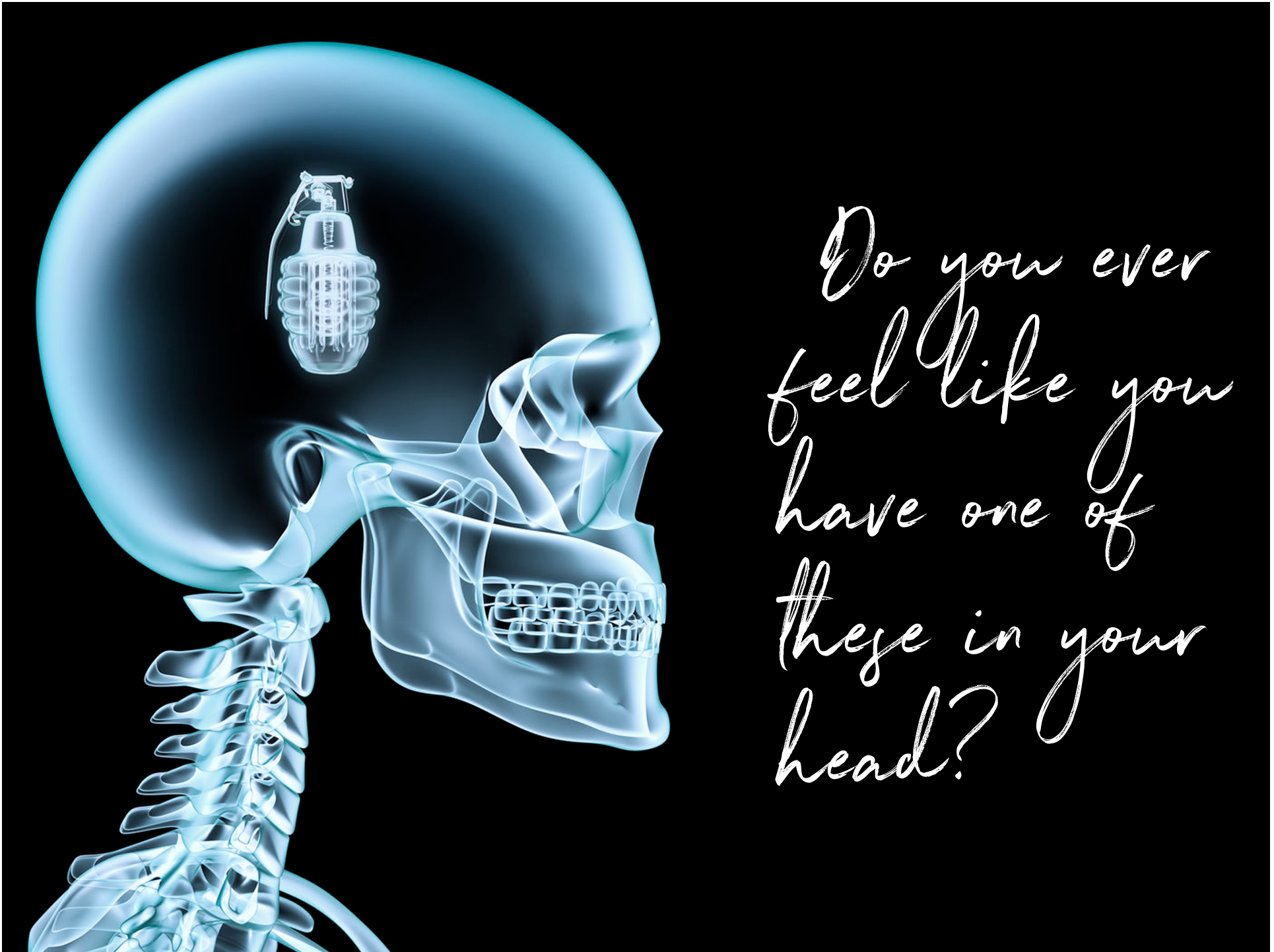


YOU

- WHY
- Clarity
- What will you not stand for
- Pick your battles

Self Awareness and Management



*Do you ever
feel like you
have one of
these in your
head?*

30,000

DAYS

IT'S TIME TO WAKE UP!



Making you think



Fear

- Reduces creativity
- Impairs decision making
- Reduces flexibility

Common problem – millions of people are affected by it

Why Is Leadership Style Important?

- Leadership style impacts the motivations of employees, either positive or negative
- Studies show that roughly 70% of team performance is a direct reflection of a leader's effort to understand employees & to match a leadership style to employee needs & goals

Impact

Way you think



What you believe



What you do

Meeting people where they are

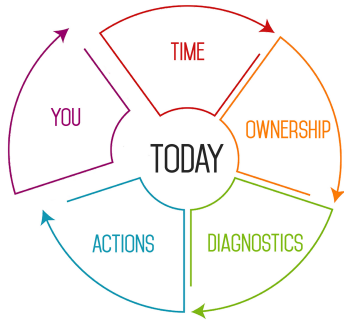
- Understanding their reality
- Meeting them in their reality
 - i.e. starting the conversation with what they believe to be true
- Start to engage with them and lead them to where you want them to go

Reducing Resistance

- Find common issues/concerns
- Focus on the problem, not the person
- Promise only what you can deliver
- Use silence



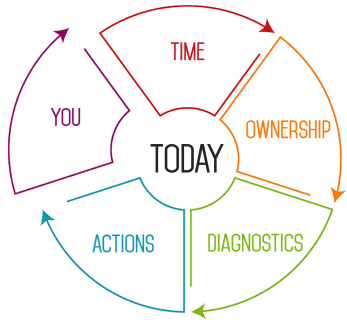
*You cannot
not
communicate*



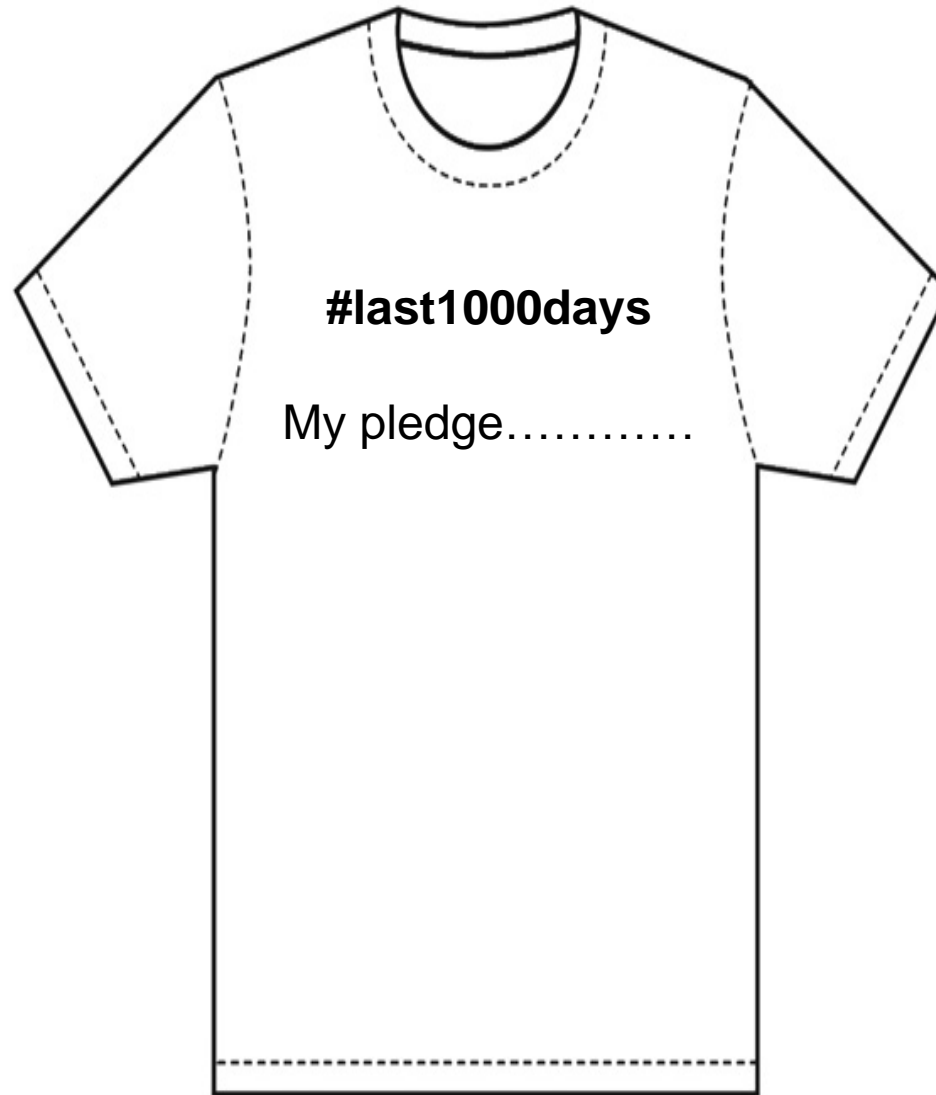
YOU

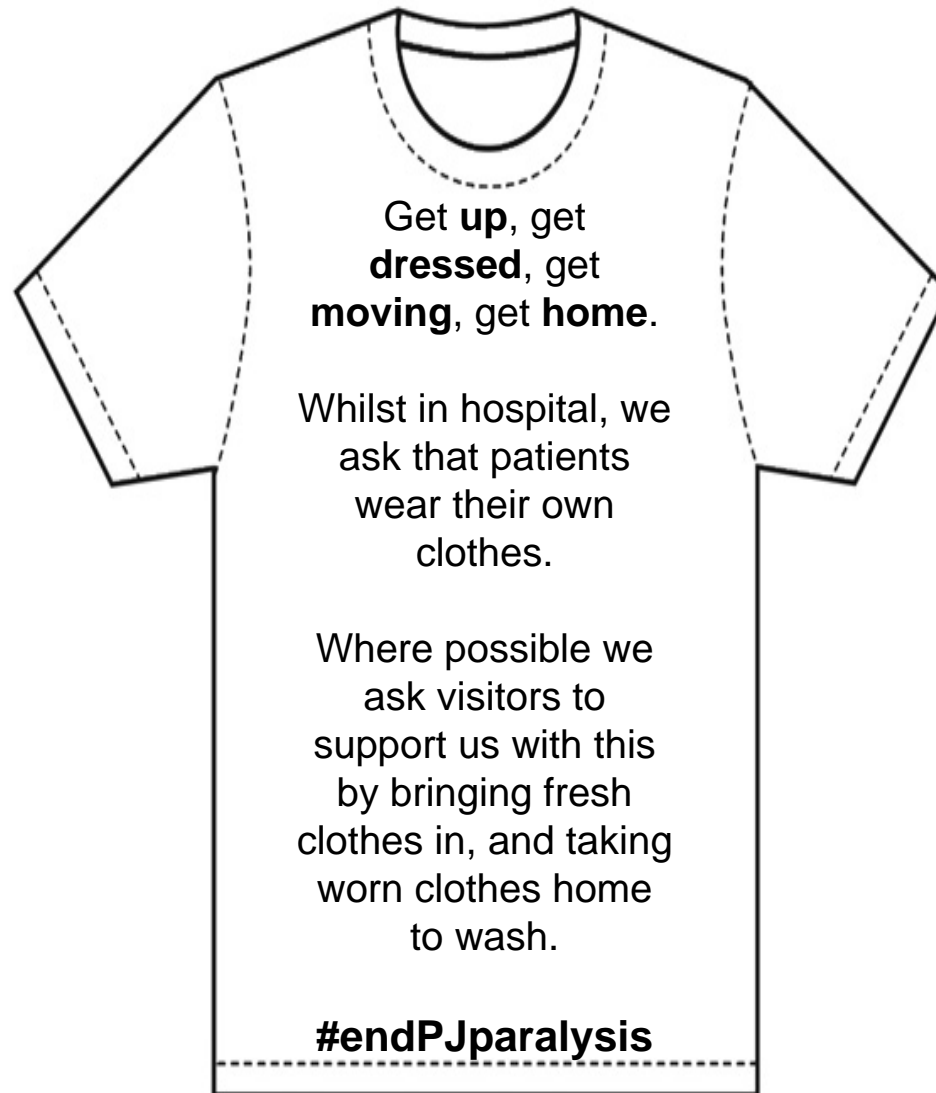
- Meet people where they are
- Build on commonality
- Be respectful

Look for the mutual wins

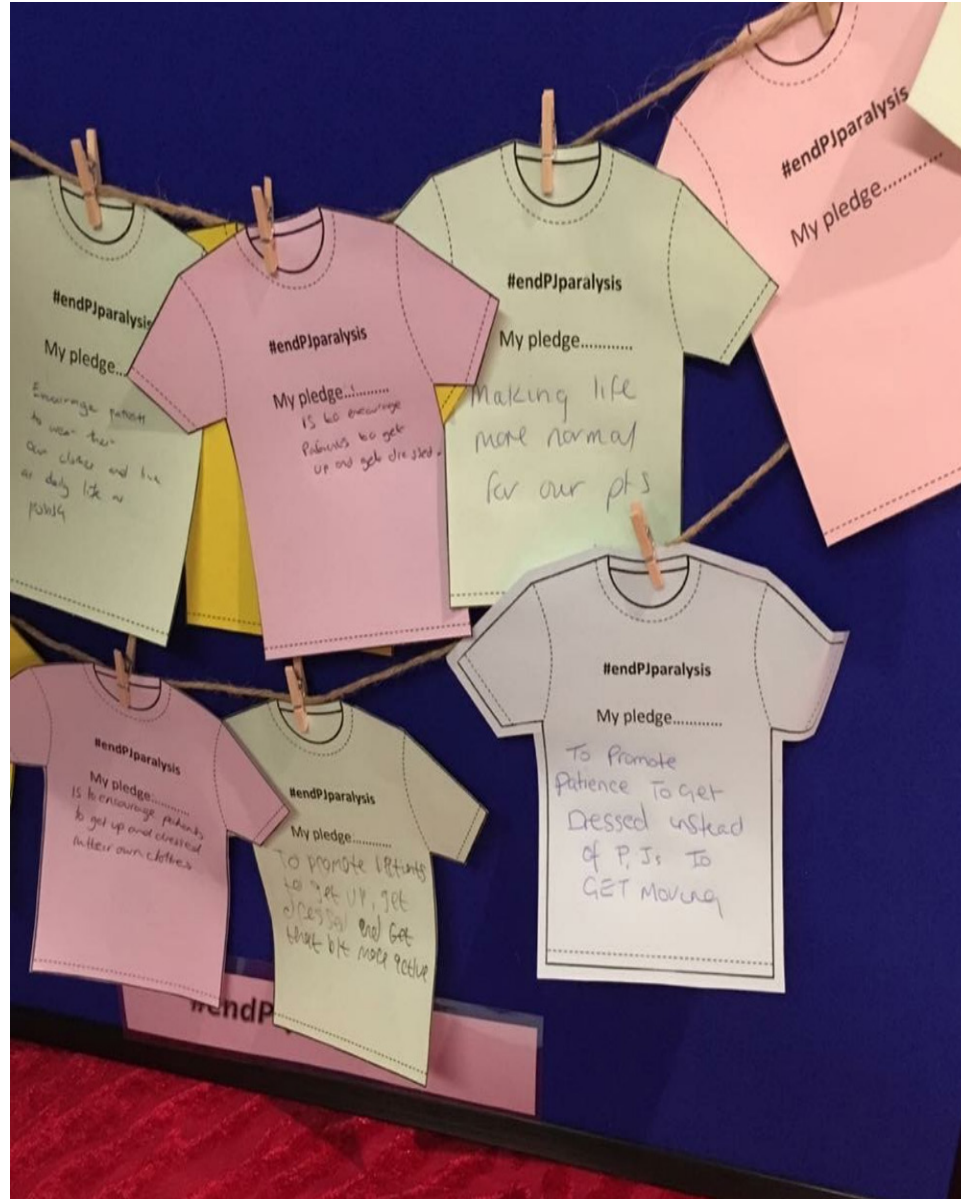


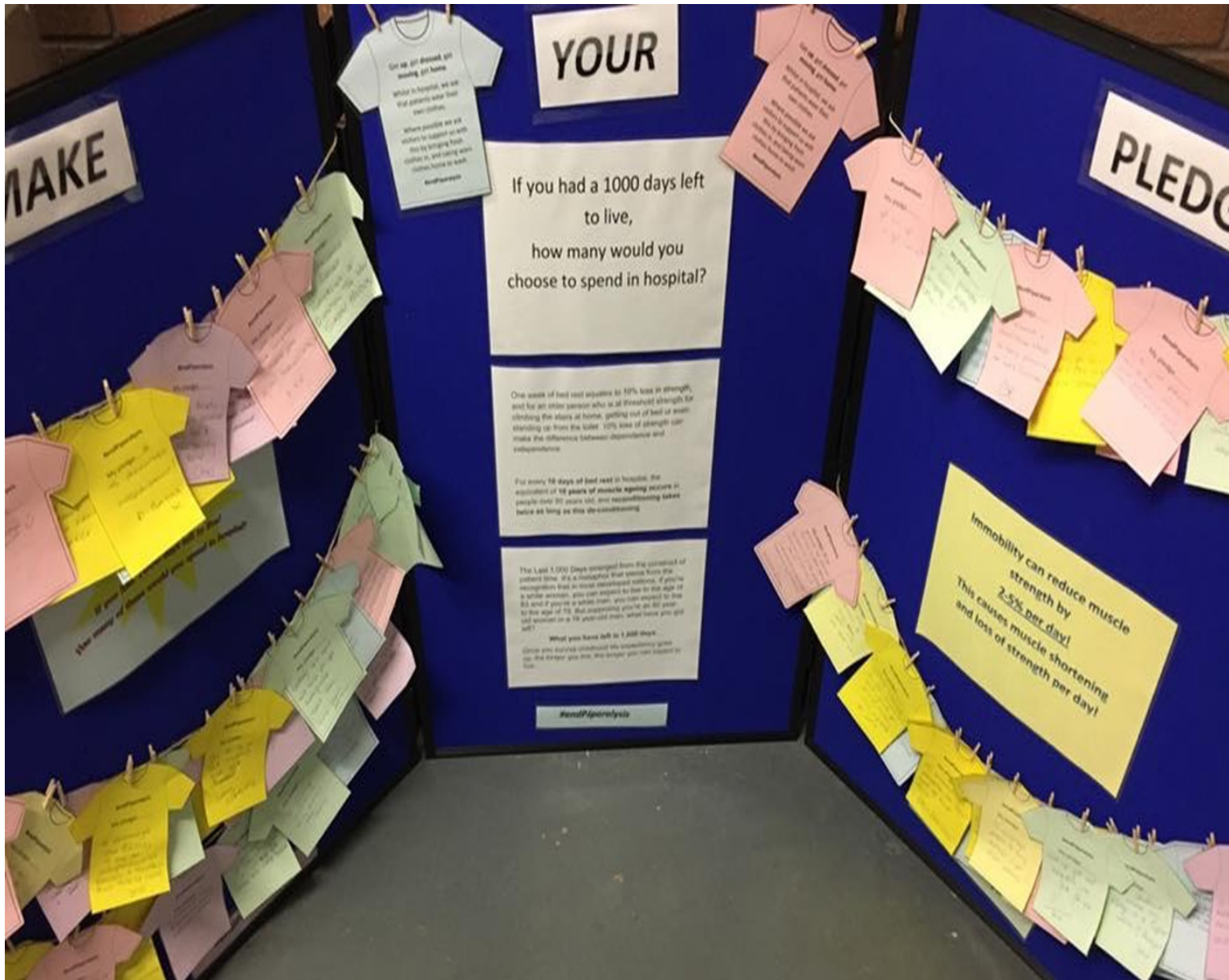
If you could make an impact on one thing what would it be?











Pimp my Zimmer!

Started in Essex

Rolled out across care homes

Involvement in decorating

Social inclusion

Makes frames recognisable

Sense of ownership

Personalisation

Reduction in falls by 40-60%





Walker for retired fishermen





End PJ Paralysis

Get dressed, get moving!

Let's hang up the pyjamas and get our patients up and into their own clothes.

Want to get involved?

Visit the intranet homepage, grab a flyer or learn more at last1000days.com and endpjparalysis.com

#EndPJParalysis launch coincides with the Trust's Falls Awareness and Prevention Week

This national 70-day #EndPJparalysis challenge is a means of valuing patients' time so they return sooner to loved ones, to spend more of their last 1000 days in a place that is not a hospital.



Kingston Hospital
NHS Foundation Trust

PJ FREE ZONE

THROUGHOUT THE DAY

WE NEED YOUR HELP !!

RELATIVES / CARERS / FRIENDS

TO END PJ PARALYSIS

PLEASE BRING IN DAY CLOTHES FOR
THE PERSON YOU ARE VISITING

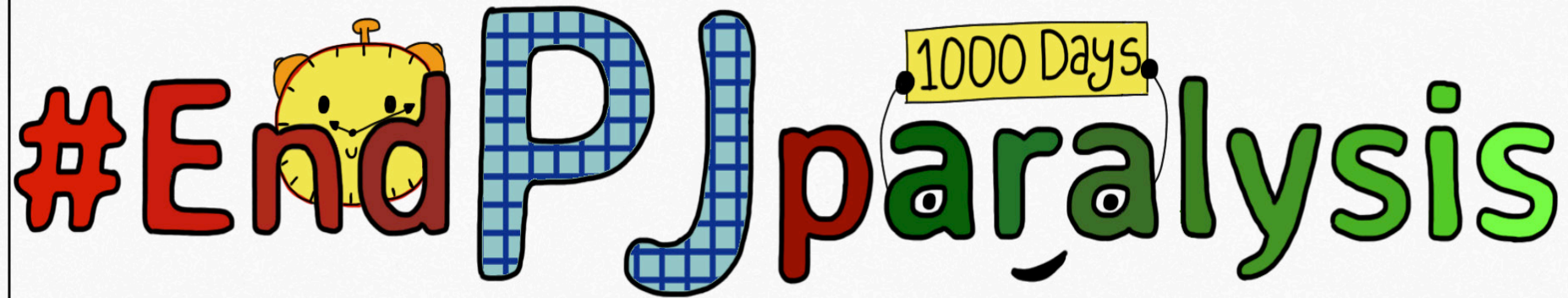
SO WE CAN GET THEM UP,

GET THEM DRESSED

AND GET THEM MOVING

THEN WE CAN GET THEM HOME

SOONER RATHER THAN LATER



#EndPjparalysis

The text is rendered in a playful, hand-drawn style. The '#' is red. 'End' is red with a yellow alarm clock face integrated into the letter 'n'. 'Pj' are blue with a white grid pattern. 'paralysis' is green. A yellow speech bubble containing the text '1000 Days' is connected to the 'a' in 'paralysis' by a thin black line.

**The East of England 100 day, 100,000 patient day
#EndPjparalysis challenge**

14 September 2017 – 22 December 2017

#EndPJparalysis 100 day challenge

14th Sept-22nd Dec 17 - East of England



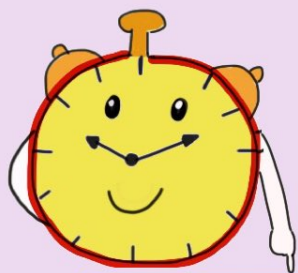
"Time is the most important currency in healthcare"
Prof. Brian Dolan



Did you know, 46% of people aged >85 die within 1 year of admission to Hospital? (Clark et al 2014)



Deconditioning in hospitalised older patients, can cause serious harm



Aiming for 100,000 patient days dressed in own clothes & moving in 100 days. Let's help our patients get home back to loved ones



If you had 1000 days left, how many would you want to spend in Hospital? That's why EVERY DAY matters



paralysis...

- FACT: Reduces mobility
- FACT: Loss in strength
- FACT: Loss of independence
- FACT: Longer stay in Hospital

Measuring the numbers of patients dressed

NHS Improvement

Organisation Name

Ward/Unit Name

Number of beds on Ward/Unit

Start date

Planned duration days

Time of daily count

#EndPJparalysis

[Print](#) [Save](#) [Weekly Summary Sheet](#)

Date	Up and dressed	date	Up and dressed	Date	Up and dressed	date	Up and dressed
Mon 18 Sep		Mon 16 Oct		Mon 13 Nov		Mon 11 Dec	
Tue 19 Sep		Tue 17 Oct		Tue 14 Nov		Tue 12 Dec	
Wed 20 Sep		Wed 18 Oct		Wed 15 Nov		Wed 13 Dec	
Thu 21 Sep		Thu 19 Oct		Thu 16 Nov		Thu 14 Dec	
Fri 22 Sep		Fri 20 Oct		Fri 17 Nov		Fri 15 Dec	
Sat 23 Sep		Sat 21 Oct		Sat 18 Nov		Sat 16 Dec	
Sun 24 Sep		Sun 22 Oct		Sun 19 Nov		Sun 17 Dec	
Mon 25 Sep		Mon 23 Oct		Mon 20 Nov		Mon 18 Dec	
Tue 26 Sep		Tue 24 Oct		Tue 21 Nov		Tue 19 Dec	
Wed 27 Sep		Wed 25 Oct		Wed 22 Nov		Wed 20 Dec	
Thu 28 Sep		Thu 26 Oct		Thu 23 Nov		Thu 21 Dec	
Fri 29 Sep		Fri 27 Oct		Fri 24 Nov		Fri 22 Dec	
Sat 30 Sep		Sat 28 Oct		Sat 25 Nov		Sat 23 Dec	
Sun 01 Oct		Sun 29 Oct		Sun 26 Nov		Sun 24 Dec	
Mon 02 Oct		Mon 30 Oct		Mon 27 Nov		Mon 25 Dec	
Tue 03 Oct		Tue 31 Oct		Tue 28 Nov		Tue 26 Dec	
Wed 04 Oct		Wed 01 Nov		Wed 29 Nov			
Thu 05 Oct		Thu 02 Nov		Thu 30 Nov			
Fri 06 Oct		Fri 03 Nov		Fri 01 Dec			
Sat 07 Oct		Sat 04 Nov		Sat 02 Dec			
Sun 08 Oct		Sun 05 Nov		Sun 03 Dec			
Mon 09 Oct		Mon 06 Nov		Mon 04 Dec			
Tue 10 Oct		Tue 07 Nov		Tue 05 Dec			
Wed 11 Oct		Wed 08 Nov		Wed 06 Dec			
Thu 12 Oct		Thu 09 Nov		Thu 07 Dec			
Fri 13 Oct		Fri 10 Nov		Fri 08 Dec			
Sat 14 Oct		Sat 11 Nov		Sat 09 Dec			
Sun 15 Oct		Sun 12 Nov		Sun 10 Dec			

- cumulative performance, starting 18/09/17

- daily performance, starting 18/09/17

Interventions

Annotation date	Annotation
18/09/2017	<input type="text"/>
18/09/2017	<input type="text"/>
18/09/2017	<input type="text"/>
18/09/2017	<input type="text"/>
18/09/2017	<input type="text"/>

Change Process Limits
Please enter a date and a select comment for recalculating the process limits

Date	Comment
18/09/2017	<input type="text"/>
18/09/2017	<input type="text"/>

Summary

Key Achievements

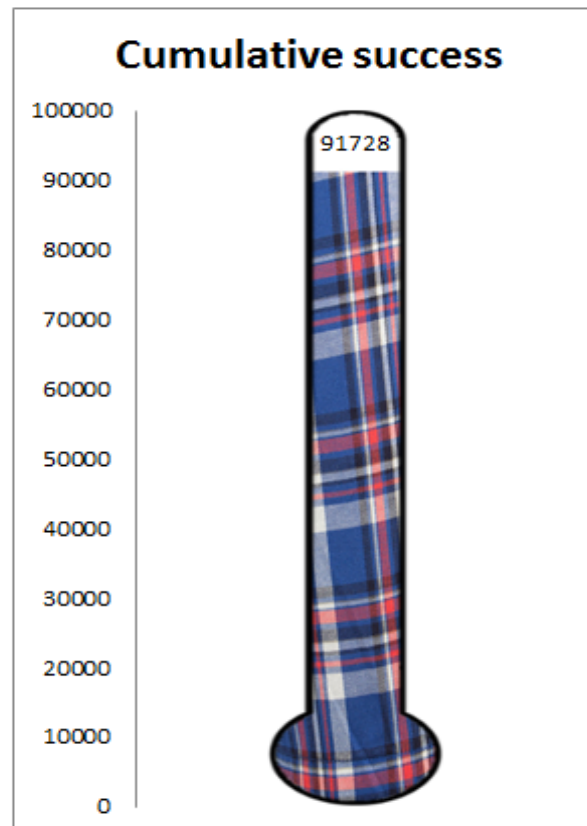
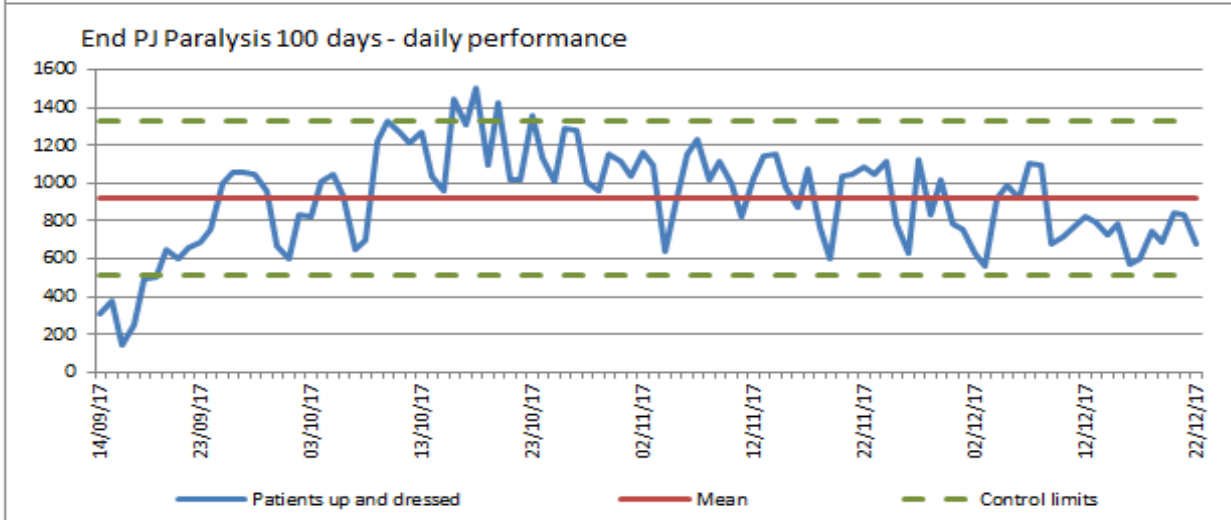
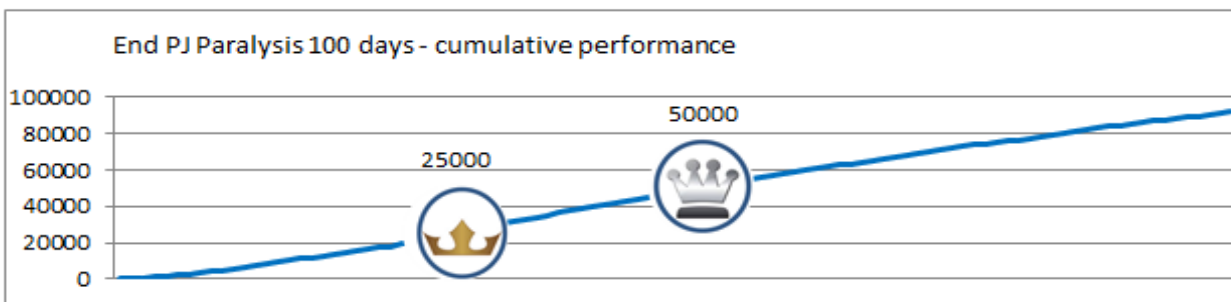
-
-
-
-

Data observations

This type of chart (SPC) allows us to identify statistically significant changes in data. The dotted lines (control limits) represent the range in which we expect the data to fall if the variation is within expected limits, ie. normal.

[Clear data](#) [Clear interventions](#)

End PJ Paralysis 100 days



Trusts reporting

- Cambridge University Hospitals NHS Foundation Trust - 22/12/17
- The Ipswich Hospital NHS Trust - 22/12/17
- James Paget - 10/12/17 (last 12 days lost c. 1800 patients)
- Norfolk and Norwich - 22/12/17
- North West Anglia Foundation Trust - 22/12/17
- Papworth - 22/12/17
- Queen Elizabeth Hospital Kings Lynn - 21/12/17
- Southend - 18/12/17
- West Suffolk - 22/12/17

#EndPJparalysis 100 day challenge

Hospital/ward/area: _____

Day (out of 100): _____

Number of patient days: _____

(dressed in day clothes, up & moving)



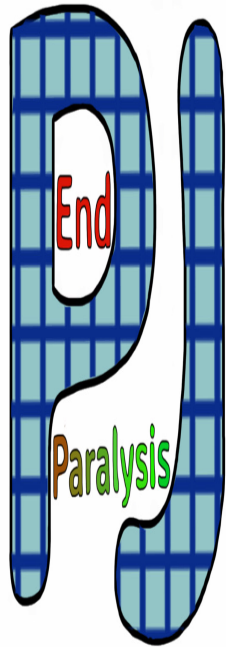
Well done!







**The nationwide 70 day, 1 million patient day
#EndPJPparalysis challenge**


17 April 2018 – 26 June 2018




●●○○○ Lorem 📶 9:40 AM 73% 🔋

#End  P  paralysis

SIGN IN

 Your Username _____

 Your Password _____

GO ▶


Forgotten Password

Not Signed Up yet? Please, [Sign Up](#)

Collaboration with Cambridge Digital Health:



●●○○○ Lorem 📶 9:40 AM 73% 🔋

 **ST. GEORGE'S**
St George's University Hospitals
CARDIOTHORACIC ICU A

Blackshaw Road
SW17 0QT
0208 6721 255

How many patients are dressed in day clothes at midday?

Of these dressed patients, how many have mobilised e.g. walked to the toilet / shower or walked around the bed?

SUBMIT

#EndPJparalysis 70 Day Challenge

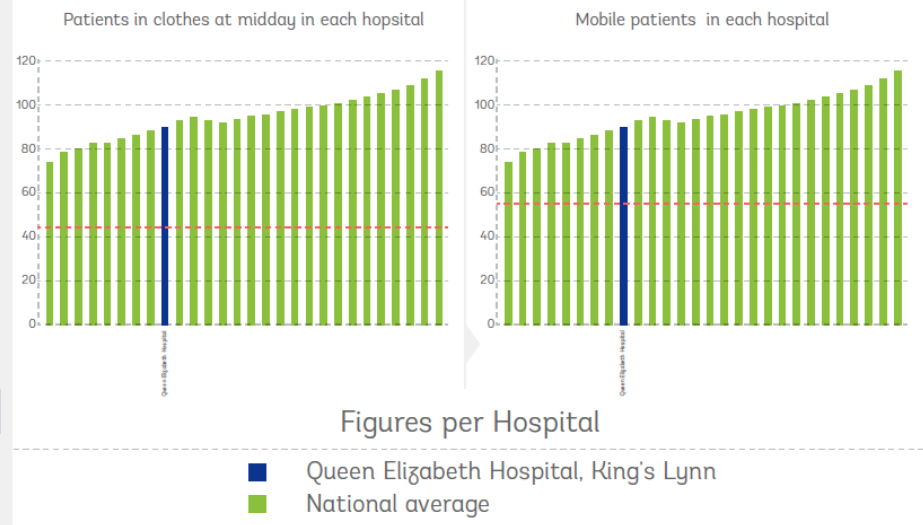
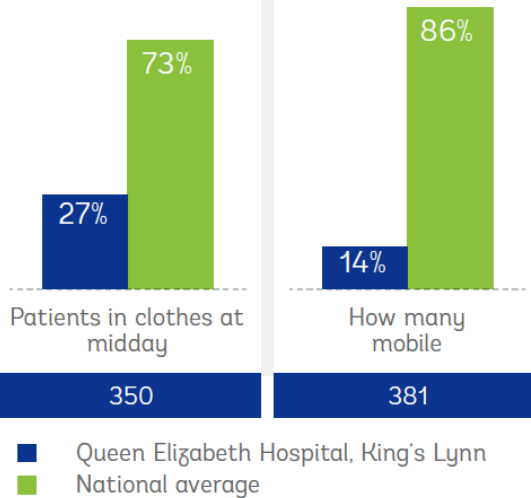
TODAY

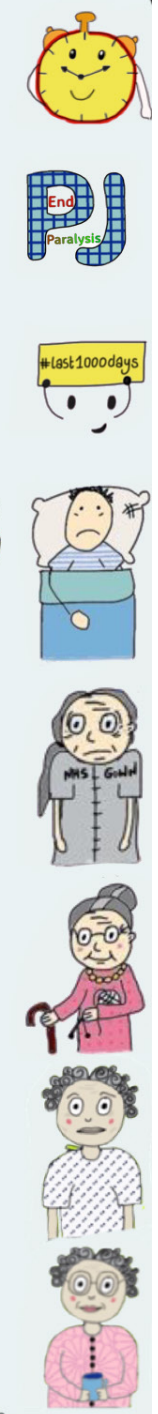
Monday 12th
Feb 2018

Queen Elizabeth
Hospital, King's Lynn

THIS WEEK

THIS MOUNTH





#EndPjparalysis

I support the #EndPjparalysis
70 day challenge

Name:

Signature:.....



#CodiGwisgoSymud

Dwi'n cefnogi sialens 70 diwrnod

#CodiGwisgoSymud

I support the #EndPjparalysis
70 day challenge

Enw / Name:

Llofnod / Signature:



70 DAY CHALLENGE



**GET
1 MILLION
PATIENTS UP,
DRESSED
&
MOVING!**

CHALLENGE STARTS

**17TH
APRIL
2018**

[#endPJparalysis](#) [#OnTheMEND](#)

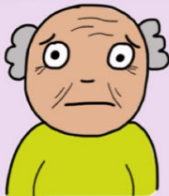
How GP Surgeries can support...

#EndPjparalysis

70 Day Challenge

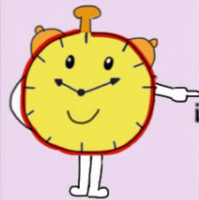
Designed by soniasparkles.com

AWARENESS



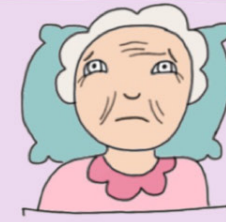
Did you know, 46% of people aged >85 die within 1 year of admission to Hospital? (Clark et al 2014)

UNDERSTAND



17th April 2018 - 26th June 2018
Aiming for 1 million patient days dressed in own clothes & moving in 70 days. Let's help our patients get home back to loved ones

SHARE



Deconditioning in hospitalised older patients, can cause serious harm

APPRECIATE



"Time is the most important currency in healthcare"

Prof. Brian Dolan

THINK

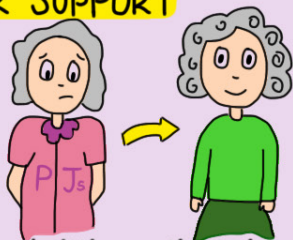


If you had 1000 days left, how many would you want to spend in Hospital? That's why EVERY DAY matters

FACTS

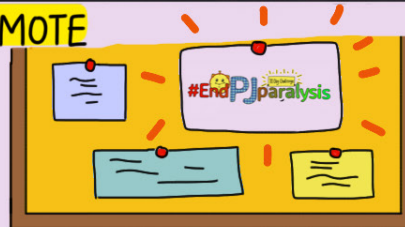
paralysis...
FACT: Reduces mobility
FACT: Loss in strength
FACT: Loss of independence
FACT: Longer stay in Hospital

YOUR SUPPORT



When admitting patients into hospital, please ask them to take in their day clothes

PROMOTE



Share this poster in your GP Surgery
Find out more on Twitter at #endpjparalysis

DISCUSS



Highlight and discuss at team meetings



Militsa Pribetich-Gill

@MilitsaPGill

Following

Absolutely fabulous & truly glam patient @YeovilHospital up and dressed and recovering with a smile! Celebrating another patient feeling human again as part of our campaign #dressedisbest #EndPJparalysis . Fantastic work Champi & team! @ShelaghMeldrum @jojohowarth @BrianwDolan



Countess NHS Trust

@TheCountessNHS

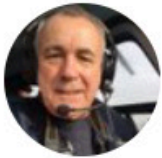
Follow

🎂👕 #Chester grandfather returns home in time for 80th birthday

💬 “It’s as refreshing to get up and get out of your pyjamas as it is to get up and have a wash. It freshens you up and makes you feel better.” #EndPJParalysis #TeamCountess

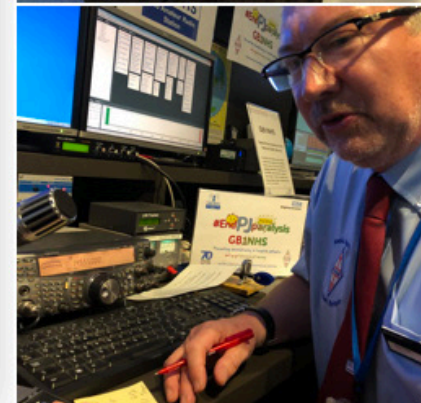
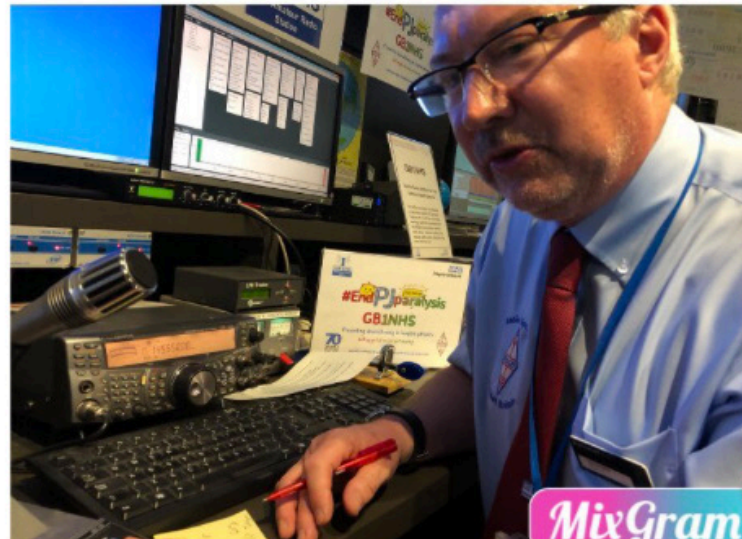
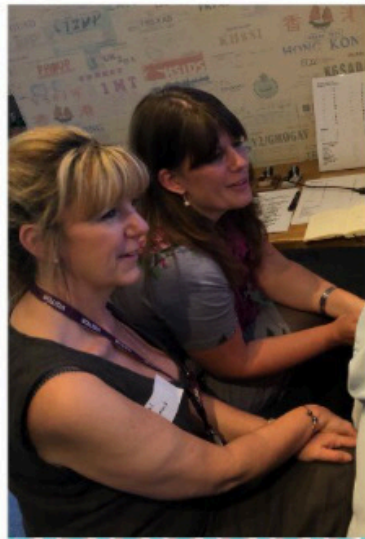
👉 bit.ly/2vZ529l

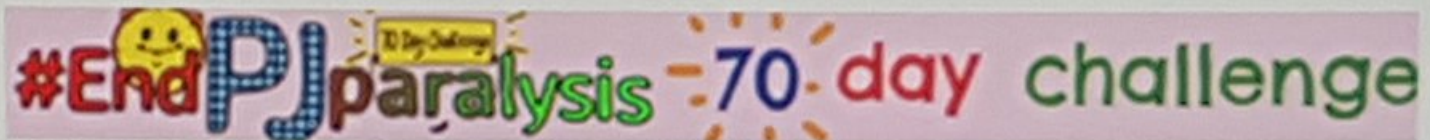




Roy Lilley @RoyLilley · 4h

@GB1NHS telling the world about #EndPJparalysis @BrianwDolan



#EndPJPparalysis 70 day challenge

"Nurse washed my hair and got me dressed this morning and I feel 100% better"

"It makes me feel very tall"

"When I am wearing my own clothes it makes me feel like me"

"I feel better and my family told me I look better"



Up
Dressed
&
Feeling Good

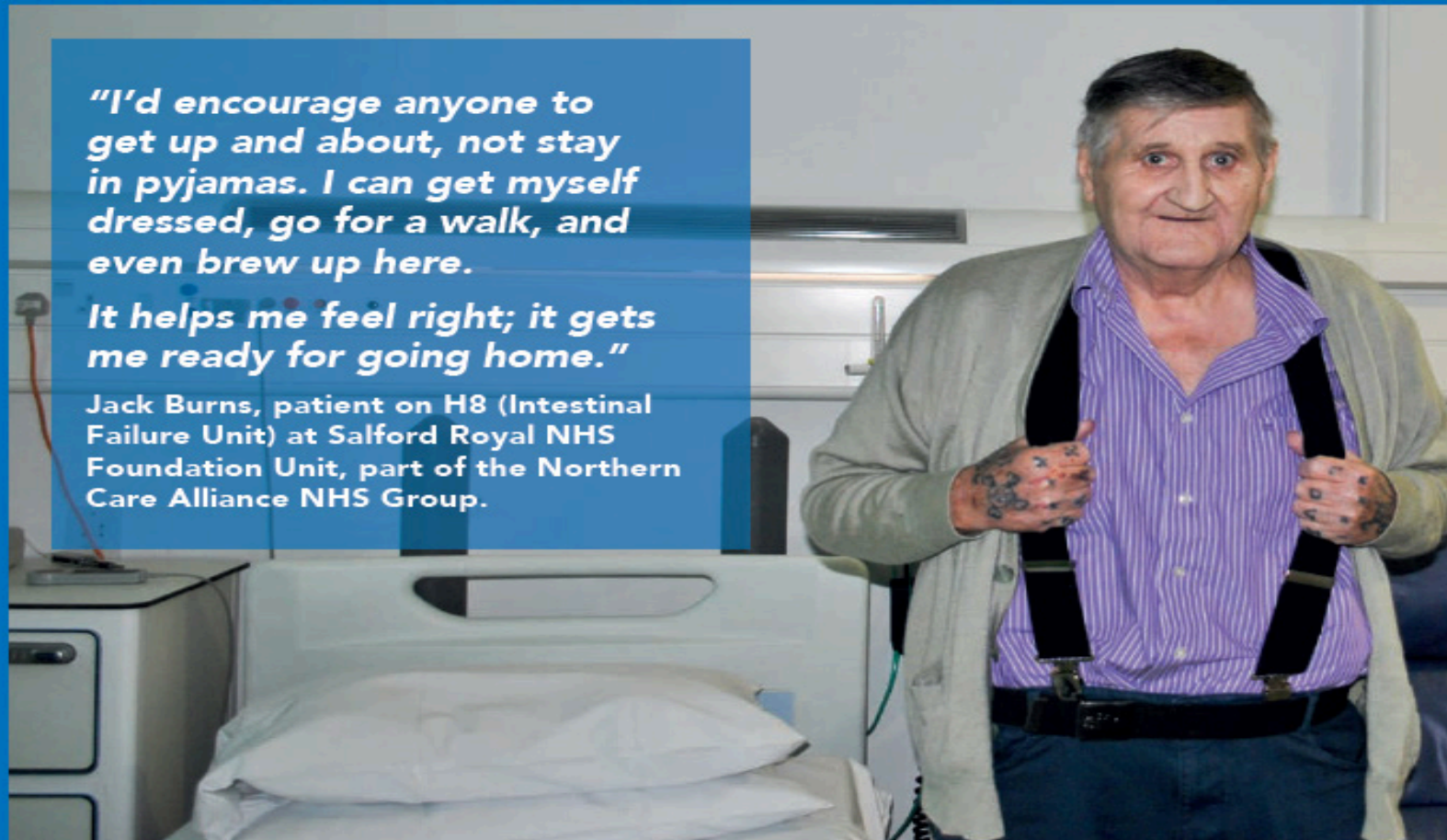
#EndPJP   paralysis



"I'd encourage anyone to get up and about, not stay in pyjamas. I can get myself dressed, go for a walk, and even brew up here.

It helps me feel right; it gets me ready for going home."

Jack Burns, patient on H8 (Intestinal Failure Unit) at Salford Royal NHS Foundation Unit, part of the Northern Care Alliance NHS Group.



Join the NHS 70-day, 1 million patient day, #EndPJparalysis Challenge

17 April 2018 – 26 June 2018

Fit2Sit

- #Fit2Sit is an arm of #EndPJparalysis started by Nottingham University Hospitals




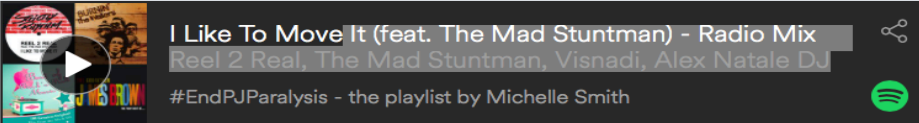
Does everyone in ED need to be on a trolley. Let's get patients sat in a chair if possible #EDfit2sit

#EndPTparalysis Anthems



#EndPjparalysis Anthems

 **Michelle** @ms215 · Jul 14
Ok @BrianwDolan the #endPjparalysis playlist is live - it's collaborative (obvs!) so people will be able to add:

 **I Like To Move It (feat. The Mad Stuntman) - Radio Mix**
Reel 2 Real, The Mad Stuntman, Visnadi, Alex Natale DJ
#EndPjParalysis - the playlist by Michelle Smith

1	I Like To Move It (feat. The Mad Stuntman) - Radio Mix Reel 2 Real, The Mad Stuntman, Visnadi, Alex Natale DJ	3:41
2	Walking Back to Happiness Helen Shapiro	2:27
3	Get Up Offa That Thing James Brown	4:09
4	Get Up, Stand Up The Wailers	3:19
5	Take Me Out Franz Ferdinand	3:57
6	Sunday Forgettable Okay(K)	5:07
7	Do Your Thing Basement Jaxx	4:19
8	Here It Goes Again OK Go	2:59
9	We Don't Have To Take Our Clothes Off Jermaine Stewart	4:53
10	Dressed For Success Roxette	4:09
11	Walk This Way Run-D.M.C., Aerosmith	5:09
12	You Can Leave Your Hat On Joe Cocker	4:12

#EndPjParalysis - the playlist
A playlist featuring Reel 2 Real, Helen Shapiro, James Brown, and oth...
spotify

#EndPjparalysis Anthems

Last
1000
Days

health
service 

Bohemian Rhapsody – the #EndPjparalysis Originator's Cut

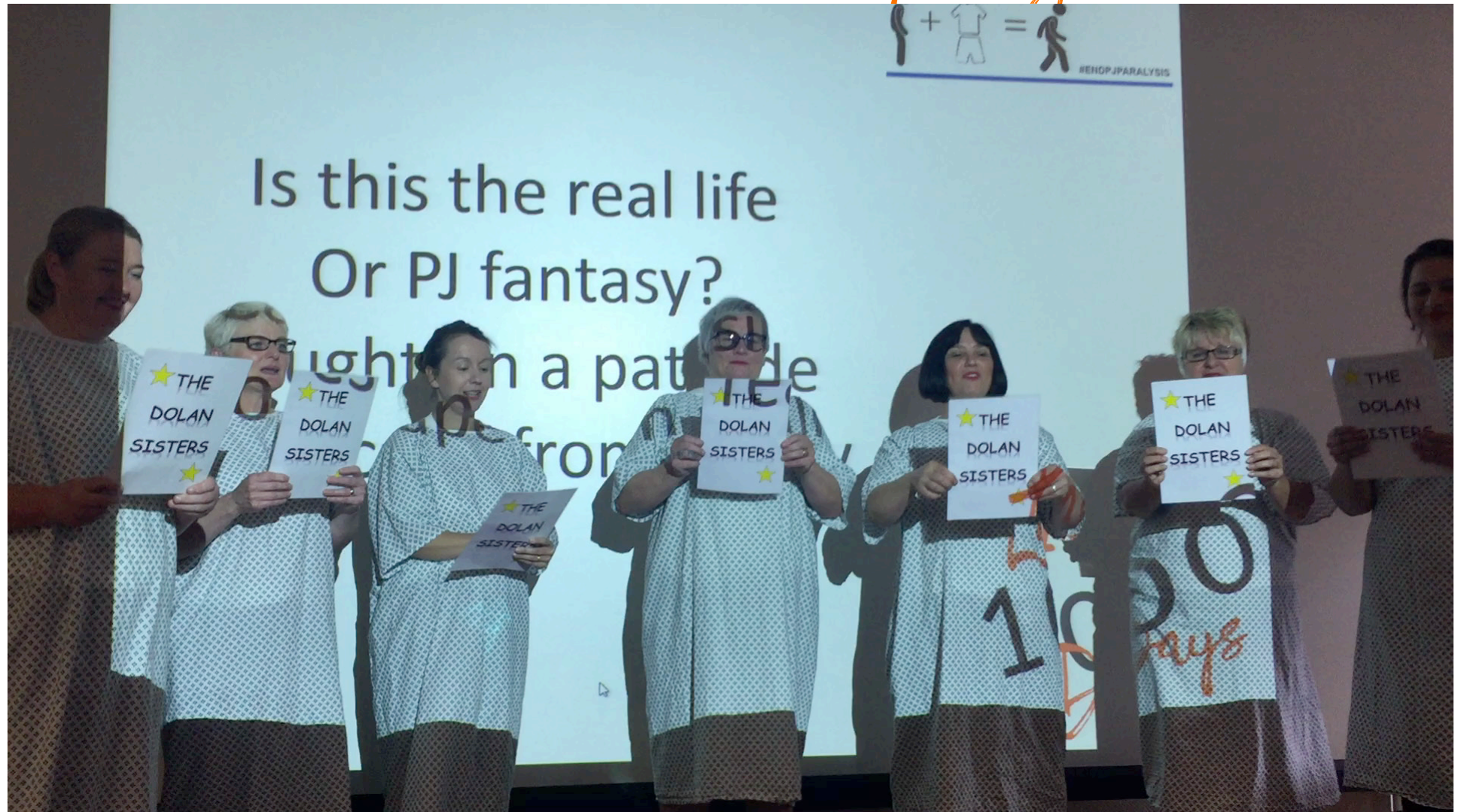
Is this the real life
Or PJ fantasy?
Caught on a Patslide
No escape from reality

Open your eyes
Loose up my gown ties and see,
I'm just a poor boy, I need some sympathy
Because it's easy come, not easy go
Bed bound, poor flow
#Red2Green the beds flow, it really, really matters, to me, to me

Pyjamas... just killed a man
Put some PJs on his bed,
Made him stay there now he's dead.
Mama, life had just begun, now I've gone and thrown PJs away
Mama, ooh...

Didn't mean to make you cry
If I'm not back from M&S tomorrow, carry on, carry on
Cos day clothes really matter.

#EndPTparalysis Bohemian Rhapsody



The Social Millionaires

- #EndPjparalysis and #last1000days are about creating social millionaires
- Each day we undertake a million acts of kindness to
 - Value patient time
 - Have no red days
 - Offer dignity, autonomy and humanity
 - Remind us why we came into healthcare

Why the last 1000 days
matters

"Far away, in the future, the thousand lives we could have lived are waiting for us to show up.

But once we get there, it's only going to be one of them."

(John Steinbeck, *The Grapes of Wrath*)



Dream Big



It is not the mountain we conquer, but ourselves

Sir Edmund Hillary KG, ONZ, KBE (1919-2008)

Thank you

Brian Dolan

@BrianwDolan

[Facebook/last1000days](https://www.facebook.com/last1000days)

www.last1000days.com

