

Facts

- Research shows that bed rest is not a good way to recover from many health conditions and may make recovery time longer.
- Staying in bed and not moving can lead to problems with breathing, skin problems such as pressure ulcers, muscle loss, weakness, tiredness and confusion.
- Although there can be risks to moving around, staying in bed can be more risky to overall health and well-being. There are many things you can do to avoid a fall and stay safe while moving around in the hospital.
- If you do not use it, you will lose it! When you stay in bed you are at risk of losing your ability to move around and do your own personal care such as washing yourself and dressing.

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Keep Moving in the Hospital

Facts about being active
in the hospital



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Myths

- It is better to stay in bed so you will get better faster by resting.
- It is not safe for you to get out of bed.
- You are not supposed to do your own personal care such as washing or dressing.

Most of the time, these statements are not true. You can have more problems when you go home when you do not do things for yourself in the hospital.



Benefits of staying active in the hospital

- Less skin problems such as pressure ulcers
- Less weakness and fatigue
- Less dizziness
- Less falls
- Less pain
- Less confusion
- Better breathing
- Better able to fight infections
- Better appetite
- Better sleep
- Better mood

How to stay active while in the 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 health care team.

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

- Sit for all of your meals. Sit in a chair or at the edge of the bed.
- Sit in a chair when you have visitors or go for a walk.
- Walk around the unit alone or with help when advised by your health care team.

