Pyjama Paralysis...the problems it creates

"Should New Zealand health care workers be using stronger encouragement to get patients over the age of 65 to get dressed out of their pyjamas and becoming more mobile? However, once its deemed as safe to do so according to the health status and conditioning of the patient."

Introduction:

Pyjama (PJ) paralysis is an underlying issue identified in hospital wards worldwide, specifically within New Zealand. PJ paralysis is the idea that patients are stuck in their hospital gowns or hospital pyjama's, remaining in their bed for the majority of their stay, leading to immobility. Prolonged mobility can cause serious harm and issues for patients, especially adults aged 65 and over who are at more of a risk given their age (Oliver, 2017).

My aim to end PJ paralysis involves giving the patients the support they need to get up, get dressed into their own clothing and to become mobile in order to prevent any form of deconditioning.

Evidence:

Patient dignity-Dressing patients in their own clothing provides a sense of normality, independence, self-respect as well as providing a sense of dignity for the patient, especially when they're being visited by someone ("Campaign to end PJ paralysis' launched," 2017). A significant proportion of the patients who remain in hospital for days or weeks are mobile and independent, benefiting from the independence brought by wearing their own clothing during the day (Wilson, 2006).

Musculoskeletal effects on muscle-According to Oliver (2017), there is a rapid decline in muscle strength, aerobic capacity and mobility when older adults are bedbound for as little as two days. 3-5 weeks of prolonged immobilisation, reduces the normal muscle strength by nearly half the amount. On average, elderly patients who are on bed rest lose 2-5% each day, of their muscle strength (Gillis & MacDonald, 2005).

Musculoskeletal effects on bone-Prolonged bed rest decreases bone mass, giving the individual a higher risk for developing osteoporosis. Bone responds to exercise in a positive way, by becoming stronger. The amount of mineral content within the bone tissue is significantly reduced for an individual experiencing prolonged periods of bed rest, leading to decreased bone density and strength (Nigam, Knight & Jones. 2009).

Recommendations:

- Creating the fall prevention system on patient admission as well as utilising the systems already in place in order to promote safety and reduce and monitor preventable harm that occur from falls.

- If the patient is able to wear their own comfortable clothing, depending on their condition, family members of that patient should be encouraged to bring in and wash the patients clothing for them.

References:

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Implications:

- Nurses lacking the sufficient time for regular mobilisation.
- Own clothing brings implications for doctors on physical examination, laundering, disinfecting purposes and hygiene reasons.

Conclusion:

Health care workers should be encouraging patients over the age of 65 to get dressed and become more mobile. This should be encouraged due to the ongoing research completed in which suggests the close link between extensive bed rest and the adverse effects on mobility.

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PECOT Category:	Information relating to question	Explanation
Population	Older adults in New Zealand over the age of 65.	Elderly are at a higher risk of functional decline during extended periods of physical inactivity, due to the loss of lean tissue in comparison to younger individuals (English & Paddon-Jones, 2010). I have chosen over the age of 65, because that is the common age I found most of the literature on to support my identified topic. Furthermore, 65 and over has been the identified age range in which there appears to be a significant increase in the population (Papa, Dong & Hassan, 2017).
Exposure (Intervention)	Older adults being encouraged to get dressed out of their pyjama's in the morning and mobilise around the ward as much as possible.	I am interested to investigate whether getting up and out of their pyjama's as soon as possible, will minimise further mobility issues experienced within the older adults.
Comparison/ Control	Does being on bedrest for longer periods of time really have a significant impact to the effect on one's body and the time it takes to regain their independence.	I am further intrigued to see if this does have an effect on the older adult's body and their mobility issues.
Outcome	The outcome evidence will support the reasons why it's important to get dressed and mobilise as soon as it is identified as safe to do so for the	Evidence proves that there is a significant connection between extensive bed rest and mobility issues within the older adult.
Time	N/A	The time to encourage getting a patient dressed and out of bed depends on the patient's health status and reason for hospital admission. Some patients will be deemed fit enough to get up and mobilise before others, depending on their condition and reason for hospitalisation.

Schneider, Whitehead, LoBiondo-Wood, & Haber, 2013, p. 44).

Summary:

Pyjama paralysis is an underlying issue identified in hospital wards worldwide, specifically within New Zealand. I believe this information needed to be portrayed in a way that would effectively build awareness of this issue. A poster is an effective way to do so, as it is a simple way to catch the eyes of the audience and can be displayed anywhere, enabling more individuals to view it easily. A poster helps to engage colleagues in conversation as it expresses the main ideas with the use of visual displays and supporting text, in order for the audience to be well informed as well as form a conclusion from what is being presented (Hess, Tosney, & Liegel, 2009). I chose to present the information in a poster form, because given my target audience being nurses, other health professionals, patients and their family members, displaying the information in a hospital where it is going to be seen by this target audience on a regular basis was an important factor. I believed a poster was the right choice as it could be hung up in the hospital wards or in their common thoroughfare.

References

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