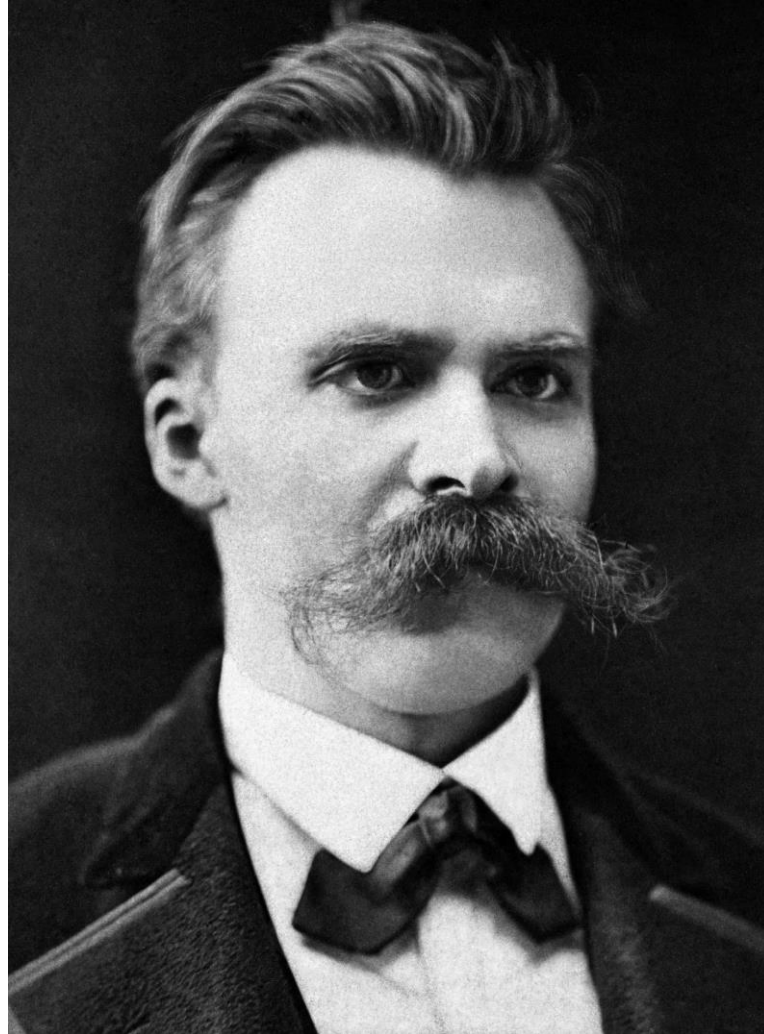


WHY HOSPITALS ARE BAD FOR YOU

AND HOW TO AVOID THEM

DR MARTIN SANDLER



ROLE OF HOSPITAL

THE RIGHT PLACE TO BE FOR SHORT TERM HIGH TECH INTERVENTIONS

- Acute serious illness eg fractured hip, heart attack, stroke
- Undiagnosed illness with deteriorating vital signs
- Loss of consciousness, swallowing

- “Can’t cope at home”
- Confusion
- “At risk”
- Fall
- Carer breakdown





“Yeah it was an OK fall, but I wouldn’t really say it was a great fall.”

ARE HOSPITALS A “PLACE OF SAFETY”?

OR

“SANS EVERYTHING” – IMPRISONMENT BY CONSENT!

- Infections – Covid, C Diff, interventions; wards and waiting rooms!
- Ambulance delays and decisions
- Disconnection from own environment and support network
- Institutionalisation – “PJ Paralysis”, isolation, sensory deprivation, dependency
- Food choice and malnutrition
- Falls – hard shiny floors, disorientation, furnishings
- Sleep deprivation
- Delirium
- Immobilisation – instruction, fear, groupthink
- Over investigation
- Drug errors/ excess

We put patient safety above all else

NHS

Ten days
in hospital
leads to...

...the
equivalent
of ten years
ageing in
the muscles
for people
over 80*

*Functional impact of 10 days of bed rest in healthy older adults. J Gerontol A Biol Sci Med Sci. 2008

Ask your ward manager for a RED to GREEN information pack

#Red2Green
#Last1000days

Providing
the Best
Possible
Care

“The blood clotting in his veins,
the lime draining from his bones,
the scybala stacking up in his colon,
the flesh rotting from his seat,
the urine leaking from his distended bladder,
and the spirit evaporating from his soul”.

Asher RAJ

The dangers of going to bed..

BMJ. 1947; ii: 967-968

WHAT'S THE ALTERNATIVE?

KEEP WELL!

Prevention better than cure - common sense

Vaccination

Nutrition, weight management and dentition

Alcohol

Smoking

Blood pressure

Caffeine

Learning

Exercise – stretching, strengthening and balance

Laughing

Maintain your senses



SERVICE DEVELOPMENTS

Vaccination
programmes

Improved
exercise access,
prescription

Falls prevention
programmes

Urgent
Community
Response

Virtual care

Virtual wards

Limited
environmental
redesign

Greater focus
on mental health
care provision

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"You know what they say - what doesn't
kill you only makes you older."