

Important Facts and Research in under 60 seconds



Cascade of Dependency Can Happen Quickly

Prolonged hospitalizations without careful attention can create a **MULTI-SYSTEM** decline, increasing risk and debility for seniors.

The Effects of **BED REST** ON OLDER PEOPLE

- Dizziness / Fainting**
Postural Hypotension (drop in blood pressure on standing) noted after as little as **20 hours** bed rest
- Delirium**
Sensory deprivation (no glasses or hearing aid) can lead to **confusion & delirium**
- Loss of 'self'**
Prolonged bed rest can lead to patients losing self-esteem and confidence.
- Fragile Skin**
The only areas of the body where skin is designed to weight bear are the soles of the feet.
However, during bed rest, a large surface area of skin bears weight.
70% of older patients can acquire pressure ulcers within **2 weeks** of admission to hospital.
- Reduced Muscle Strength**
A muscle at complete rest loses **5%** muscle strength **every day**
3 weeks in bed reduces fitness = **30 years** of aging
on-going muscle weakness **3-5 years** after discharge
- Thinning bones**
Bone mass in acutely ill elderly decreases at **50 times** the normal rate
- Increased pressure on heart**
Long periods of bed rest leads to a gradual shift of fluids from legs to abdomen, thorax and head. This increases blood flow to, and pressure on the heart.
- Institutionalisation**
5 times more likely to be admitted to a **care home** on discharge

Sources:
Hazards of Hospitalization of the Elderly; Morton C. Creditor MD; American College of Physicians 1993
<https://www.ncbi.nlm.nih.gov/pubmed/8417639>
The Effects of bed rest Parts 1-3; Nursing Times June 2009; www.nursingtimes.net

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A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

Available on YouTube, Facebook and iTunes.

Add to this list pulmonary and cardiac complications, urinary tract infections, and you can see why you must advocate for early and often mobility.

Contact Nexus Home Healthcare to inquire about our results and/or how our approach helps meet the needs of your patients and families.