

P103

## P103 -The impact of weekly group activities on an acute renal in-patient ward: Ending Pyjama Paralysis

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### Background:

In April 2018 the Chief Nursing Officer for NHS England issued a 70-day challenge to get patients up, dressed and ready for home, this was the #endPJparalysis challenge. Many hospitals across NHS and throughout NUTH encouraged patients to get up and dressed with the intention of improving mobility, facilitating earlier discharge and achieving enhanced patient outcomes. A few days rest can cause rapid decline in muscle strength and aerobic capacity in patients with pre-existing comorbidities. For many, wearing pyjamas reinforces being unwell and can limit recovery. Studies show that three-in-five immobile, older patients in hospital had no medical reason that required bed rest. Studies demonstrate that doubling the amount of walking while in hospital reduces the length of stay. To facilitate this campaign on a specialist in-patient renal ward, the use of social interaction and groups was set up to encourage meaningful engagement activities to motivate the patients.

### Aims & Objectives:

#### Overall Aim

To capture the impact and attendance of a weekly social group set up on an acute renal specialist ward and demonstrate its impact on a patient's hospital stay, alongside their perceived quality of life and the care they are provided.

#### Additional Objectives

- Explore the effect a multidisciplinary approach to patient care and any changes to ward culture
- Establish if weekly group activities are sustainable and beneficial to renal in-patients
- Discuss potential impact of social groups on in-patient's length of stay

### Summary of Project:

A weekly social group had previously been set up on a specialist 30 bedded inpatient renal ward following the #endPJparalysis campaign. After approximately 6 months since its formation, 2 months of qualitative and statistical data was collected, including: patient attendance, patient feedback questionnaires and length of stay data. All in-patients were encouraged to attend each week and all ward staff were made aware of when weekly social meetings would be taking place. Please note, there were additional attendees that were not included in the overall findings including; past patients who were discharged and came back for social groups, family members and friends who were visiting, and outpatients awaiting transport.

### Potential Impact and Conclusion:

- The impact of weekly social groups has shown a significant role in improving patient experience and enhancing a holistic caring culture on the ward. This has positive impacts on both patients and staff.

- Weekly social groups are now deemed an essential part of the ward routine and the MDT will endeavour to sustain this within the inpatient setting.
- This study has highlighted that further research into psycho/physical/social issues of both in-patient and outpatient's groups affected by kidney disease is required. The research would lead to an alternative approach to this patient group who experience physical/social psychological difficulties. Thus, leading to improved overall patient care, quality of life and engagement in meaningful activities.
- Qualitative feedback has recognized that this patient population feel there is a need for the development of the multidisciplinary team to compliment the already established specialist renal service available.
- We hypothesise that this development should be related to social factors and potentially the use of social prescription and engagement using an MDT approach.