

The Effects of **BED REST** ON OLDER PEOPLE

Dizziness / Fainting

Postural Hypotension (drop in blood pressure on standing) noted after as little as **20 hours** bed rest

Loss of 'self'

Prolonged bed rest can lead to patients losing self-esteem and confidence.

Reduced Muscle Strength

A muscle at complete rest loses **5%** muscle strength **every day**

3 weeks in bed reduces fitness = **30 years** of aging

on-going muscle weakness **3-5 years** after discharge

Increased pressure on heart

Long periods of bed rest leads to a gradual shift of fluids from legs to abdomen, thorax and head. This increases blood flow to, and pressure on the heart.

Delirium

Sensory deprivation (no glasses or hearing aid) can lead to **confusion & delirium**

Fragile Skin

The only areas of the body where skin is designed to weight bear are the soles of the feet.

However, during bed rest, a large surface area of skin bears weight.

70% of older patients can acquire pressure ulcers within **2 weeks** of admission to hospital.

Thinning bones

Bone mass in acutely ill elderly decreases at **50 times** the normal rate

Institutionalisation

5 times more likely to be admitted to a **care home** on discharge

Sources:

Hazards of Hospitalization of the Elderly: Morton C. Creditor MD; American College of Physicians 1993
<https://www.ncbi.nlm.nih.gov/pubmed/8417639>
 The Effects of bed rest Parts 1-3: Nursing Times June 2009, www.nursingtimes.net



We are encouraging our patients to move more, more often.

It has been proven that physical activity facilitates quicker discharge home, improves mood and promotes independence.

Our team would encourage visitors to be involved with their relatives' rehab.

If safe to do so please get involved in activities during visiting time.

Please speak to a member of staff for more information.

Activity ideas include:

- Standing from the chair
- Physio prescribed exercises
- Pick a stick
- CAPA activity cards
- Walking
- "Canteen for a cuppa"
- Exercises your relative enjoys
- Encourage to be as independent as they can be

Thank you!

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