

The 3G Programme

Get up, Get dressed, Get moving

Did you know

At Waitemata DHB around 57% of over 75 year olds are FRAIL

For people over 80 years of age:

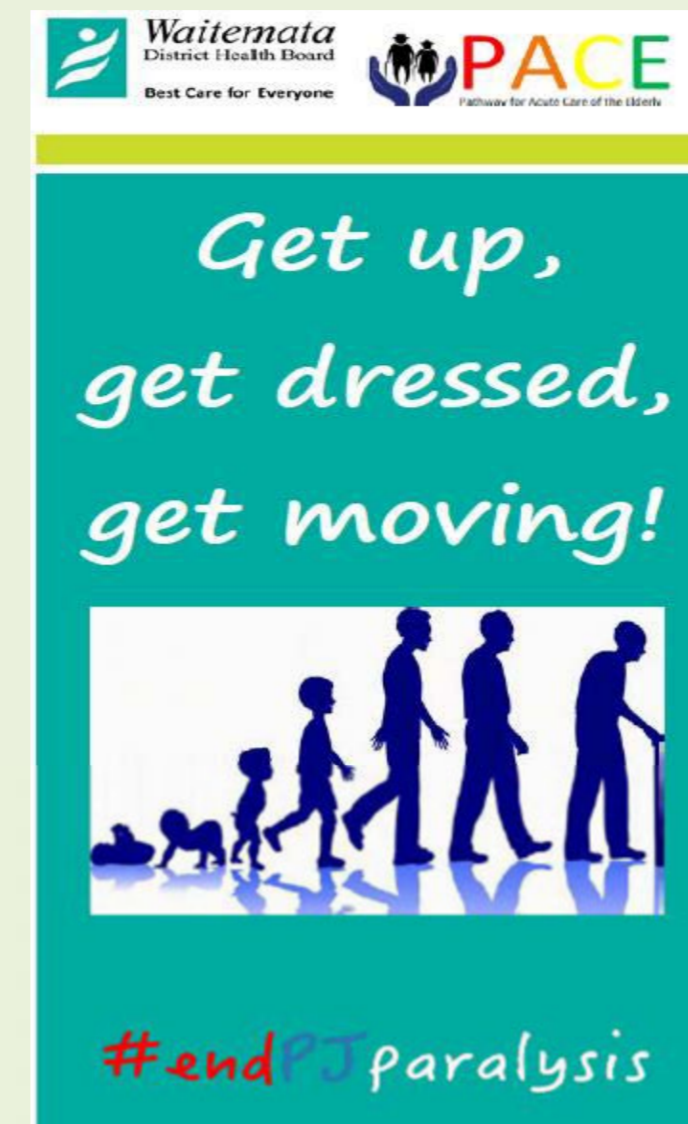
- 10 days in bed ages muscles by 10 years
- One week of bed rest results in 10% muscle loss

How many times do patients walk during the day?

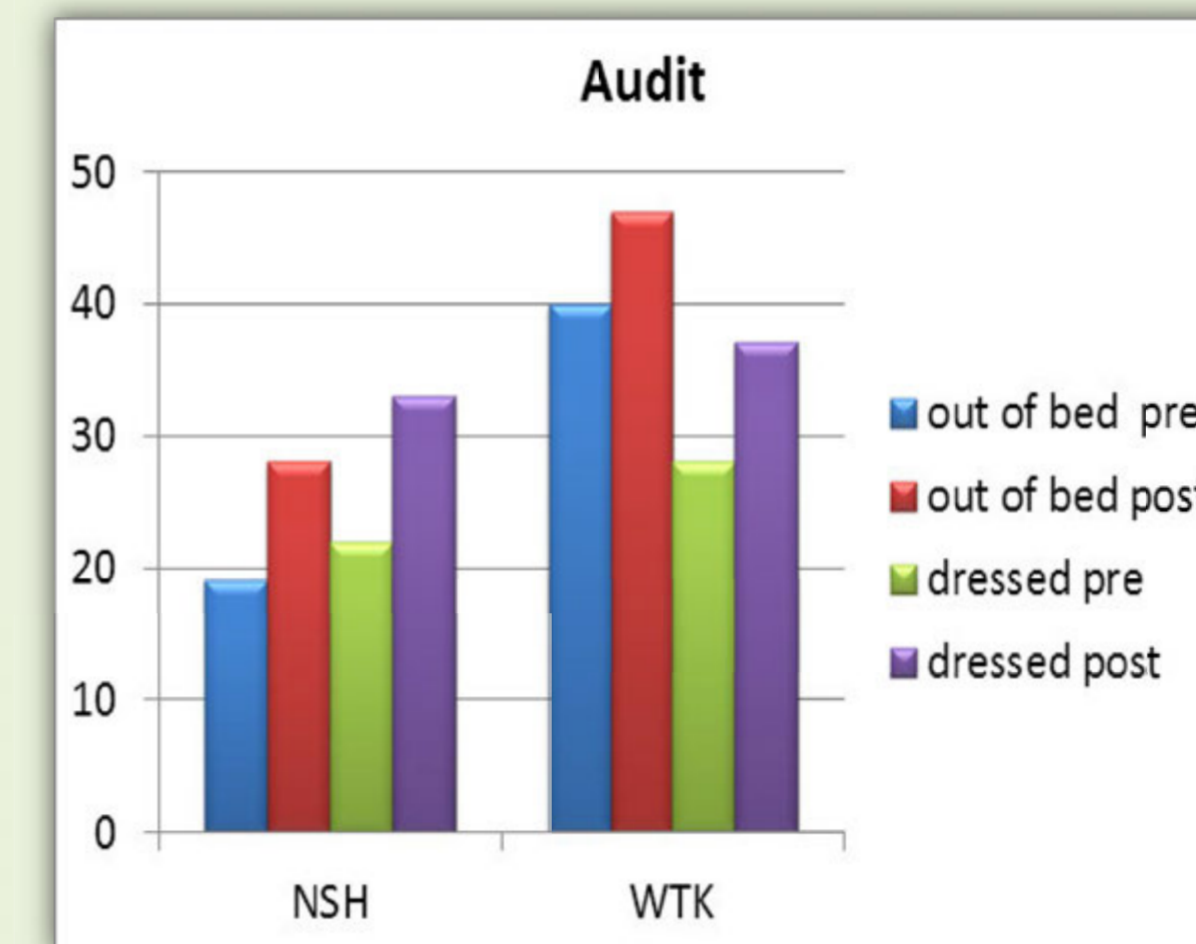


How many patients go to rest home because we didn't prevent deconditioning?

This is the difference between dependence and independence



How we did



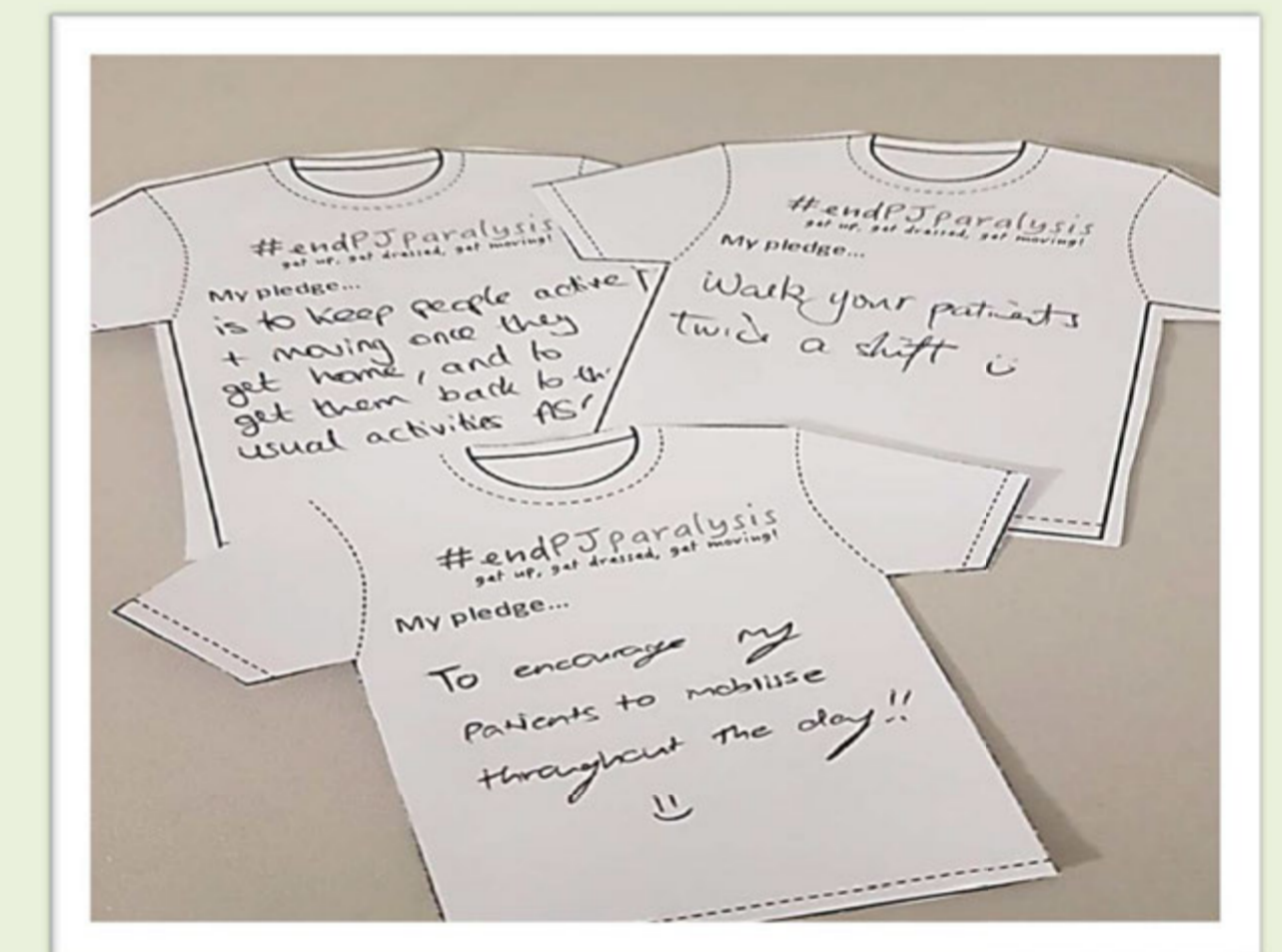
- Education provided to over **2000** staff, patients and visitors
- **99%** of staff were aware of the **3G** programme
- Targeted the front door – ED/ADU, medical/older adults wards
- **27%** improvement in patients getting out of bed
- **40%** more patients getting dressed

Frail patients are likely to decondition

What we did

Targeted change at 3 levels:

- Clinical leaders and management
- Bedside teaching with staff and patients
- General public



#endPJparalysis