

## **#EndPJParalysis Frequently Asked Questions for Patients and Families**

### **Q: What is #EndPJParalysis?**

A: #EndPJParalysis is a global movement to help patients get up, dressed and moving. It aims to get patients out of bed, dressed in their own clothes and when possible, walking rather than lying in bed.

Along with the health benefits of getting up and moving while in hospital, #EndPJParalysis also helps patients maintain their dignity by wearing their own clothes and helps them feel more like themselves.

### **Q: Am I allowed to wear my own clothes while I am a patient in hospital?**

A: Yes! You don't have to wear a hospital gown during your entire stay in hospital. You can wear your own comfortable clothing and shoes when you are in hospital. Gowns may need to be worn for surgeries and diagnostic imaging, such as MRI, Xrays, etc.

### **Q: What can I do to end PJ Paralysis and speed my recovery?**

A: Patients can:

- Get dressed in your own clothes.
- Eat meals sitting in a chair or on the edge of your bed.
- Sit in a chair or go for a walk when family or friends spend time with you in hospital.
- Do simple exercises on your bed or chair. Ask staff how if you are unsure.
- Get moving, if possible, out of your room. If you need assistance, ask staff for help.

### **Q: How can my family/Essential Partner-in-Care (EPC) help while I'm in hospital?**

A: Families/EPCs are key members of your health care team. Use the following list as a guide on what you can do help your loved one while in hospital:

- Bring clean, loose-fitting clothes with zippers, elastic waist bands and wide leg and arm openings.
- Bring sturdy, comfortable shoes.
- Bring mobility aids such as walkers or canes.
- Take soiled clothes home for cleaning.
- Talk with your loved one and/or their caregivers about getting the patient moving.
- Be patient and continue to encourage your loved on in their recovery.

### **Q: What if I don't feel well enough to get dressed, can I still wear a hospital gown?**

A: Each person will recover at their own rate. If you feel sick and would prefer to wear a hospital gown that day, you don't have to get dressed.

### **Q: When my clothes get dirty, will the staff wash patient clothing?**

A: No. Families or caregivers are asked to launder their loved-one's clothing through a normal wash and dry cycle and ensure that the patient has clean, comfortable clothes to wear while in hospital.

### **Q: How often should I get up, dressed and moving?**

A: The aim is to get dressed and moving as soon as you are able to and as often as you feel comfortable doing so. The only exception to being dressed all day is if you have a diagnostic imaging appointment (MRI, X-ray etc), surgery, which requires wearing a gown, or if you are too sick to get dressed. Even small movements – like sitting in a chair instead of sitting up in bed or taking just a few extra steps – are beneficial. Remember to speak with your health care providers on the best schedule for you.

**Q: Who can I contact if I have questions about #EndPJPparalysis?**

A: Always feel free to speak with your care providers about your health care questions.