

Please ask your health care team if you have any questions:

Questions and notes:

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Insert Hospital Information



# KEEP MOVING

## Myths & Facts about Being Active in the Hospital



## Myths

- ✗ Patients should stay in bed, because they will get better faster if they rest.
- ✗ It is not safe for patients to get out of bed.
- ✗ Patients are not supposed to do their own personal care, such as washing or dressing.

These mistaken beliefs often lead patients to lose the ability to do things they want to do, and to have difficulty coping when they go home.

## Facts

- ✓ Research shows that bed rest is not a good way to recover from many different conditions and may actually make recovery time longer.
- ✓ Staying in bed and not moving can lead to problems with breathing, skin breakdown (bed sores), muscle loss, weakness, tiredness and confusion
- ✓ Although there can be risks to moving around, staying in bed can actually be more risky to overall health and well-being. There are many things that can be done to avoid falls and stay safe while moving around in the hospital.
- ✓ If you don't use it, you lose it! People who stay in bed are at risk of losing their ability to move around and do their own personal care, such as washing and dressing.

## Benefits of Staying Active in the Hospital

- Better breathing
- Better able to fight infections
- Better appetite
- Better sleep
- Better mood
- Better able to manage at home
- Less skin breakdown (bed sores)
- Less weakness and fatigue
- Less dizziness
- Less falls
- Less pain
- Less confusion

## How to stay Active While in Hospital

Every little bit of activity can help to keep you healthy. If you are not sure what you are safe to do, ask a member of your healthcare team.

Continue to perform tasks that you were able to do at home, such as dressing or walking to the washroom. Ask someone to bring your clothes, shoes, grooming supplies and gait aids.

1. Sit up for all of your meals, either in a chair or at the edge of the bed.
2. Sit up in a chair when you have visitors.
3. Walk around the unit, either alone or with help
4. Do bed exercises on your own throughout the day.