



Royal Berkshire
NHS Foundation Trust

Getting back to normal

Finding rehabilitation in
everyday tasks while in
hospital

*Information for patients,
relatives, friends and carers*

Keeping active while in hospital will help you recover and will increase your stamina, strength and balance. It can also help you regain your confidence after an illness or fall. This leaflet gives you some tips on how to take an active part in your rehabilitation and will help to reduce the risk of falls, blood clots, infections and/or pressure ulcers.



Wash in the bathroom if you are able (if not, by the bed). If you would like a shower, ask a nurse to help you.
Brush your teeth at least twice a day.



Dress yourself in comfortable day clothes (or ask for help if you need it).
Wear supportive shoes.
Ask your relatives, friends or carers to bring in your own clothes.



Get out of bed to sit and eat breakfast.
Try to eat something every mealtime, even if you don't feel like it. **Ask for help if you need it.** Ask if you fancy something that's not on the menu. **Drink plenty** throughout the day (unless the staff tell you not to).



Walk as much as possible (this may be with staff initially). Walk to the dining table for meals if you can (or sit in your chair). It is also a chance to talk to others. **Have a rest** on the bed after lunch if you need to.



During visiting time your family and friends can help you with any exercises you have been given. Ask them to bring in something to occupy you while you are in hospital. If you are able, go for a walk with your visitors or we can lend you a wheelchair if you have difficulty walking.



Walk to the toilet if you are able. This will help improve your strength and balance.



At teatime get out of your chair (or off your bed if you went for a rest) and eat tea at the table.



Get ready for bed – choose your night clothes and get yourself ready for bed. **Walk to the bathroom** and use the toilet and brush your teeth. The more walking practice the better!



If you are in pain, ask a nurse for pain relief. Effective pain relief and sleep can help you get better and return home quicker.



At night if you need the toilet, the nurses will encourage you to get out of bed to use a commode or walk to the toilet. This will help you get used to managing once you get home.



24 hours of rehabilitation:

Rehabilitation is about everyone involved in your care, including your family and friends, helping you to become stronger, more confident and more independent.

Not every patient needs help from specialist therapists (physios and OTs) but if you do, it is only a small part of the rehabilitation you will receive.

Nurses and health care assistants will work with you, using daily activities to help you get better, stronger and safer.

Please ask any member of staff if you have any questions or concerns.

Based on a leaflet by Royal Cornwall Hospitals NHS Trust

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