



What's been happening in the South West?

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NHS England Regional Clinical Leadership Fellow 2022/23

1st November 2022 - 30th April 2023



RE-CONDITION THE NATION



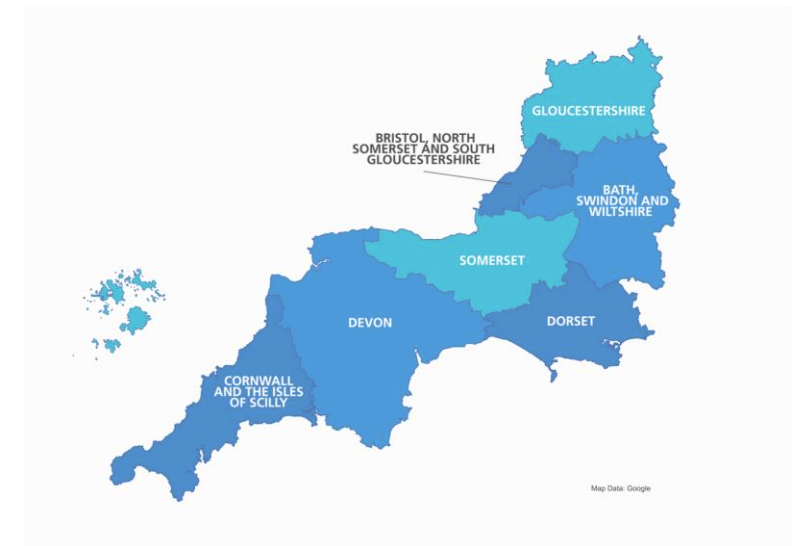
WINTER DE-CONDITIONING GAMES
East of England
INSPIRED BY
#EndPjparalysis

@ReconGamesUK

#ReconditionTheNation

#ItCouldBeYou

- Part of the steering group for the national campaign to #ReconditionTheNation
- Organised South West learning events to celebrate the work going on around the region to share learning, develop new knowledge, build relationships and work together to support the Reconditioning Games and help tackle deconditioning in health and care settings
- Next national learning event **May 3rd** with **Dr Adam Gordon (President, BGS)** and **#RehabLegends**
- Possible future idea to create a South West regional rehab ambassadors group to continue the conversation and connections made through the Reconditioning Games- **if you'd like to get involved please get in touch!**



Medal categories

- 1 Making a difference
- 2 Supporting people to keep moving
- 3 Supporting staff to keep active and well

Medals awarded	Achievement
Bronze	To be awarded where initiatives are being tested or taking place to support improvements in quality or performance
Silver	To be awarded where there is evidence that the initiatives are starting to make a difference. This can be evidenced through audits, SPC charts, patient or carer / family experience, staff experience or other data
Gold	To be awarded where there is evidence of sustained improvement, either through best practice initiatives or performance data



Setting goals- aim to get more patients sitting out for lunch

Initial audit
50% patients sat out of bed for lunch

Increased MDT education to staff and patients on the benefits of getting up and out of bed

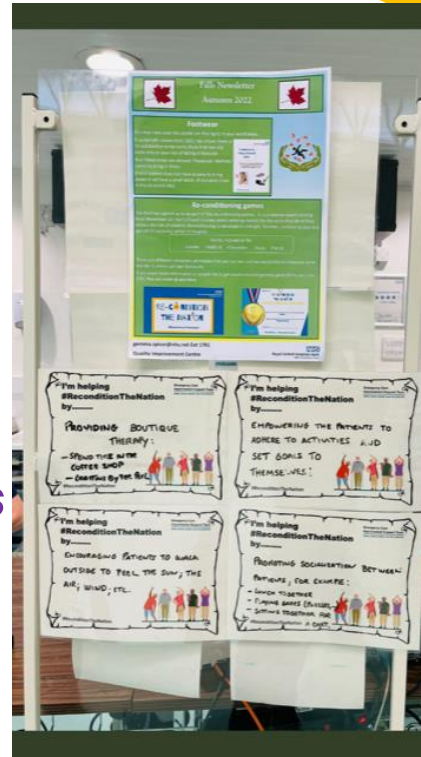
80% of patients sat out for lunch by end

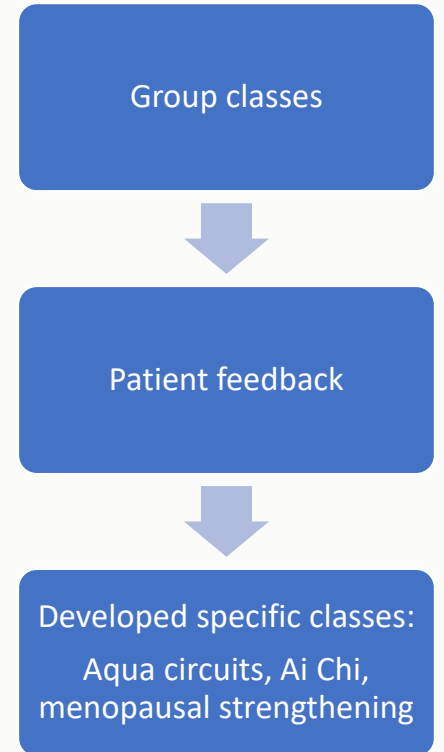
Use simple
QI methods

Activity boards
for staff and
patients to see



10 medals
and lots of
enthusiasm





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Moving and Improving Games Helen and Hattie, OT's and Milly and Jemma, OT students North Sedgemoor PCN

- 2 weeks
- 9 care homes
- 90 residents took part
- 13 1:1 sessions
- 39 members of staff
- Worked with volunteers and other AHP students





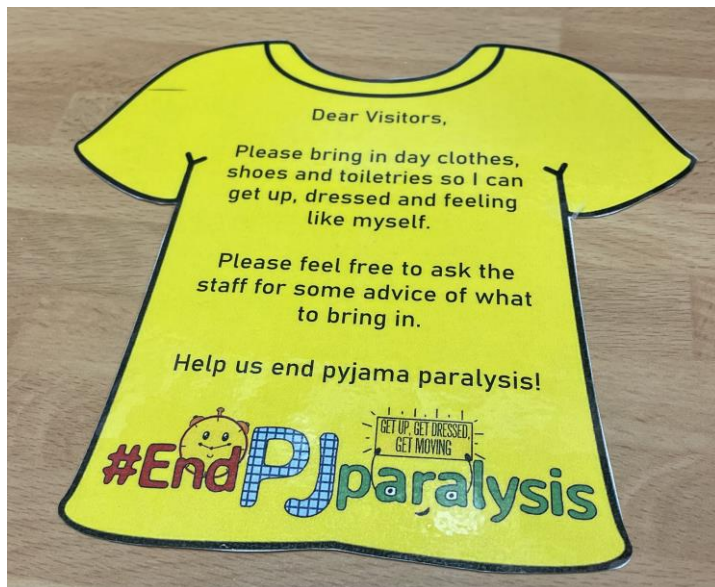
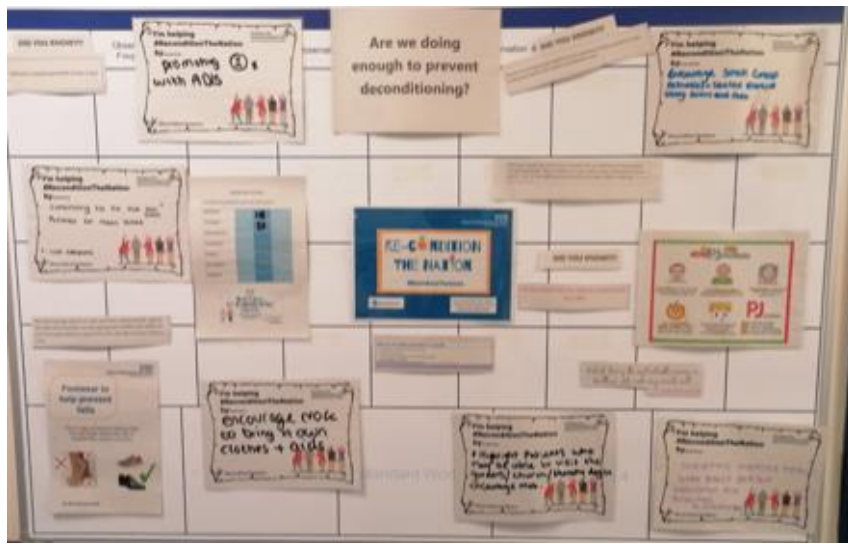
Ideas from the South West region



GOLD medal winners-
The Wincanton Wardblers



Supporting staff to keep
active and well



It's not too late to get involved!

- If you would like to [find out more](#) and get a copy of the “[how to get involved booklet](#)”
- Check out the [South West Reconditioning Games Futures page](#)
- Start talking to your team about being involved and what ideas they have
- Teams can find further resources and apply for medals [here](#)
- Follow us on Twitter [@ReconGamesUK](#)
- Join our community [WhatsApp group](#)

We look forward to hearing from you!

