Benefits of getting out of bed while in hospital

**Skin**
- Getting out of bed can help prevent bed sores

**Lungs**
- Improved breathing
- Improved ability to cough up secretions
- Improved ability to... (image of lung)

**Muscles/Bones**
- Less weakness
- Prevents loss of strength
- Less pain in joints

**Heart**
- More stable blood pressure

**Nutrition**
- Improved appetite
- Less risk of choking when eating

**Brain**
- Improved mood
- Improved sleep

**Lungs**
- Improved breathing
- Improved ability to cough up secretions
- Improved ability to...

**Strategies**
- Sit up for all your meals
- Sit up in a chair when you have visitors
- Walk around the unit either with help or if able to do so by yourself
- Do bed exercises on your own throughout the day

*If you are not sure what you are safe to do, ask a member of your healthcare team.*

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