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Guest column: The “rest” with long-term consequences



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Doctors have been prescribing bed rest since Hippocrates was in medical school. Although bed rest is sometimes necessary, most medical conditions don't require it. In fact, we are learning that when hospitalized patients are immobile, they're at risk for unintended complications such as muscle weakness, falls, blood clots, respiratory problems, and even anxiety and depression.



These are some of the reasons bedside caregivers at all Asante hospitals are encouraging patients recovering from illness or injury to Get UP, one of the UP measures we're using to keep patients safe. The others are Wake UP (preventing the complications that come with oversedation) and Wash UP (preventing health care-associated infection).

To help patients Get UP, doctors are ordering bed rest only when medically necessary. Nurses and CNAs are explaining to patients why it's important to get up and walk — and helping them do so. Caregivers are also removing catheters, central lines and other tethers as soon as possible so patients have more freedom to move.

We recognize that many people reading this don't work at the bedside, but your friends, loved ones or even yourself, could be hospitalized. It's helpful to understand and share why we're asking patients to Wake UP, Get UP and Wash UP. To learn more about UP, [visit our page](#).