



## Valuing patients time, #EndPjparalysis, #Last1000days links

### Short films

Deconditioned – Health Service 360

<https://www.youtube.com/watch?v=xeXoLQ7UOyc>

Your last 1000 days – Health Service 360

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

The last 1000 days – poem by Molly Case supported by NHS England

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

Please Answer – a short film on loneliness and social isolation

<https://www.youtube.com/watch?v=fWI0RMij6Bk>

'Yeah, I'm fine' – a short film on the mental wellbeing of managers

<https://vimeo.com/744528727>

### Facebook pages and websites

Last 1000 days Facebook page

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

#EndPjparalysis Summit

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

Last 1000 Days website <http://www.last1000days.com>

Call Me campaign

<https://callmebecausenamesmatter.org>

### Youtube/Vimeo clips

Brian Dolan Professorial Lecture 'Why patient time is the most important currency in healthcare' 17 April 2024

<https://vimeo.com/940865476>

NHS Confederation Valuing patient time webinar 3 April 2024 (part 1)

<https://www.nhsconfed.org/events/watch-valuing-patient-time-hospital-last-1000-days-part-1-2>

NHS Confederation Valuing patient time webinar 11 April 2024 (part 2)

<https://www.nhsconfed.org/events/watch-valuing-patient-time-hospital-last-1000-days-part-2->



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Deconditioning: The other pandemic

Dr Rory Fisher Annual Lecture, University of Toronto (15 Sept 2021)

<https://www.youtube.com/watch?v=cJkeAZBxY2E>

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>

Why does #endPjparalysis matter?

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

Fast facts about deconditioning

<https://www.youtube.com/watch?v=fykjMB9bLw>

#EndPjparalysis youtube playlist from NHS Improvement Emergency Care Intensive Support Team (ECIST)

[https://www.youtube.com/c/ECIST1/videos?view=0&sort=p&shelf\\_id=0](https://www.youtube.com/c/ECIST1/videos?view=0&sort=p&shelf_id=0)

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

<https://www.youtube.com/watch?v=dIN5epHuGVY>

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

<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-sub> digest

## **Blogs**

Valuing 350,000 patients' time – blog for NHS England Aug 2019  
<https://www.england.nhs.uk/blog/valuing-patient-time/>

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

Jane Cummings, former Chief Nursing Officer, NHS (England) blog on Valuing Patients' Time (Nov 2017)  
<https://www.england.nhs.uk/blog/valuing-patients-time/>

Jane Cummings, former Chief Nursing Officer, NHS (England) blog on why we should all support #EndPJparalysis (Feb 2017)  
<https://www.england.nhs.uk/blog/jane-cummings-32/>

Pyjama free zones – blog for Chartered Society of Physiotherapy  
<http://www.csp.org.uk/frontline/article/pyjama-free-zones>

#EndPJparalysis:the revolutionary movement helping frail older people  
<https://www.england.nhs.uk/2018/06/endpjparalysis-revolutionary-movement-helping-frail-older-people/>

## **Book chapters**

Arora A, Dolan B (2021) Avoiding Deconditioning in O'Hanlon S, Smith M (Eds) A comprehensive guide to rehabilitation. London, Elsevier (4edn) (Free book chapter)  
<https://eu-ireland-custom-media-prod.s3-eu-west-1.amazonaws.com/UKMEAUEU/eSample/9780702080166.pdf>

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

The Broons (iconic Scottish comic) does #EndPJparalysis (Feb 2024)  
<https://www.nhshighland.scot.nhs.uk/media/c1ehgftw/the-broons-get-up-get-dressed-get-moving.pdf>

Nursing Times (14 Feb 2024) Comic launched to support #EndPJparalysis campaign  
<https://www.nursingtimes.net/news/hospital/comic-launched-to-support->



[endpjparalysis-campaign-14-02-2024/](#)

Nursing Times Editorial (2018) '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>

Nursing Times article about Molly Case 'Last 1000 days' poem commissioned by Chief Nursing Officer (England)

<https://www.nursingtimes.net/news/research-and-innovation/nurses-poem-highlights-value-of-time-to-older-patients-15-03-2017/>

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>

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>

Argyll & Bute HSCP & NHS Highland - Donald where's your troosers

<https://www.youtube.com/watch?v=KHODzCxApe4>

### **Resource links**

For more information please contact Prof Brian Dolan OBE  
[brian@healthservice360.com](mailto:brian@healthservice360.com) Twitter @brianwdolan



James Paget University Hospital – let's keep moving postcard/leaflet  
<https://www.jpaget.nhs.uk/media/382538/LetsKeepMovingleaflet.pdf>

British Geriatrics Society – Deconditioning Awareness  
<https://www.bgs.org.uk/resources/deconditioning-awareness>  
Deconditioning syndrome awareness campaign – Dr Amit Arora  
<https://fabnhsstuff.net/fab-stuff/deconditioning-syndrome-awareness-campaign>

Sonia Sparkles sketch notes on healthcare improvement, including endPjparalysis  
<https://soniasparkles.com/healthcare/>

### **Radio interviews**

'It could be the difference between going home or to a home' - BBC Radio 4  
Woman's Hour interview on #EndPjparalysis with Brian Dolan  
<http://www.bbc.co.uk/programmes/p050lz2y>

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-1.5063844>