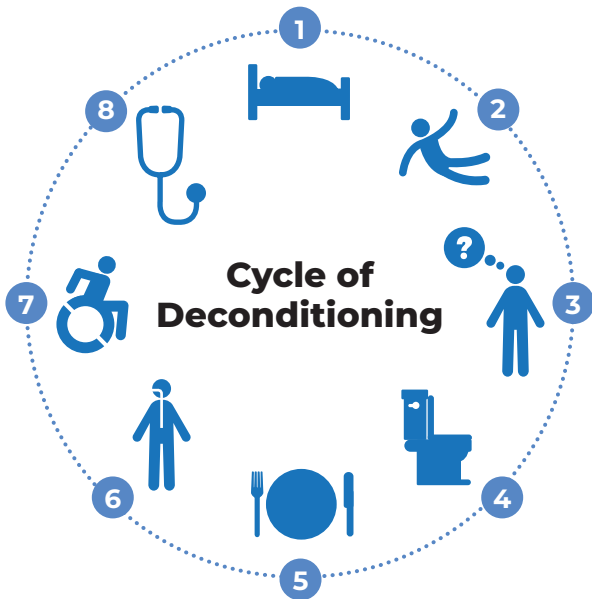


## Cycle of deconditioning

- 1 Prolonged bed rest
- 2 Increased risk of falls due to muscle weakness
- 3 Increased confusion or disorientation
- 4 Constipation and incontinence
- 5 Decreased appetite, poor digestion
- 6 Increased risk of swallowing problems
- 7 Further immobility
- 8 Increased risk of infection and further decline



## Promoting Excellence in Seniors' Care

At Peterborough Regional Health Centre we promote excellence in seniors' care by meeting the diverse needs of the older adult patients we serve.

We value patients' time and want to help more people to live their lives to the fullest by reducing immobility, muscle deconditioning, and dependency at the same time as protecting cognitive function, social interaction and dignity.

Among other Seniors' Care initiatives over the past several years, we have opened a Geriatric Assessment Intervention Network (GAIN) Clinic, a Geriatric Assessment and Treatment Unit (GATU), and a Geriatric Assessment and Behavioural Unit (GABU) at PRHC. The Hospital Elder Life Program (HELP) with the Assess & Restore initiative will support PRHC in improving the care and service we provide for older patients and their caregivers.

Please ask the team looking after you if you have any further questions.

Peterborough Regional Health Centre  
One Hospital Drive,  
Peterborough, ON K9J 7C6  
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PETERBOROUGH  
REGIONAL HEALTH CENTRE

## End Pyjama (PJ) Paralysis

Get up, get dressed  
and get moving!



**PRHC**  
Peterborough Regional  
Health Centre

One team, here when you need us most.

[www.prhc.on.ca](http://www.prhc.on.ca)



## What is pyjama (PJ) paralysis?

PJ paralysis describes the unwanted effects of laying in bed for a long time. The effects include weakness, muscle loss, constipation and malnutrition.

Having to stay on bed rest because of an accident, illness or treatment can have an effect on your entire body. If you are elderly, this effect can be greater.

For example, for patients over the age of 80:

- Ten days in bed can age muscles by 10 years
- One week of bed rest can result in 10% muscle loss

This loss of strength could make the difference between staying independent or needing more help with your daily living. It is very important to prevent excess loss of strength and start moving as soon as possible.

## What are the benefits of wearing my own clothes and walking around?

What you wear affects how you feel about yourself. If you get dressed in your own clothes, you are more likely to walk around, feel more confident and restore your sense of self.

If you get up, get dressed and walk you may have less risk of:

- Infection
- Losing mobility and agility
- Loss of fitness and strength

and you are more likely to go home sooner.

## Prevent PJ paralysis

- Get dressed in your own clothes
- Eat meals sitting in a chair or on the edge of your bed
- Sit on a chair or go for a walk when you have visitors
- Do simple exercises on your bed or chair – ask us how!
- Get moving out of your room

## Find a caregiver who can bring you:

- Clean, loose-fitting clothes with zippers, elastic waist bands and wide leg and arm openings
- Well-fitting, comfortable shoes
- Mobility aids, such as walkers or canes

GET UP

GET DRESSED

GET MOVING

#ENDPJPARALYSIS