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Media Release

RUH activities help patients on the road to recovery

Seated dancing, crafts and balloon volleyball are among the activities on offer to patients at the Royal United Hospitals Bath NHS Foundation Trust to help get them out of bed, keep moving and on the road to recovery.

Encouraging inpatients to be more mobile prevents them getting weaker, reduces the risk of falls and can reduce the time it takes for them to recover from illness or an operation.

It's all part of a national initiative called the Reconditioning Games, which aims to encourage healthcare settings to promote mental and physical wellbeing to improve patient outcomes.

Organisations taking part in the event can then receive bronze, silver or gold awards based on the activities they organise and the number of people who get involved.

Gemma Spicer, Quality Improvement Lead for Falls Prevention at the RUH, said: "We know that getting patients moving and keeping them mentally stimulated really can make a difference to their recovery time.

"We always work hard to get our patients up and about, but the Reconditioning Games project is great fun to be part of and a number of our wards have already received gold awards for the great work they have been doing.

"We've seen first-hand the difference this has made to patients being discharged. Some have been able to leave us and get home sooner than expected, without needing to spend time in a local community hospital."

The wards also have activity trolleys packed with games, puzzles, crafts and activity books which patients are encouraged to work on together.

Tammy Zalek, Midford ward Ward Manager, said: “We encourage our patients to sit outside of their bed at least once a day, starting with lunchtime. This has many positive outcomes, such as regular movement and activity, encourages better nutritional intake and promotes social interaction between patients.

“The activities we run include singing, dancing, balloon volleyball and bingo. Our patients have really enjoyed it and say how it helps to break up the normal day on a hospital ward.”

Ends

Notes to Editor:

At the RUH we're proud to put people at the heart of what we do, striving to create an environment where everyone matters. Everyone means the people we care for, the people we work with and the people in our community.

We provide a wide range of services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

We also provide specialist services for rheumatology, chronic pain and chronic fatigue syndrome/ME via the Royal National Hospital for Rheumatic Diseases which we acquired in 2015.

In 2021, we acquired Sulis Hospital Bath, an independent hospital that provides care for both private and NHS patients. This has enabled us to provide more care for NHS patients, as well as continuing to provide private care to those who choose it. Any additional income earned through private care is reinvested in services for the benefit of the people we care for at both Sulis and the RUH.

We're currently building a new Cancer Centre at the RUH. The Dyson Cancer Centre, which is set to open in autumn 2023, will help transform the care we provide for patients, families and carers.

We work closely with other health and care organisations as members of the Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board. We strive to improve the health and wellbeing of the people in our community by working together build one of the healthiest places to live and work.

We are rated 'Good' by the Care Quality Commission (CQC).

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk