private Hospitals, 15 Retirement and Aged Care Facilities and a national network of Community Care Centres.



Mater Newcastle

Locked Mail Bag 7
Hunter Region Mail Centre, NSW 2310, Australia
www.calvarymater.org.au

Let's end PJ paralysis

Get Up Get Dressed Get Moving

#endPJparalysis



Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Mater Newcastle is a public hospital within the Hunter New England Local Health District network.

What is #endPJparalysis all about?

At Calvary Mater Newcastle we are supporting the international #endPJparalysis campaign to get patients up, dressed and moving, where possible.

Supporting you to wear day clothes while in hospital can improve your overall mental, physical and psychological health.

Having to stay on bed rest because of an accident, illness or treatment can have a negative effect on your entire body.

At Calvary Mater Newcastle our aims are to reduce the risk of muscle deconditioning and to make sure you feel comfortable and dignified whilst we support your independence.

What are the benefits of wearing your own clothes and walking about in hospital?

Getting dressed in your own clothes and supportive shoes during a hospital admission enables you to feel more confident, gain your independence and decrease your risk of deconditioning.

Keeping active will help you with your ability to fight infections and improve your appetite, sleep and mood. This may also decrease the risk of pressure injuries, muscle weakness and fatigue, dizziness, risk of falls and pain.

We want to get you back to your normal routine, enabling you to return home.

What can you do?

You will be encouraged to get up and get moving. You may feel more comfortable in your own clothes rather than pyjamas or a hospital gown.

Ask your relatives/friends/carers to bring in some comfy clothes and footwear for you during your stay.

Engage with your carer/relative, nurse/physiotherapist/occupational therapist to maintain your current level of function.

Write on the patient care board to motivate you each day to walk.

Get up
Get dressed
Get moving
#endPJparalysis

