



## Valuing patient time, #EndPJparalysis, #Last1000days links

### Short films

Your last 1000 days

<https://www.youtube.com/watch?v=kbdjhN2471c>

The last 1000 days – poem by Molly Case

<https://www.youtube.com/watch?v=HynytVepxZc>

#EndPJparalysis – a grandson's perspective

<https://www.youtube.com/watch?v=UmRicdmhY-4>

### Facebook pages and websites

Last 1000 days Facebook page

<https://www.facebook.com/groups/last1000days/>

Last 1000 Days website

<http://www.last1000days.com>

#EndPJparalysis website

[www.endpjparalysis.org](http://www.endpjparalysis.org)

### Youtube/Vimeo clips

Why does #endPJparalysis matter?

<https://www.youtube.com/watch?v=5ObkzGg4ZGY>

Fast facts about deconditioning

<https://www.youtube.com/watch?v=fykcjMB9bLw>

#EndPJparalysis youtube playlist from NHS Improvement Emergency Care Intensive Support Team (ECIST) [43 videos]

[https://www.youtube.com/playlist?list=PL6rrXMWFEqXK\\_rnION7tiVwIQBeWpxW7f](https://www.youtube.com/playlist?list=PL6rrXMWFEqXK_rnION7tiVwIQBeWpxW7f)

World Congress of Physical Therapists Geneva May 2019

'Mobility of hospitalized patients' (Prof Cindy Veenhof, Netherlands; Michael Friedman, US; Dr Alison Mudge, Australia; Prof Brian Dolan, UK)

<https://www.wcpt.org/wcpt2019/programme/fs/FS-17>

Henry Timms (co-author of New Power) IHI keynote address Glasgow (includes #EndPJparalysis from 35.30)

<https://livestream.com/IFQSH/Glasgow2019/videos/189271449>



[www.soniasparkles.com](http://www.soniasparkles.com)

Brian Dolan on why patient time is the most important currency in healthcare (March 2018, London) [34 min]

<https://www.youtube.com/watch?v=IYAraZVhkfA>

Brian Dolan talking about the importance of patient time (June 2018, Birmingham) [15 mins]

<https://www.youtube.com/watch?v=DELrraqL9N4&app=desktop>

If you had 1,000 days left, how many would you want to spend in hospital? (Ipswich Hospital)

<https://www.youtube.com/watch?v=ItTLwuRFUi4>

Russell Emeny, Director of Emergency Care Improvement Program, on why #endPJparalysis matters

<https://www.youtube.com/watch?v=M1-9q3xEcw>

The origin of #EndPJparalysis

<https://www.youtube.com/watch?v=chnchfdIBgc>

Clothing bank on the ward to support #EndPJparalysis

[https://www.youtube.com/watch?v=fzRuBFWw674&feature=em-subsub\\_digest](https://www.youtube.com/watch?v=fzRuBFWw674&feature=em-subsub_digest)

## **Blogs**

The secret ingredients of #EndPJparalysis

<https://soniasparkles.com/2018/04/07/the-secret-ingredients-to-endpjparalysis/>

Jane Cummings, Chief Nursing Officer, NHS (England) blog on Valuing Patients Time (Nov 2017)

<https://www.england.nhs.uk/blog/valuing-patients-time/>

Jane Cummings, Chief Nursing Officer, NHS (England) blog on #EndPJparalysis (Feb 2017)

<https://www.england.nhs.uk/blog/jane-cummings-32/>

From weary acceptance to rapid rebuttal: How social media is changing the power dynamic in healthcare

<http://www.nhsconfed.org/blog/2017/04/from-weary-acceptance-to-rapid-rebuttal-social-media-shifting-the-power-dynamic>

Helping patients to get up and get moving

<https://improvement.nhs.uk/resources/helping-patients-get-up-and-get-moving/>

From a tweet to an #EndPJparalysis chorus

<http://www.wecomunities.org/blogs/2278>



[www.endpjparalysis.com](http://www.endpjparalysis.com)

Pyjama free zones – blog for Chartered Society of Physiotherapists

<http://www.csp.org.uk/frontline/article/pyjama-free-zones>

Advance Care Planning and the urgency of now – NHS Confederation

<https://www.nhsconfed.org/blog/2017/06/advance-care-planning-and-the-urgency-of-now>

### **Newspaper/news reports/journal articles**

Nursing Times Editorial 'This campaign shows nurses are leaders of change

<https://www.nursingtimes.net/opinion/editors-comment/this-campaign-shows-that-nurses-are-leaders-of-change/7024119.article>

Alberta, Canada hospitals encouraging patients to get dressed to feel better – news report

<https://globalnews.ca/video/4738310/alberta-hospitals-encouraging-patients-to-get-dressed-to-feel-better>

#EndPJparalysis helps halve length of stay for older patients (newspaper article)

<http://www.edp24.co.uk/news/health/campaign-against-pj-paralysis-helps-halve-stays-for-elderly-patients-at-queen-elizabeth-hospital-in-king-s-lynn-1-5022589>

Staff in Shropshire, led by Director of Nursing, Deirdre Fowler wear their PJs to work for #EndPJparalysis campaign

<https://www.nursingtimes.net/news/hospital/hospital-staff-don-pyjamas-to-highlight-patient-campaign/7019426.article#.WWTdwZhab7E.twitter>

Southampton Hospital volunteers help mobilise and feed patients

<http://www.bbc.co.uk/news/av/uk-england-hampshire-42578494/southampton-hospital-volunteers-help-patients-exercise>

### **#EndPJparalysis music videos**

The 'Dolan Sisters' - Mid Cheshire Hospitals NHSFT staff perform an

#endPJparalysis themed Bohemian Rhapsody  
[https://www.youtube.com/watch?v=4oICDhCAP\\_M](https://www.youtube.com/watch?v=4oICDhCAP_M)

Lip synced Proclaimers '500 miles' #EndPJparalysis by Royal Aberdeen Hospital staff

<https://www.youtube.com/watch?v=pd5-n-OqYQM>

Portsmouth Hospital 'My feet are made for walking' #endPJparalysis

<https://www.youtube.com/watch?v=n5KKGfgAQyE&feature=youtu.be>



[www.ourreportee.com](http://www.ourreportee.com)

## Resource links

James Paget University Hospital – let's keep moving leaflet

<mailto:http://www.jpaget.nhs.uk/media/382538/LetsKeepMovingleaflet.pdf>

James Paget University Hospital – let's keep moving postcard

<http://www.jpaget.nhs.uk/media/382541/LetsKeepMovingpostcard.pdf>

University Hospital of North Midlands – Deconditioning Awareness Campaign

<http://www.uhnm.nhs.uk/OurServices/Elderlycare/Pages/Deconditioning-Awareness-Campaign.aspx>

## Radio interviews

'It could be the difference between going home or to a home' - BBC Radio 4

Woman's Hour interview on #EndPjparalysis

<http://www.bbc.co.uk/programmes/p050lz2y>

Purple pen podcast (with Brian Dolan) – covers boredom in hospital, single rooms, falls, #endPjparalysis, time as connecting currency of health

[http://hwcdn.libsyn.com/p/2/3/3/2335b512516b9a7f/Brian\\_Dolan.mp3?c\\_id=27101243&cs\\_id=27101243&destination\\_id=552295&expiration=1544177749&hwt=ed63df1d9a6d159068bef766519262fd](http://hwcdn.libsyn.com/p/2/3/3/2335b512516b9a7f/Brian_Dolan.mp3?c_id=27101243&cs_id=27101243&destination_id=552295&expiration=1544177749&hwt=ed63df1d9a6d159068bef766519262fd)

Interview with Canadian Broadcasting Corporation and the adoption of #EndPjparalysis in Alberta and beyond

<https://www.cbc.ca/radio/thecurrent/the-current-for-march-20-2019-1.5063841/how-ditching-hospital-gowns-for-clothes-is-helping-patients-regain-a-sense-of-humanity-1.50638>

## TEDx Talks

When rudeness in teams turns deadly – Dr Chris Turner

[https://www.ted.com/talks/chris\\_turner\\_when\\_rudeness\\_in\\_teams\\_turns\\_deadly?language=en](https://www.ted.com/talks/chris_turner_when_rudeness_in_teams_turns_deadly?language=en)

How great leaders inspire action – Simon Sinek

[https://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action)

The power of vulnerability Dr Brené Brown

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)