

ADVANCING SUSTAINABILITY



QUALITY IMPROVEMENT INITIATIVE **ENDING PJ PARALYSIS** AT A COMMUNITY TEACHING HOSPITAL

WHAT IS PJ PARALYSIS?



- PJ Paralysis occurs when patients remain inactive in bed, leading to **muscle deconditioning, longer hospital stays, and higher risk** for complications.
- **Early mobilization** and dressing patients in their own clothes can improve **physical, emotional, and psychological** recovery, and reduce hospital-related risks like falls and pressure injuries.



KEY FINDINGS • INSIGHTS • NEXT STEPS



16% increase in patients out of bed



0% hospital-acquired pressure injuries



Expand the initiative to other units within SHN



80.8% increase in patients dressed in their own clothes



Nurses feel **empowered** to mobilize patients independently



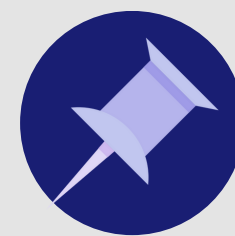
Continue staff **education** and engage **families** for better mobilization.



19.1% reduction in falls



Education boosts patient and family participation

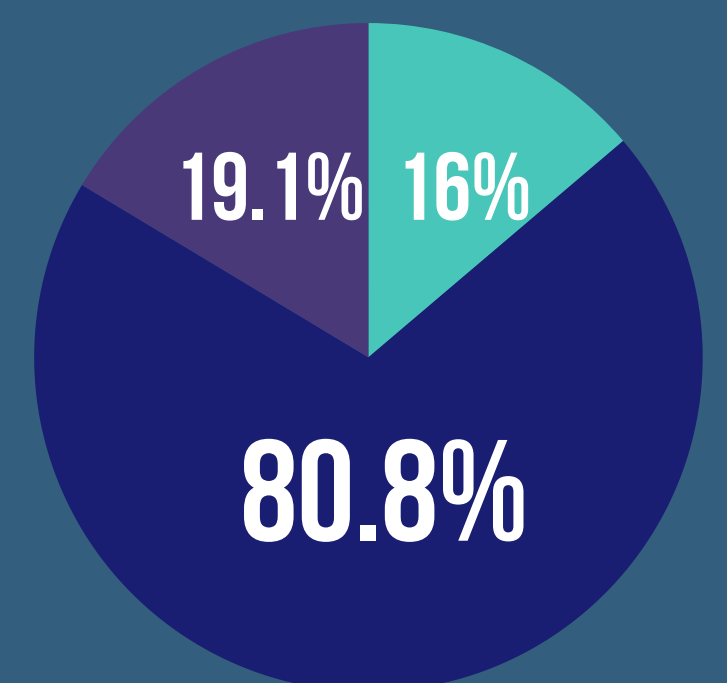


Monitor progress and **adjust** strategies as needed



WHAT MOVES PATIENT PARALYSIS?

- **Nurse Empowerment:** Nurses mobilize patients and encourage dressing.
- **Team Collaboration:** Coordinated care with physiotherapists and physicians.
- **Patient & Family Education:** Education promotes early mobilization.
- **Data Monitoring:** Tracking progress drives improvement.



Join us in making early mobilization a priority—every step counts!