



James Paget
University Hospitals
NHS Foundation Trust

STEP UP



Introduction

- It is important that you stay active while you are in hospital to maintain your independence and capabilities
- These steps are to help you do this, by encouraging you to do as much for yourself as you are able to during the day, and to exercise and move
- If you need assistance to do the activities, please ask a member of staff to assist you
- All activities should be done pain-free
- All activities should be done at your own pace, stopping to rest as needed

These are the steps to improve your ability:

1. To sit out in a chair.
2. To do activities or exercises.
3. To increase your 'step count'.

DAY																	

Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES

Proud of the Paget

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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