



Directors of Social Services in Wales
Mario Kreft, Care Forum Wales



8th March 2018

Dear Colleagues

**END PJ PARALYSIS – take part in the challenge
NHS 70-days, 1 million patient days**

We are pleased to join colleagues across the UK in supporting the #EndPJparalysis 70-day challenge which seeks to achieve one million patient days of relevant patients being up, dressed and mobilising over a 70 day period, ending just before the NHS's 70th anniversary on 5th July.

The idea is simple. Wearing pyjamas for many people reinforces the fact they are ill, and many find it all too easy to settle into this 'sick role'. Getting people up and dressed reinforces a normal activity we all do every day. It changes the mind-set to one where patients are recovering in readiness to go home and back to their usual routine as quickly as possible.

England has led on the campaign but all four nations have been invited to take part. We are both delighted to have accepted on behalf of NHS Wales and we are asking all those that work in the NHS, and care homes in Wales, to support this excellent initiative. Together we can reach the target of one million patients' days, and more importantly make a real difference to people, by reducing their length of stay, which in turn helps the whole system.

The implementation pack is available at the following web link:

<https://wg.wales.nhs.uk/uniquesigf31510284af2ec6dcfb998c39315f7a88ce2223c1263895620e9f9605280fdf2/uniquesig0/sitesplus/407/page/36206>



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Llywodraeth Cymru
Welsh Government

We want to galvanise the enthusiasm that we know exists in many of our staff to empower people as active participants in their own care and promote a home first approach. We know many wards already adopt a similar approach, but participating in this campaign will help to demonstrate the positive impact this can have on people as well as providing a fitting means to be part of the national celebration of 70 years of the NHS, which after all began here in Wales.

Care homes play an equally strong part in creating the right environment for people to feel more independent and the campaign is keen for care homes and other similar organisations to also get involved. Ensuring those that are able are up, dressed and active on a daily basis is important to create the right mind-set for staff, people and their families. While the App is predominately set for NHS colleagues to download, the campaign team will help other organisations register and enable them to take part.

We are looking to you to support us in this campaign and to disseminate this to those organisations that work in the appropriate services. I support this initiative and it would be good to hear your stories as the campaign gets under way and to capture what difference this makes to people.

Yours sincerely

ALBERT HEANEY
DIRECTOR OF SOCIAL SERVICES AND INTEGRATION