

# Hospital Visit Checklist

Help prevent deconditioning during their hospital stay

Based on the NHS #EndPJparalysis campaign

Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

**Why this matters:** 10 days of bed rest in someone over 80 can cause 10 years' worth of muscle ageing. Even small daily efforts help maintain strength, prevent complications, and get your loved one home sooner.

## ■ Got dressed in day clothes

Patients who get dressed have shorter stays. Bring comfortable clothes and proper footwear — not slippers.

## ■ Sat out of bed

Even sitting in a chair helps maintain strength. Aim for sitting out for all meals at minimum.

## ■ Moved or walked

Any movement helps — even a few steps. If bed-bound, gentle leg movements and ankle circles still help.

## ■ Ate and drank well

Good nutrition maintains muscle. Bring foods they enjoy. Eating together encourages better intake.

## ■ Mind kept active

Cognitive decline can happen too. Bring puzzles, magazines, photos, or just have a good conversation.

### Weekly tracker (write your score each day):

Mon	Tue	Wed	Thu	Fri	Sat	Sun
/5	/5	/5	/5	/5	/5	/5

### Notes from today's visit:

When they're ready to come home, we can help with the next stage of recovery.

**Medella Home Physio & OT**

[private-physio.co.uk](http://private-physio.co.uk)

[contact@private-physio.co.uk](mailto:contact@private-physio.co.uk)

Ringwood: 01425 490151

Bournemouth: 01202 835298

Southampton: 02382 440121