Mindset shift on PJ paralysis

When I first created #EndPJparalysis, little did I know it would be adopted globally – and particularly across the UK – as a vehicle for enabling patients to get up, dressed and moving while in hospital.

Above all the campaign is about patient choice, dignity and improving safety. It’s not about labelling, or forcing people out of bed, or inferring in any way that staff are not doing their jobs.

It’s not even about older patients, although a week in bed for a patient aged over 80 leads to 1.5kg of muscle loss, 10 years of muscle ageing and a 25% reduction in aerobic capacity. Deconditioning can be the difference between going home and ending up in a home.

#EndPJparalysis is about trusting ward managers to do what works best in their environment. It’s about changing mindsets – of patients, staff and the public. And who better to enable that than those in the most trusted profession of all: nurses.

The campaign is going from strength to strength, so please join our Facebook page, where you can find many downloadable resources (Search for Last 1000 days #EndPJparalysis).

Professor Brian Dolan

Review body reaction

Health secretary Jeremy Hunt has pledged to listen to what the pay review body (RB) has to say about the pay cap for nurses. That’s all very well, but it is worth remembering that he voted against scrapping the cap in a Commons vote in June. So we won’t be holding our breaths for a change of heart.

If the government tries to muzzle the RB as it has in the past, it could find it is pouring petrol on the flames of nurses’ smouldering anger.

Karen Chilver

Placement predicament

Regarding the fall in applications for nursing degree courses, the problem is that it is not possible for many people to attend placements as part of nurse training and hold a full-time job at the same time.

What trusts should propose is that experienced healthcare assistants are recognised and helped to get into nurse training.

Ewelina Nair

Win-win for staff and trusts

Health boards should offer more secondments to their existing healthcare support workers and others, to invest in and keep the good staff they already have.

Offer a chance to those who cannot afford to live on bursaries or accumulate debt through student loans. Simple.

Cemlyn Roberts

Why should we pay?

Pay all nursing students a salary and implement a two-year contract post-qualification so they work at the hospitals they trained at.

Why anyone should pay for a nursing degree is beyond me.

Annie Horn

TWEETS OF THE WEEK

Anyone remember the hospital canteen being open all night so nurses could eat & drink on their breaks #WeNurses #staff #1st @Bartonzd

I left school at 16 & started work on the YTS scheme. At age 45 just passed nursing degree with 1st class honours. It’s never too late #study @PUNCI4Julie

50 years ago today (13 July), the first patient was admitted to @StChrisHospice and the modern #hospice movement was born #hospicecare @hospiceUK

Effective leaders tend to be ‘good listeners’ #leadership @ProfCaryCooper

Health and Wellbeing CQUIN should clearly be extended to include drinking at workstations/place. @NHSEngland @WeNurses @mynameisAndyJ