

Co-design and preliminary evaluation of a digital training resource to promote inpatient activity and reduce hospital-associated deconditioning.

Róisín Fallen-Bailey, Catherine Thomas, and Dr Lisa Robinson.

Email: dara-roisin.fallen-bailey@nhs.net

Therapy Services, The Newcastle Upon Tyne Hospitals NHS Foundation Trust.



The Newcastle upon Tyne Hospitals
NHS Foundation Trust

Introduction

Older adults are particularly vulnerable to hospital-acquired deconditioning: losing 5% muscle strength per day, largely due to physical inactivity. Reduced physical functioning following acute hospital admission is a growing concern, resulting in a large number of patients being discharged at a lower level of function, readmission within 30 days, falls and a rising demand for social care services.

Aim

1. Co-design a digital training resource to raise awareness of the benefits of adopting a coordinated multidisciplinary approach to promoting inpatient activity amongst newly-qualified nursing and therapy staff.
2. To evaluate the impact of this digital training resource amongst newly-qualified nursing and therapy staff attending the NUTH preceptorship programme.
3. To develop a sustainable local implementation plan for promoting inpatient activity that will inform future research and service development work.

Method

A Plan-Do-Study-Act (PDSA) design was utilised.

Plan

- Face-to-face co-design workshops with AHP's.

Do

- Themes identified in the workshops informed the content, duration, and style of the digital resource.

Study

- The digital training resource will be presented to newly qualified staff at the preceptorship programme.
- A mixed-method survey will be carried out prior to watching the animation.
- A follow up questionnaire will be sent out to participants 3 months after the preceptorship, to explore whether the digital resource is perceived to have prompted changes in clinical practice.

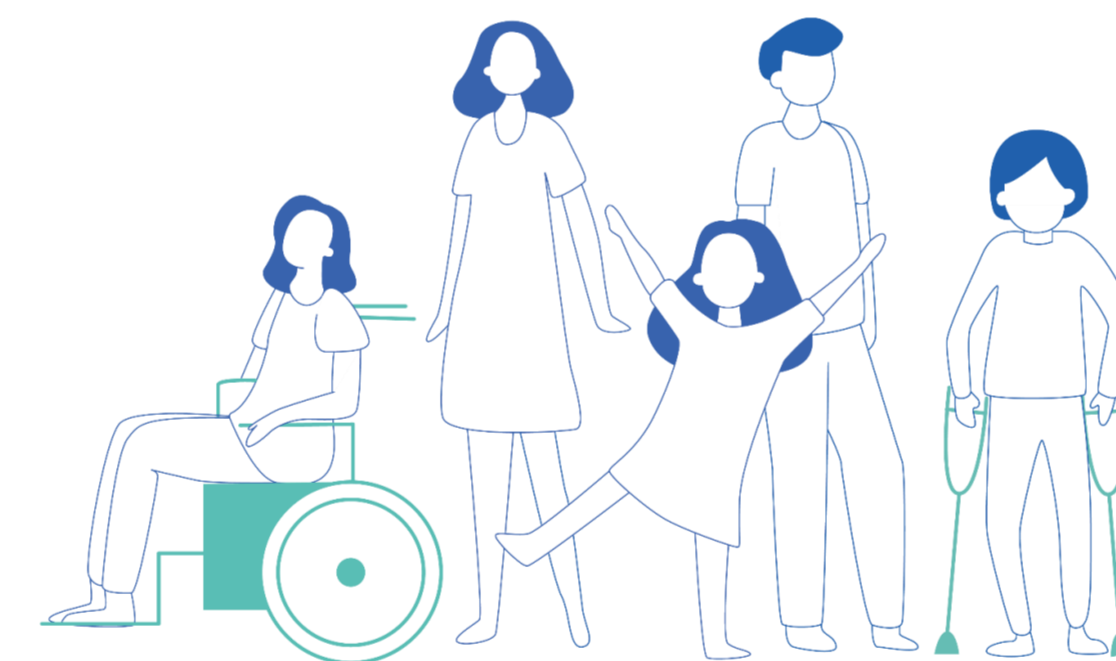
Act

- Practitioner feedback will be used to produce a sustainable local implementation plan for promoting inpatient activity that will inform future research and service development work.

Results

Co-design workshop suggestions:

- Animation/line drawing preferable to real life role play.
- Short educational video 3-5 minutes long.
- Statistics for the risks of inactivity while in hospital and the resulting impact of inactivity on patients & staff explained.
- Clear examples of how all professions can encourage & promote inpatient mobility.
- Practical suggestions that can be used when working in an acute setting.
- Weighing up the risk of falling against the risk of inactivity.
- Consider long term benefits of promoting movement.
- Suggested hashtags: [#MovementMatters](#), [#MakeEveryStepCount](#) and [#EveryMovementCounts](#).

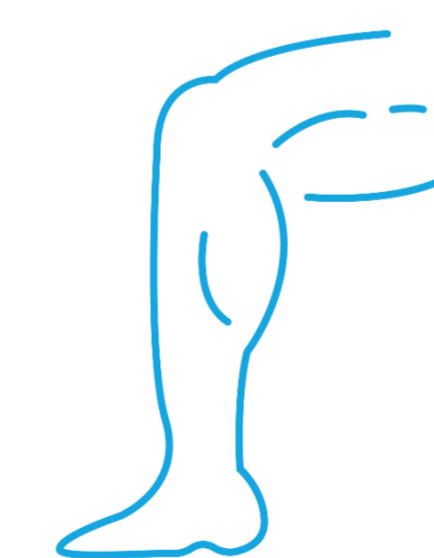


Why Moving Matters

10 days in hospital = 10 years physical ageing



↓ Aerobic capacity



↓ Leg strength

Discussion

Promoting awareness of the benefits of inpatient activity to newly-qualified nursing and therapy staff as part of the Newcastle Hospitals preceptorship programme may have the potential to influence clinical practice and support the sustainable culture change required to deliver the new service model for the 21st century set out in the NHS Long Term Plan.

Conclusion

- ❖ A digital training animation was co-designed based on workshop feedback.
- ❖ A proactive, practical approach was suggested by all professions in the co-design workshops.
- ❖ A unified rehabilitation strategy is welcomed by staff to prevent hospital acquired deconditioning, specifically with older patients.



Make Movement Count

Scan Code



To Watch
Now!

References

- National Audit Office (2016) *Discharging Older Patients from Hospital*. DOH. Available at: <https://www.nao.org.uk/wp-content/uploads/2015/12/Discharging-older-patients-from-hospital.pdf>
- deVos, A. et al (2012) Integrated approach to prevent functional decline in hospitalised elderly: the Prevention & Reactivation Care Program (PRCaP), *BMC Geriatrics*, Vol 12(7). Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3368750/>
- deMorton, N. et al (2007) *Exercise for acutely hospitalised older medical patients*, *Cochrane Library*. Available at: <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005955.pub2/epdf/abstract>
- Hanson, S. et al (2019) *Evidence Briefing: Hospital Associated Deconditioning*. Available at: https://ueaeprints.uea.ac.uk/id/eprint/71832/1/Evidence_Briefing_HADS_Approved_FINAL_version.pdf
- Institute for Healthcare Improvement (2020) *How to Improve*. Available at: <http://www.ihf.org/resources/Pages/HowtoImprove/default.aspx>