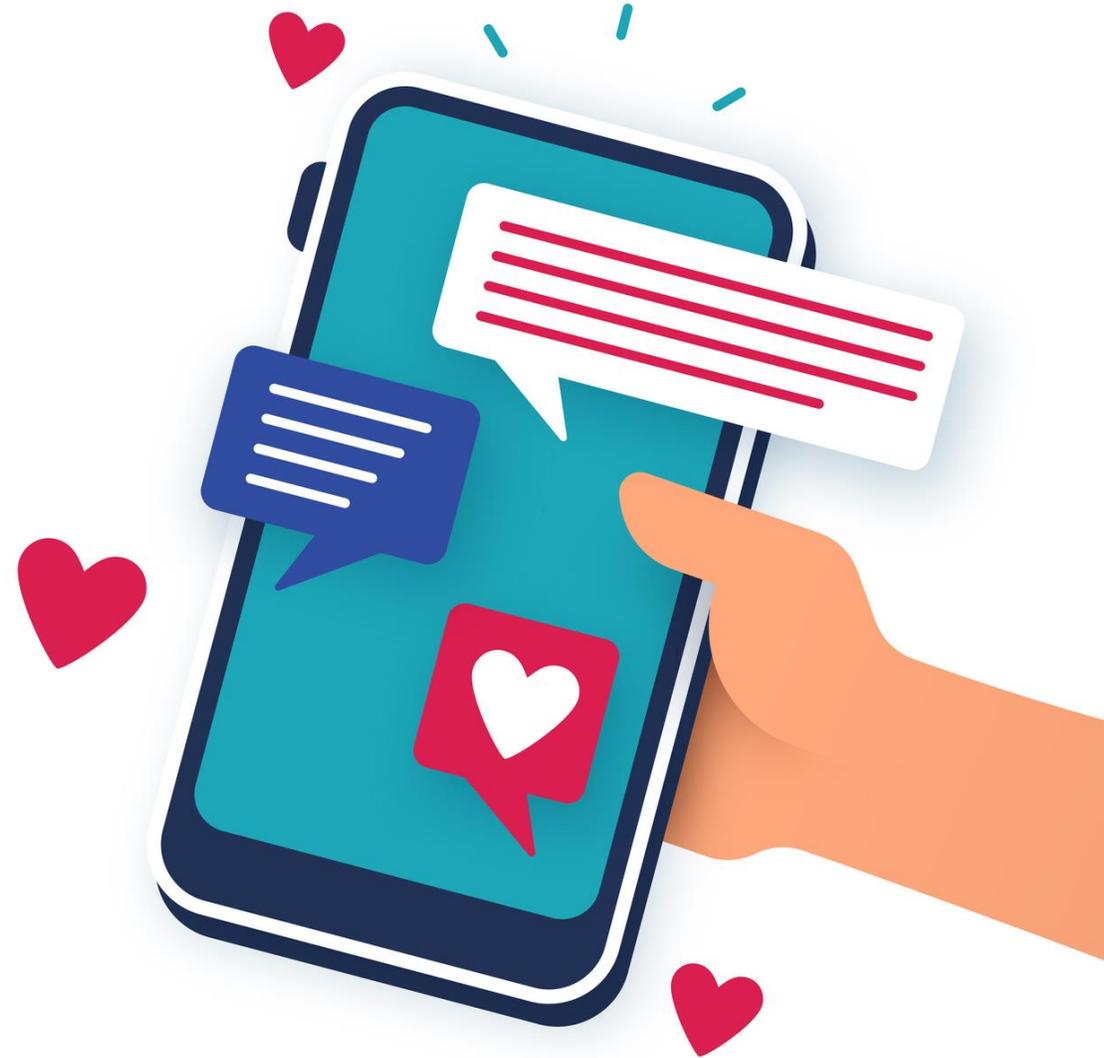


# Reconditioning games comms toolkit



# What is the campaign?



The 'Re-conditioning Games' is an exciting campaign which will drive forward a culture that consistently encourages all types of physical activity for hospitalised patients to prevent de-conditioning.

De-conditioning is the loss of physical fitness, or strength, which can happen due to a prolonged amount of time spent in bed. This can happen when a patient is hospitalised with frail, older people at a high risk of de-conditioning.

Hospitalised patients spend up to 83% of their time in bed, and 12% in a chair. 50% of patients experience functional decline between admission and discharge and 60% of patients on bed rest have no documented explanation as to why they should be.

De-conditioning can affect a persons' physical strength and reduce their ability to perform routine activities of daily living. This can lead to a loss of independence and may even increase the need for residential or nursing home care.

Research shows that activity helps people to recover, remain independent and improve their overall health and wellbeing.

# Key messages



The re-conditioning games will take place between Nov 2022 and March 2023 to create a culture which embraces and celebrates physical patient activity. The initiative encourages everyone to try innovative and fun ways to promote a positive approach to physical activity for patients. The games will raise awareness about re-conditioning for patients while in bed and aid recovery.

Care teams will be encouraged to take part and enter their initiatives into the virtual medal categories and awarded to staff. From staff who are testing initiatives (bronze), seeing how they are starting to make a difference (silver) to evidence of sustained improvement through best practice (gold!)

All of the achievements from 'armchair yoga' to having a daily walk around the ward 'running track' can be entered into the game categories, to share good practice whilst inspiring patients to feel better by taking part and benefitting from the social interaction.

The re-conditioning games are a great opportunity for you to share the success stories on social media, to boost morale by highlighting and celebrating your staff.

The re-conditioning games maintains a focus on reducing hospital length of stay and are an opportunity to link in with winter improvement plans across health and care settings.

# Key dates



**Launched 1<sup>st</sup> November**

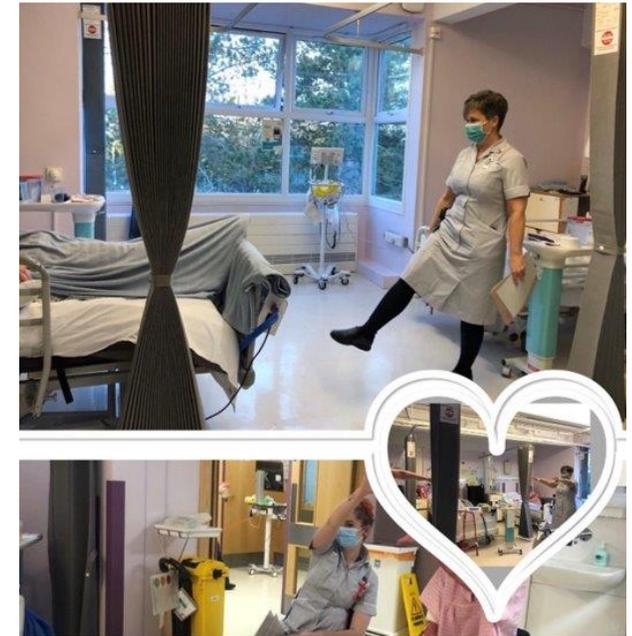
**End of every month look out for stats for regional award entries**

**End of April 2023**

# Top three ways to help



- Encourage people to take part and have fun and celebrate your workforce and share key messages and graphics on social media, email, staff intranets and workforce messaging
- Use and adapt the social media graphics and cards included in this toolkit, share pictures on your social media channels
- Use your channels and hashtag to congratulate regional reconditioning games ambassadors



# Resources to use



## Poster



## Email signature banner



#ReconditionTheNation

# Resources to use



National  
Re-conditioning  
games



Insert name of people taking part here  
Your organisation  
A photo



## Social media cards

National  
Re-conditioning  
games



Write a pledge



National  
Re-conditioning  
games

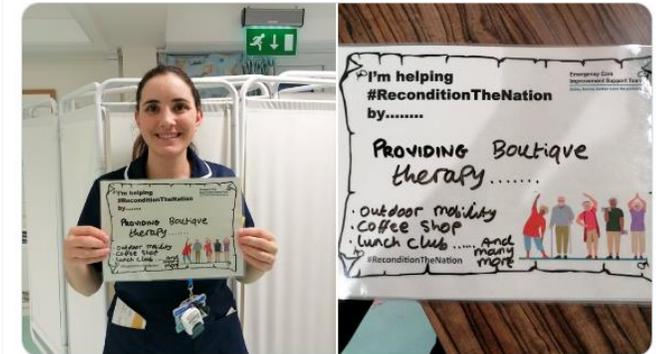


Insert name of people taking part here  
A pledge



Gemma (Knight)Spicer  
@KnightSpicer

Team Oasis pledging boutique therapy for their patients 😊 @anasimoes\_\_ explained that boutique therapy is about providing real life experiences as part of their rehab (going to the hospital cafe, outdoor activity). Very exciting plans in place @ReconGamesUK @RUHBath @AnneP247



# Resources to use



FutureNHS My Dashboard My Workspaces Search JM Joanna McKibben 68 ?

ECIST Network > Mission to #ReconditionTheNation

## Mission to #ReconditionTheNation Join ...

Mission to...  
**RE-C** **NDITION**  
**THE NATION**   
#ReconditionTheNation

- Contact the team
- Join WhatsApp group
- YouTube Playlist

### Our Mission to #ReconditionTheNation

**Emergency Care Improvement Support Team (ECIST) supported by colleagues across health and care sector are embarking on a program to #ReconditionTheNation.**

The program aims to prevent deconditioning by encouraging all sectors in the health and social care arena to come up with innovative and fun ways to promote physical activity, and functional and emotional well-being. It is hoped that these will reduce deconditioning and associated harms; improve hospital discharges and improve patient outcomes.

[Read more](#) ▾

### Our shared purpose

- Optimising Timely Discharge
- What's new from ECIST
- Hospital Only Discharge Programme
- Mission to #ReconditionTheNation
  - Pledge #3
  - Pledge #2
  - RTN How To Get Involved Booklet FINAL2
  - Medal Criteria
  - Mission to #ReconditionTheNation Good Practice Repository
  - RTN information slidepack FINAL2
  - Reconditioning Games Opening Ceremony
  - RTN letter of invitation FINAL
  - National Re-conditioning Games Event Flyer (2)
  - National Games Microsoft Teams Background
  - Pledge #1
  - Medal Submission Portal

# Get in touch!



**If you have any questions or need help please contact us at  
[transformation.communications@nhs.net](mailto:transformation.communications@nhs.net)**

**During the campaign we'd love to hear how your activity has performed!**