

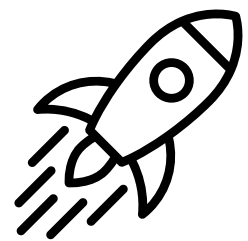
‘Up and Out October’: A Campaign to increase activity levels in Acute Stroke Patients

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Introduction

- The 2023 NICE guidelines recommend a total of 6 hours prescribed activity per day.
- This presents challenges to the workforce to meet these increased dosage requirements.
- **‘Up and Out October’ (U&OO) was designed to increase activity levels for patients on the acute stroke wards and improve the ethos among the multidisciplinary team.**

Methods



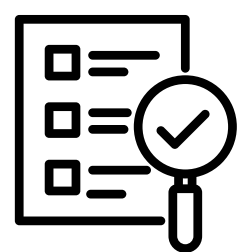
- ‘Up and Out October’ launched
 - Week 1: Get Up
 - Week 2: Get Dressed
 - Week 3: Get Moving
 - Week 4: Get Active

The campaign involved:

- **Patient-led exercise** areas
- Created patient **wardrobes**
- Established use of **Stroke Passports**
- Utilised ward **activity co-ordinators** (Ac-Co)
- Organised exercise and activity **groups**
- **Up and Out Games**



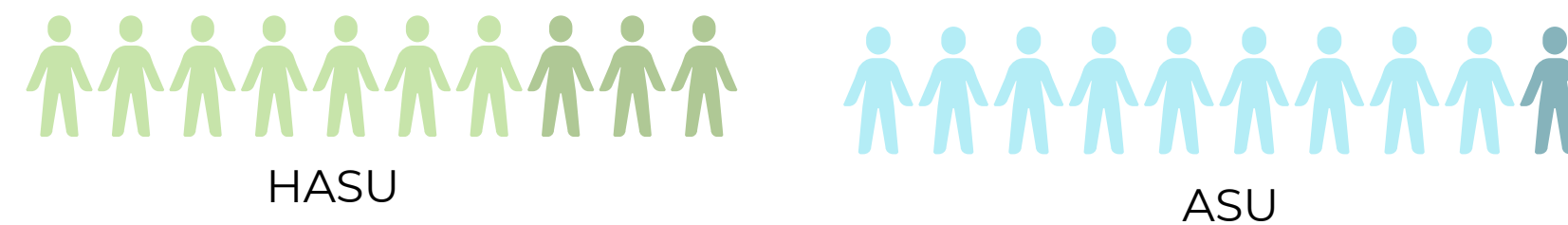
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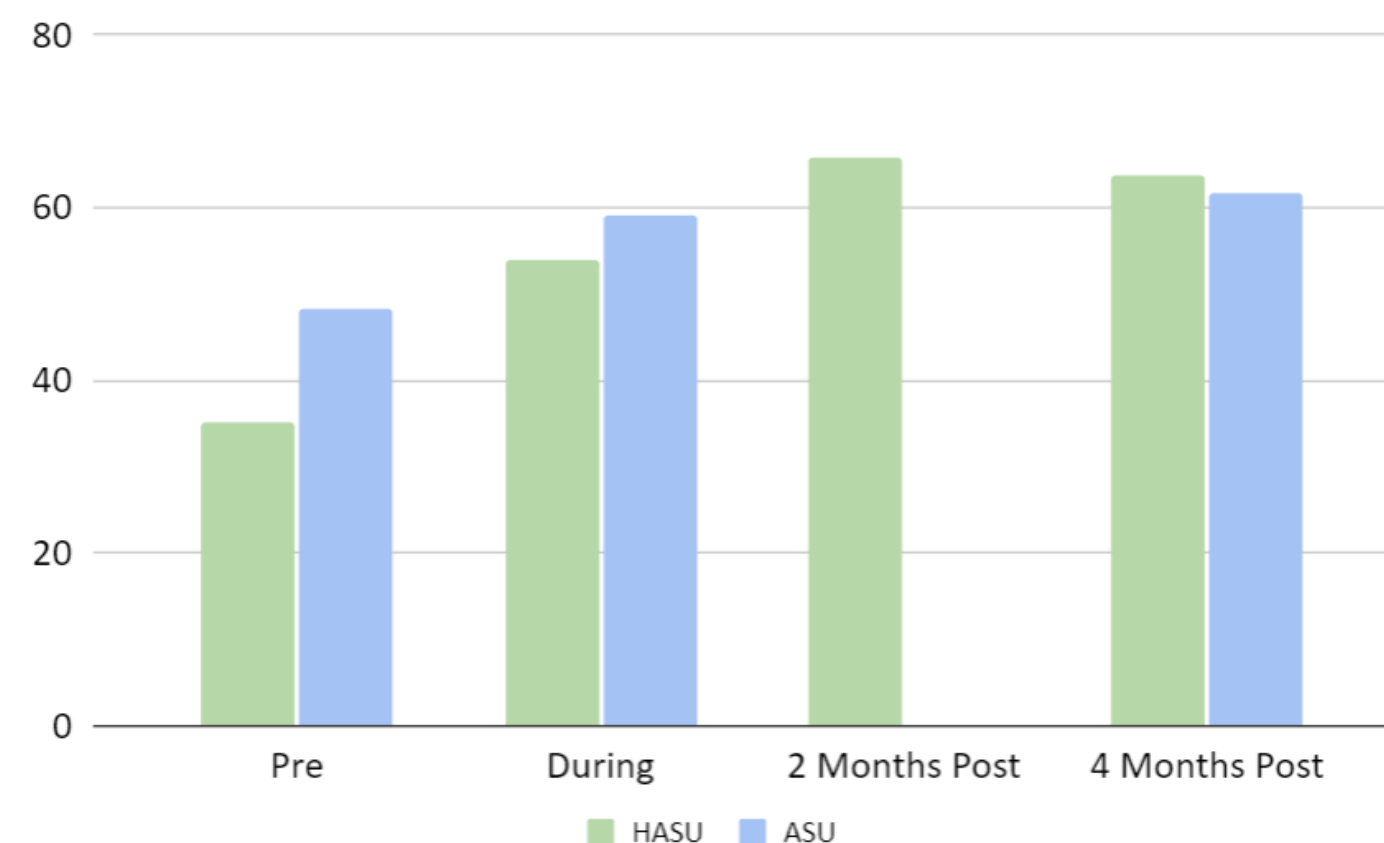
- Audit on the hyperacute (HASU) and acute stroke unit (ASU). Completed 1-month prior, during, 2 and 4 months post. Data analysed.

Results

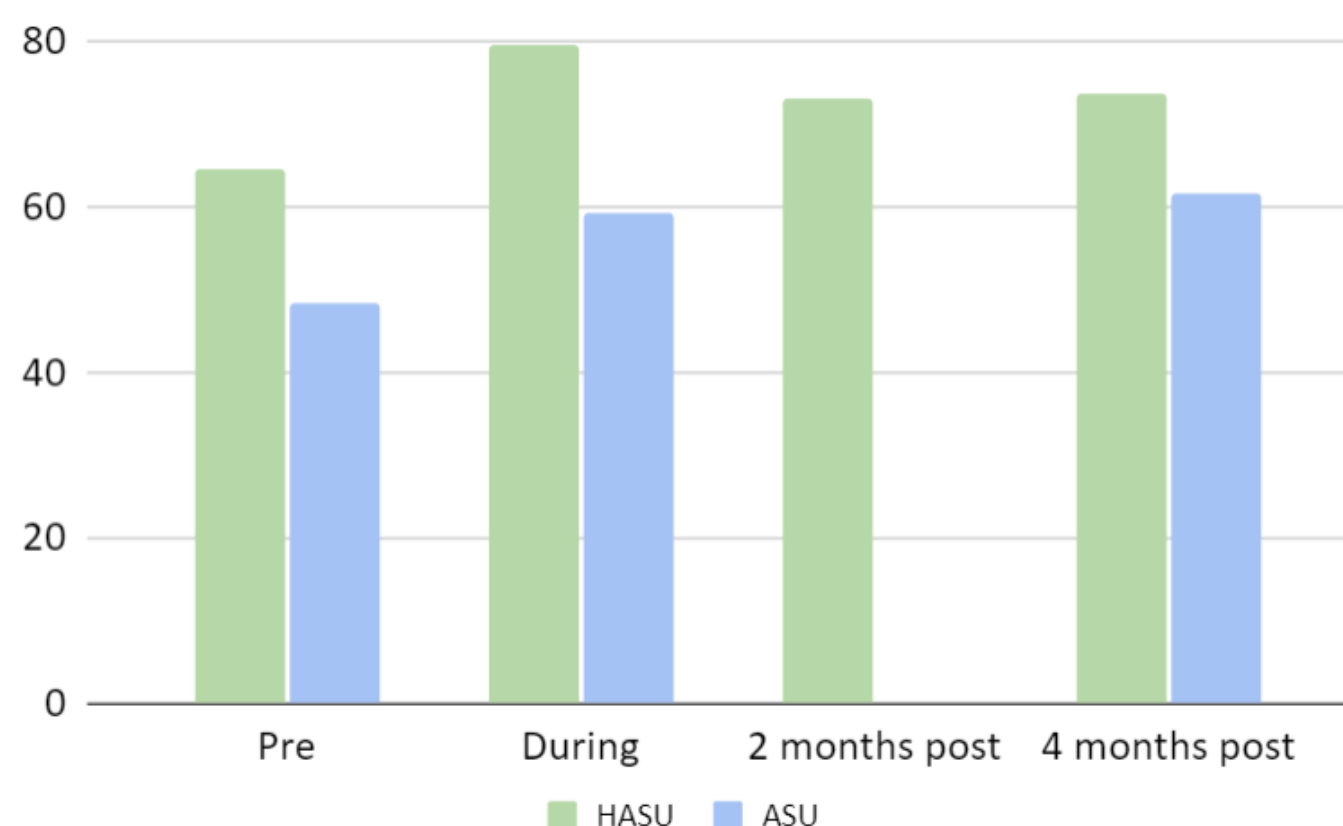
Average % of appropriate patients (across audits)



Average % of patients out of bed



Average % of patients dressed in their own clothes



Outcomes

- Patient's more engaged in regular activity outside of therapy sessions
- All staff engaged in increasing activity
- Increased family involvement with patient exercise and groups
- **Changes maintained:**
 - Established patient wardrobes
 - Established workout wall
 - Continued social dining
 - Bite-sized ward based training
 - Therapy HCA induction training day
 - Resource pack for U&OO

Limitations and considerations

- Driver for activity biased towards therapies
- Timing clashed with window replacement and staffing changes
- Missing data
- Potential researcher bias (pre and post audit)
- Variance in appropriate patients

Conclusion

- U&OO is a successful campaign and resource to equip and encourage patient activity in Acute Stroke.
- Further work is required to embed the changes and encourage all the MDT to increase patient activity.
- Future actions include repeating U&OO, use of volunteers and Ac-Co for directed exercise, more patient and carer feedback.