



195 bed affiliated hospital located in the Hunter region, providing 320,000 outpatient services

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

#End PJ Paralysis

Launch of Let's end PJ paralysis Monday 30 April 2018

To launch the hospital's **#endPJparalysis** campaign we are calling on staff to wear their pyjamas to work on 30 April to encourage patients to discard nightwear in the day time to get them up, dressed and moving.



- You must wear clean pyjamas
- Pyjamas must be washed at 40°C and after shift
- You must be bare below the elbow
- Regular work shoes must be worn
- Please also bring your uniform to work in case required



- Pyjamas cannot be flimsy - no silk or satin
- Pyjamas must provide a barrier and protection
- Pyjamas must be appropriate for the work-place, not strappy, v-neck or short

Aim

Calvary Mater Newcastle would like to challenge this community perspective by encouraging patients to get dressed into their street clothes as early as possible and promote the benefits of staying active and independent in hospital.



Objectives

- By June 2018, 50% of admitted patients will have changed out of their pyjamas and be dressed in their own clothes each day

- By June 2018, there will be a reduction in the length of stay (LOS)

Dec-17	Jan-18	Feb-18	Mar-18	Apr-18
4.37	4.34	4.20	4.51	4.40

- By June 2018, patients and carers will have a 20% increased awareness of the risks associated with hospitalised patients remaining in pyjamas and on bedrest

	Teams members	Overview of responsibilities
Team 1	<ul style="list-style-type: none"> • Helen Ellis • Debra Astawa • Cheryl Cooley • April MacNeil • Marissa Ledin 	<ul style="list-style-type: none"> • Gather brochures / information • Development of resources for the career and the patient to inform what is PJ Paralysis.
Team 2	<ul style="list-style-type: none"> • Kim Kolmajer • Tracey Coates • Sandra McKendry • Linda Liversidge 	<ul style="list-style-type: none"> • Developing resources for nursing / staff • Guide to move patients in to street clothes and when it's appropriate. • Liaise with NUMs to recruit 2 champions for each ward • Access video clip from Helen • Sandra to work with ward champions
Team 3	<ul style="list-style-type: none"> • Louise Hamilton • Helen Easterbrook 	<ul style="list-style-type: none"> • Develop questions to gather staff and patient / family experience
Team 4	<ul style="list-style-type: none"> • Roslyn Everingham • Clinton Starrett • Sarah Scudds 	<ul style="list-style-type: none"> • Develop website on Calvary Connect via Employee resources page • Develop quantitative tool to monitor % patients in PJs each day • Develop collaborative space



Calvary

Mater Newcastle

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

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



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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



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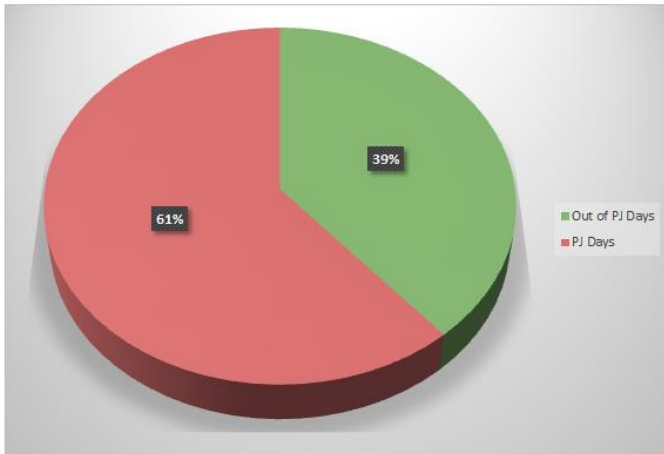
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Data

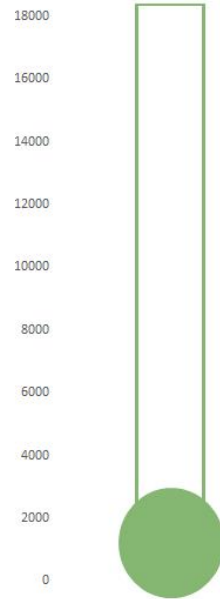
End PJ Paralysis

Overall Totals

Patient Bed Days 188
 Out of PJ Days 73
 PJ Days 115



Total Out of PJ Days	Target Out of PJ Days
73	18375



Ward	Gown	Pyjamas	Daytime Clothes	Patients in Beds
Ward 4A	0	0	0	0
Ward 4B	6	21	8	35
Ward 4C	10	14	3	27
Ward 5A	11	13	14	38
Ward 5B	6	11	30	47
Ward 5C	0	2	14	16
Ward CCU	1	7	3	11
Hospice	0	13	1	14
Totals	34	81	73	188



Calvary Mater pulls on PJs

CALVARY Mater Newcastle staff will come to work in their pyjamas on Monday, as part of a campaign to encourage patients who are medically able to get up, get dressed and get moving while in hospital.

Staff are wearing their nightwear to gain an understanding of how vulnerable and uncomfortable a patient can feel and highlight how bed rest can damage health and independence. Acting CEO Roz Everingham said wearing day clothes and early mobilisation can aid a person's recovery. "It is a common misconception that



UP AND GO: Calvary Mater staff are participating in the #endPJparalysis campaign, founded by Professor Brian Dolan. Bed rest can damage health and independence.

[pyjamas] is always best for recovery. For many patients wearing pyjamas reinforces feeling unwell and can lead to unintentional harm. For those patients who can get out of bed, our staff will help and support them to do so."



end PJ Paralysis