

Activity is Medicine

Get Up—Get Moving—Get Better

At Duke Health, our goal is to keep you moving during your hospital stay. Together with you and your loved ones, we will make a safe mobility plan. You will stay stronger if you get out of bed every day, exercise, and walk, if able. When you move as much as you can, even in bed, you are helping your body heal. Some injuries and conditions can make it hard to move, which can put you at higher risk for falls. Moving prevents health problems caused by staying in bed. Moving can:

Improve breathing

Keep muscles strong

Improve sleep

Keep your mind active

Prevent blood clots

Improve appetite

Keep skin healthy

Improve mood

Lubricate joints

Prevent other health problems

What can you expect of us? We will...

- Work with you to develop your safe mobility plan within 24 hours of your admission
- Determine how well you are able to move on your own and if you are at higher risk for falls
- Provide equipment such as walkers, bedside commodes, lift equipment, and other devices to help you move and keep you safe during your stay
- Use bed or chair alarms as needed to let us know when you are getting up



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How can you help?

- Ask staff about your safe mobility plan and when and how you can start moving
- Let staff know how you move at home
- Let staff know if you need a cane, walker, brace, or other special equipment to move
- ALWAYS call staff and wait for assistance to get up unless you have been told it is safe to get up by yourself
- Wear your glasses and/or hearing aids
- Wear non-slip footwear provided or shoes with rubber soles
- Tell staff if you become dizzy, lightheaded, or experience pain with activity
- Pay careful attention to tubing, equipment, and electrical cords around you as these are trip hazards



How can visitors help?

- If the patient needs assistance, ALWAYS ask staff to help; do not assist the patient by yourself
- Remind the patient to call and wait for staff if they need help getting up
- Keep the room free of clutter
- Keep items the patient needs such as call light, phone, and glasses within reach
- Leave bed or chair alarms turned on to alert staff when the patient needs help