

Keep moving – Being active while in the hospital



You will feel better if you move. Every little bit of activity helps.

The health care team will help you do as much activity at a level that is right for you.

This is called our “Early Mobilization Strategy”.

Why is doing physical activity as early as possible important for me?

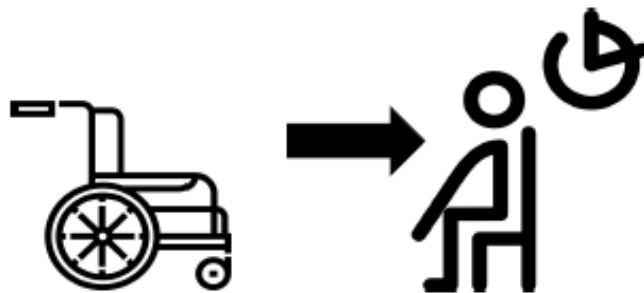
Early and ongoing physical activity (mobility) while you are in the hospital has been shown to:

- shorten your hospital stay
- treat and prevent acute confusion or delirium
- preserve physical ability to prevent another hospital admission
- improve your mood

What is involved in this strategy?

1. When you are admitted.

Our doctors will ask you and your family about your activity level at home. Our team, together with you, will come up with a plan to help you to be active in the hospital.



2. Transport.

During transfer within the hospital, we will use a wheelchair if possible.

This will help build up your strength and ability to sit up in a chair.



3. Focused assessment.

When you arrive on the unit, our nurses will also ask about your level of activity. They will regularly assess you to see if there have been changes. You may also see a physiotherapist or occupational therapist.

4. Signs at the bedside.

We will put up signs at your bedside to indicate what you can do at that moment.



5. Key activities.

We will encourage you to sit up for meals as much as you can. We will also make sure that you can move freely and easily by having fewer devices and lines attached to you.



How can family members and friends help?

Work together with you and staff to develop a plan to be active, called a “mobility plan”.

Assist and encourage you to do physical activities.

Listen to your needs and concerns.

Keep you moving in the hospital and at home.



Ask us about our patient education materials on exercise and activity

- Activity and exercise for your heart
- Exercise and activity for Type 2 Diabetes
- Prevent a fall, protect your health

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