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**Active Wards Toolkit**

**Nottingham University Hospitals Trust**



*Active Hospitals is developed in partnership with the Office for Health Improvement & Disparities and Sport England*



**Overview.**

Physical Activity is good for all of us and any activity is better than none. Active Hospitals aims to change the culture of Acute Hospitals from places of rest and recuperation, to places of movement and recovery.  By opening up a dialogue between patient and health care professionals about physical activity (moving more and sitting less), we can improve health outcomes.

Physical Inactivity costs the NHS £1 billion a year and is responsible for 1 in 6 UK deaths (which is equivalent to smoking). One person dies of physical inactivity every 15 minutes. It is the fourth greatest cause of ill health in the UK.

People with long term health conditions are two times more likely to be inactive than the general population.

Hospitals, and illness, are associated with rest. However, moving more in hospital leads to better health outcomes. 

Hospital deconditioning has an impact on our patient's health, delaying discharge, and leading to higher levels of disability post-discharge. Physical activity within our hospitals can lead to shorter patients’ stays, and fewer complications.

The moving medicine website has a wealth of information and resources, and we recommend you familiarise yourself with their advice on having 1 minute, 5 minute, and more minutes conversations with patients.

[Homepage - Moving Medicine](https://movingmedicine.ac.uk/)

**Training**

Training your staff is an essential first step in becoming an “Active Ward”

**ESR modules**

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**Physical Activity Champions Training**

This one hour long session covers:

-﻿ Current International and National Physical Activity Data

-﻿ What is Physical Activity?

-﻿ Chief Medical Officers Guidance on Physical Activity

-﻿ Benefits of Physical Activity

- Supporting Patients with Long-Term Health Conditions to Increase Physical Activity

To book for your ward, look out for dates on Trust Briefings, or contact Jamie.johnson@nuh.nhs.uk or Jo.mcaulay@nuh.nhs.uk

**Keep Moving Sheet**

A training video to support staff and volunteers to use the Keep Moving sheet appropriately can be found on the Active Hospital intranet page here: [active hospitals](http://nuhnet/diagnostics_clinical_support/Pages/active-hospitals.aspx)

**Governance**

Ensure that any new work undertaken by the ward is risk assessed appropriately.

Risk Assessments and Standard Operating procedures to govern the use of the “Keep Moving” sheet by staff and volunteers have been produced to support this work. These will need to be amended to your clinical area, and can be obtained by request to jo.mcaulay@nuh.hus.uk.

**Nervecentre Assessment**

The Nervecentre assessment includes a “physical activity calculator” to assess patients’ levels of activity, and advice for staff on how to complete a “brief intervention” on physical activity with patients.

This assessment is in its pilot phase, please send feedback to jo.mcaulay@nuh.nhs.uk

Training on how to use the assessment can be provided on request from jo.mcaulay@nuh.nhs.uk

A quick reference guide to the assessment is available on the intranet:

[http://nuhnet/ict\_services/customer\_services/training/Nerve Centre EObs/Nervecentre Assessments/Nervecentre Physical Activity QRG.docx](http://nuhnet/ict_services/customer_services/training/Nerve%20Centre%20EObs/Nervecentre%20Assessments/Nervecentre%20Physical%20Activity%20QRG.docx)

**Resources: Information Board**

It is important to make physical activity promotion visible on the ward.

We recommend the following resources for an information board:

Posters from the Moving Medicine Website:

[Promotional Materials - Moving Medicine](https://movingmedicine.ac.uk/promotional-materials/)

Chief Medical Officer physical activity guidelines (infographics):

[Physical activity guidelines - GOV.UK (www.gov.uk)](https://www.gov.uk/government/collections/physical-activity-guidelines)

Benefits of physical activity infographic:

[Health-benefits.png (960×640) (blog.gov.uk)](https://ukhsa.blog.gov.uk/wp-content/uploads/sites/33/2016/07/Health-benefits.png)

**Resources: Keep Moving Sheet**

The “Keep Moving” sheet contains both information and advice on physical activity. It was co-produced by the PPG and the Active Hospitals project. Its print reference number is NUH05516N. We recommend printing 200 copies initially, and laminating 1 per bed space on your ward, plus 1 per volunteer supporting your ward. Please see the next page for advice on implementing the sheet on your ward.





**Implementing the “Keep Moving” sheet with patients.**

**Ward Staff**

The sheet has been developed to be used by ward staff, volunteers and patients. By supporting patients with the bed and chair exercises, ward staff can help to minimise the risks of our patients deconditioning. All staff should complete the training linked here [active hospitals](http://nuhnet/diagnostics_clinical_support/Pages/active-hospitals.aspx) before using the sheet with patients, and view the exercises described on the sheet via the QR codes beneath each description. Contraindications to the exercises are listed in the training above. If you are unsure about your patients’ safety in relation to the exercises, consult a Therapist, and or member of the medical team.

**Volunteers**

Volunteers are being identified by the Voluntary Team, the project team, and in some cases recruited from Sports and Exercise medicine and Physiotherapy courses. All volunteers will have received online and face to face training from the project team on how to safely use the “Keep Moving” sheet before they come to the ward.

To support them to safely do so, it is important to:

* Welcome volunteers when they arrive on the ward.
* Identify patients who have been deemed as safe to complete the “Keep Moving” sheet, with regard to the contraindications noted in the training above.
* Consider adding this decision to staff handovers to cover volunteers coming at different times of the day.
* Ensure that identified patients are medically stable at the point of volunteer contact.
* Advise volunteers who they can safely see.
* Ensure that volunteers are monitored by ward staff while they are engaged in exercises with patients.
* Get feedback on the session from volunteers and patients. Copies of suitable feedback forms can be obtained from jo.mcaulay@nuh.nhs.uk

**Measuring outcomes.**

Before you start, discuss how you will measure change with the QSIR team QSIR@nuh.nhs.uk

Consider relevant factors such as hospital acquired pressure sores, falls, green vs red days, length of stay.

Discuss other outcome measures with your therapy team e.g. grip strength measurement, timed up and go.

Request Nervecentre dashboards to measure number of physical activity conversations, advice, and signposting to ward opportunities to be active. Contact jo.mcaulay@nuh.nhs.uk for advice on creating a dashboard.

References- Further Information on Deconditioning

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