

Did you know that inactivity can quickly result in muscle loss? It also leads to emotional and mental decline.

Getting out of bed while you're in the hospital will help you get better faster. This will help keep your muscles strong and active when you leave. Together, we will make a safe activity plan that will help explain how to get out of your bed/chair and move as you are able. The goal is to regain and maintain your level of activity.



There are many benefits of getting out of bed while in the hospital:

- Decreased risk for constipation.
- Decreased risk for urinary infections.
- Decreased risk for delirium (confusion).
- Decreased time in the hospital.
- Decreased risk of pneumonia and blood clots.
- Prevents muscle loss and weakness.
- Improved sleep.

What you can expect from staff:

- We will work with you to create a safe activity plan.
- A colorful sign will be posted in the room and will let us know your activity level and help needed.
- We will check on you frequently, offer to reposition you in bed, make sure everything is within your reach, offer toileting and anything else you may need.
- If you are at risk for falling, we may stay with you in the bathroom.
- We may use a chair or bed alarm while you are with us. The alarm lets us know that you are getting up without help. This ensures a safe environment for you.
- If you are weak, we may have you use assistive devices to move safely.
- If you need assistance to move, we may use special hospital equipment to move you safely.



Some things you can do to keep moving:

Ask staff whether your specific activity plan includes:

- Sitting up in the chair for your meals.
- Sitting up in the chair when you have visitors.
- Walking around the room or unit, with assistance if needed.

How visitors can help loved ones:

- Ask nursing to assist the patient out of the bed or chair.
- Remind the patient to use the call light and wait for staff to respond.
- Keep the patient room free from clutter or as neat as possible.
- Keep things the patient needs within their reach.