10% card payments discount*
15% Group booking discount**

Getting Patients up, dressed and moving

Preventing Hospital Associated Deconditioning & Improving Patient Outcomes

Third National Conference

Wednesday 17 October 2018 The Studio Conference Centre, Birmingham

Photo Credit
Cambridge University Hospitals NHS Foundation Trust

Chair & Speakers Include:

Ciara Moore
Chief Operating Officer
The Queen Elizabeth Hospital
Kings Lynn NHS Foundation Trust

Dr Amit Arora
Consultant Geriatrician
University Hospital of North Midlands

Supporters Include:

Good Governance Institute

Society of Vascular Nurses SVN www.svn.org.uk

CPD CERTIFIED The CPD Certification Service

HEALTHCARE CONFERENCES UK HEALTHCARECONFERENCESUK.CO.UK

10% card payments discount*

15% Group booking discount**

Getting Patients up, dressed and moving

Preventing Hospital Associated Deconditioning & Improving Patient Outcomes

Third National Conference

Wednesday 17 October 2018 The Studio Conference Centre, Birmingham

As of today the 70 day challenge has mobilised 763,000* Patients in England

'Having patients in their day clothes while in hospital, rather than in pyjamas (PJs) or gowns, enhances dignity, autonomy and experience as well as, in many instances, shortening their length of stay. For patients over the age of 80, a week in bed can lead to 10 years of muscle ageing, 1.5 kg of muscle loss, and may lead to increased dependency and demotivation. Mobilising (moving) has been shown to reduce falls, improve patient experience and reduce length of stay by up to 1.5 days.'
#EndPJparalysis, 13th June 2018

This conference takes a case study focused approach to meeting the New National Ambition set by the Chief Nursing Officer to #EndPJParalysis, to deliver the national 70-day challenge – with an ambition to have a million patient days captured in just 70 days to getting patients up, dressed and moving. The conference will demonstrate how to improve practice through implementing learning from organisations that have successfully implemented #EndPJparalysis in practice, bringing the #last1000days and #Red2Green to life. Sessions will focus on changing culture and practice, data collection and monitoring, changing patient and carer expectations, preventing deconditioning, understanding the evidence and looking at the patient perspective.

"*We should all support #EndPJparalysis*" Jane Cumming, Chief Nursing Officer, NHS England

"*For many wearing pyjamas reinforces feeling unwell and can prevent a speedy recovery. One of the most valuable resources is a patients' time and getting people up and dressed is a vital step in ensuring that they do not spend any longer than is clinically necessary in hospital. I urge all those caring for our older patients to help end PJ Paralysis and get involved in the 70-day challenge and show the impact they can make.*" Prof Jane Cummings, Chief Nursing Officer, NHS England 5th March 2018

-*"Despite the hard work of caring staff, patients, particularly older people, get 'stuck' in hospitals, and the systems and silos inhealthcare conspire to make this worse."* Prof Brian Dolan, Last 1000 days, 2017

"Patients should wear their own clothes unless it's for reasons of clinical appropriateness rather than organisational culture… Patients' time is sacred and there needs to be no needless waiting, no needless harm, and no needless suffering."
Prof Brian Dolan 2017

***"Ensuring patients get into their own clothes not only helps them to recover more quickly and changes how they are vie wed by staff and the patient's family, it also has benefits for staff on the front line. It can help to build system capacity by improving patient flow, enabling more timely discharges, reducing the patient's length of stay, and enable more timely admissions for other patients…By getting patients into their own clothes and building their strength, as well as improving their mental outlook on the reason for their stay, it enhances the mental wellbeing of patients as they are encouraged to take greater responsibility for theirown health and become active participants in their personal health journey."* NHS England 2017**

Follow the conference on Twitter #endpjparalysis

*** www.endpjparalysis.com, 19 July 2018**

10.00 Chair's introduction

Ciara Moore
Chief Operating Officer The Queen Elizabeth Hospital Kings Lynn NHS Foundation Trust

10.10 Extended Opening Address: Bringing the #Last1000days and #Red2Green to life through #EndPJparalysis: getting patients up, dressed in their own clothes and moving

Ciara Moore
Chief Operating Officer
The Queen Elizabeth Hospital Kings Lynn NHS Foundation Trust

- last 1000 days, red to green and PJ paralysis explained
- the #endPJparalysis movement: our experience and why it started
- enabling patients to get into their own clothes to build system capacity by improving patient flow, enabling more timely discharges, reducing length of stay, and more timely admissions for other patients
- identifying when deconditioning leads to patient safety incidents
- the impact on patient experience, deconditioning and outcomes in practice

11.00 Learning from the 70 day challenge to end PJ paralysis for 1 Million people

Speaker to be advised

- working across organisations to #EndPJParalysis in 100 days
- data collection and monitoring
- the 70 day national challenge: learning from our regional challenge

11.30 Questions & answers, followed by coffee at 11.35

11.50 A Patient Perspective

Jonathon Hope MBE
Patient Leader

- how it feels to be a patient
- the little things that make a big difference
- meaningfully engaging and involving people
- patient leadership in action: my experience

12.20 Communicating #EndPJparalysis in practice to changing culture and practice in patients, carers and staff

David Thorpe
Deputy Chief Nurse
West Hertfordshire Hospitals NHS Trust

- where to start?
- how to we change staff culture and practice?
- how to we change patient expectations?
- developing information for patients and improving communication
- developing and communicating the message: #endpjparalysis
- how do we educate patients and carers to ensure patients have their own clothes to wear?
- changing culture and practice in West Herts

12.50 Questions & answers, followed by lunch at 13.00

14.00 Spreading good practice across an organisation

Speaker to be advised

- how it feels to be a patient
- using fun activities and games to encourage spread and healthy competition between wards
- how do we make getting up and moving interesting for patients: ensuring there is something for the patient to do and get involved in

14.30 Preventing deconditioning

Teri Loftus
Therapy Team Leader
Airedale NHS Foundation Trust

- helping patients to resume normal life as quickly as possible
- how to approach a project to prevent deconditioning
- improving nutrition and hydration
- can you replace beds with tables and chairs?

15.00 From 9 to 99 - getting patients of all ages up dressed and moving at UCLH

Tori North *Team Lead Occupational Therapist*
with Alice Nicholson *Occupational Therapist, Teenage Cancer Unit*
and Nina Holden *Team Lead Physiotherapist*
University College London Hospitals NHS Foundation Trust

- Rolling out an enhanced recovery programme in Thoracic surgery
- Using a Thoracic rehabilitation group to provide patients with self-management strategies
- Promoting End PJ Paralysis on a surgical ward
- Promoting exercise post-surgery
- Teenage Cancer unit- encouraging children and teenagers to get up dressed and moving
- using a breakfast club with children and teenagers to encourage participation in ADL's and social interaction

15.30 Questions & answers, followed by coffee at 15.40

16.00 Making people want to get out of bed - Tea, games and good company

Darryn Allcorn *Director of Nursing, Quality and Workforce*
with Tracey Jobling *Fortescue Ward Manager*
Northern Devon Healthcare NHS Trust

- Increasing activities that make people want to get out of bed
- The lunch club approach
- Making wards more fun at Northern Devon: the impact on patients

16.30 How active is my patient? auditing progress and practice

Dr Amit Arora
Consultant Geriatrician
University Hospital of North Midlands

- undertaking a baseline assessment
- clinical metrics and audit tools
- how active is my patient? Assessing and benchmarking progress
- What is the incidence including falls and pressure ulcers

17.00 Questions and answers, followed by close

10% card payments discount*

15% Group booking discount**

Getting Patients Up, Dressed & Moving

Wednesday 17 October 2018

The Studio Conference Centre, Birmingham

Download

How to book	Book online via credit card and receive a 10% discount*	www.healthcareconferencesuk.co.uk	Fax the booking form to 0208 181 6491	Post this form to Healthcare Conferences UK 8 Wilson Drive, Ottershaw, Surrey, KT16 0NT

> Your Details (please complete a new form for each delegate. Photocopies are acceptable)

Dr Mr Mrs Ms (Please Circle)

First Name

Surname

Job Title

Department

Organisation

Address

Postcode

Telephone

Fax

Email

Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box, ☐
Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

This form must be signed by the delegate or an authorised person before we can accept the booking
(By signing this form you are accepting the terms and conditions below)

Name

Signature

Date

> Payment

☐ **By Cheque** A cheque for _____ is enclosed

Please make Cheques Payable to: Healthcare Conferences UK Ltd.

☐ **By Invoice** Please send an invoice to

Name

Organisation

Address

Postcode

PURCHASE ORDER NUMBER
(If Applicable)

Please note if you are requesting an invoice many NHS organisations now require a Purchase Order Number to be provided. If you do not provide this number this may slow down the processing of this delegate place.

☐ **By B A C S**

For Payments in £: Sort Code 40-46-22 Account No. 21553690

- Please send your BACS remittance form as confirmation of payment
- Your BACS Reference

☐ **By credit card** Please debit my Visa/Mastercard/Switch

All sections must be completed

Cardholder's Name

Card No.

Valid From Expiry Date

Issue No. (switch only)

You will be contacted during the processing of your booking to confirm the payment card security code. (this is the last three digits of the number printed on the back of your card)

Signature

Card billing address

Promotional Code

Conference Documentation

☐ I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk**

Venue
The Studio Conference Centre, 7 Cannon St, Birmingham B2 5EP. A map of the venue will be sent with confirmation of your booking.

Date Wednesday 17 October 2018

Conference Fee

- ☐ £265 + VAT (£318.00) for NHS, Social care, private healthcare organisations and universities.
- ☐ £200 + VAT (£240.00) for voluntary sector / charities.
- ☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

***Credit card Discount**
10% discount when you book via credit or debit card. This offer is exclusive to card bookings and cannot be used in conjunction with any other Healthcare Conferences UK offer.

****Group Rates**
A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

Terms & Conditions
A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

Data Protection
This booking represents a contract between Healthcare Conferences UK and yourself as a delegate at this event.

Accommodation
On confirmation of your booking you will receive information for booking accommodation should you require it.

Confirmation of Booking
All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

Exhibition
If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

Credits
CPD Certified. Recognised by the Good Governance Institute. Conference Producer is a member of the British Association for Professional Conference Organisers.

The information provided will be held on the Healthcare Conference UK's database and may be used to update you with details of other events that we organise. If you DO NOT wish to receive this information, please tick this box ☐
Data Protection - This booking represents a contract between Healthcare Conferences UK and yourself as a delegate at this event

We occasionally release your details to companies sponsoring or exhibiting at our events. If you DO NOT wish to receive information from these companies, please tick this box ☐

Healthcare Conferences UK reserve the right to make changes to speakers and programmes without prior notice.
©Healthcare Conferences UK Ltd 2018