



End PJ paralysis

**Get up
Get dressed
Get moving**



Pyjamas say
you're unwell.

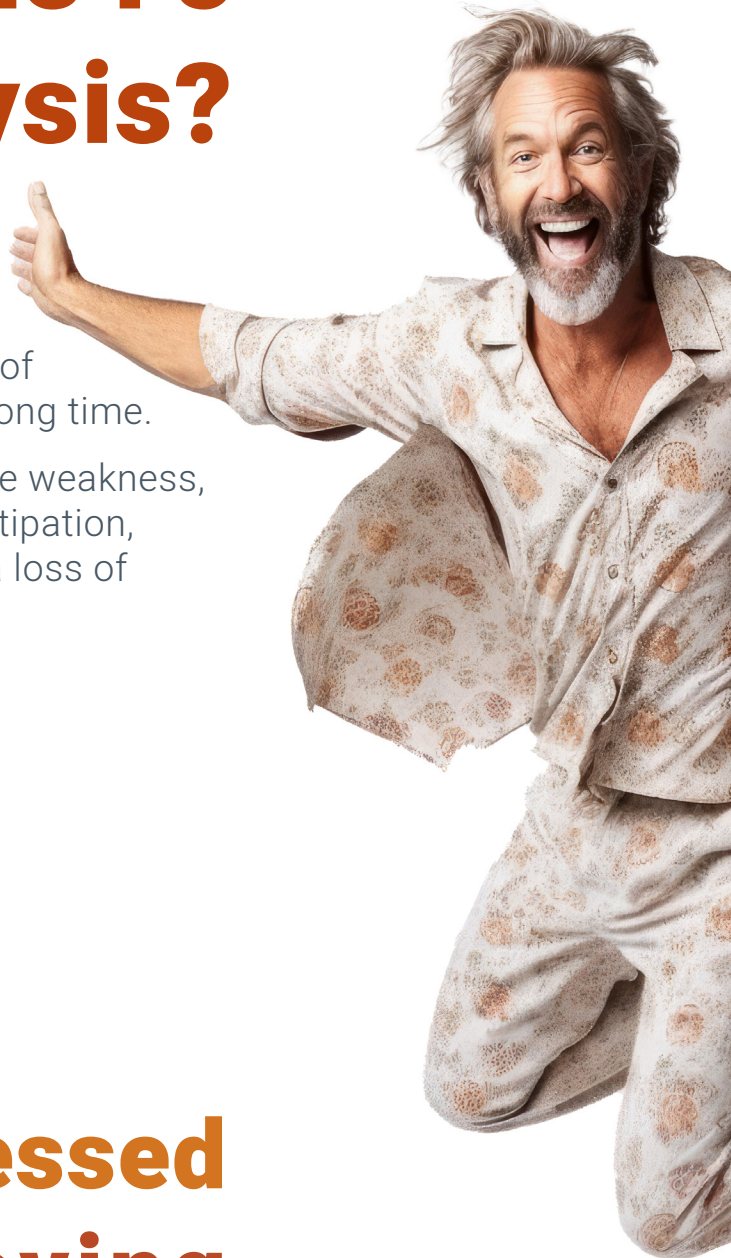
**Clothes
say you're
getting better!**



What is PJ paralysis?

PJ paralysis describes the unwanted effects of lying in bed for a long time.

The effects include weakness, muscle loss, constipation, malnutrition and a loss of self-confidence.



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Why end PJ paralysis?

Hospital inactivity is associated with:

●● A five times greater risk of needing institutional care on discharge.



A 48 percent increase in needing help with daily activities one month after discharge. ●●

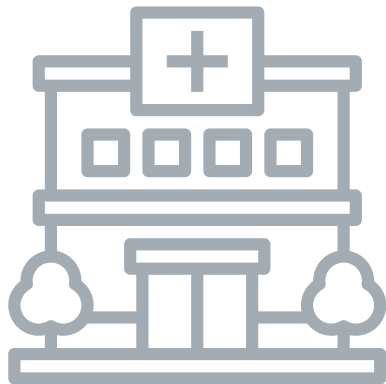


Did you know?



An adult loses 2-5 percent of their muscle mass in the first 24 hours of being in hospital

About 50 percent of adult inpatients experience decline in their functioning during their hospital stay



For people aged 80 and over, 10 days in a hospital bed equals 10 years of muscle aging.



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What can patients do to end PJ paralysis and speed up their recovery?

- Get dressed in your own day clothes, every day
- Eat meals sitting in a chair or on the edge of your bed
- Sit in a chair or go out of your room when you have visitors
- Do simple exercises on your bed or chair - ask your care team how
- Get moving out of your room within your capabilities - ask your care team to help you come up with a plan.



How can families and friends help?



- Bring clean, loose-fitting clothes with zippers, elastic waist bands and wide leg and arm openings, as well as well-fitting, comfortable shoes
- Bring mobility aids such as walkers and canes
- Take worn clothes home for cleaning
- Talk with your loved one and their care team about moving
- Be patient and continue to encourage your loved one to get moving.



#End PJ paralysis

Get up Get dressed Get moving



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