

Poster presentations

190 WHO IS 'FIT TO SIT' IN OUR EMERGENCY DEPARTMENT?

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Background: Older admitted patients are at risk of deconditioning related to immobility. "Fit to Sit" is a simple change in the Emergency Department (ED) culture and attitude, promoting independence, maximizing well-being and improving health outcomes. We aim

to describe the prevalence of patients deemed "Fit to Sit" who were in hospital gowns and lying on trolleys in our ED prior to the commencement of the "Fit to Sit" pilot.

Methods: An observational study was conducted prospectively, over five working days, to determine the proportion of patients present who were dressed and sitting out on a chair, opposed to wearing pyjamas (PJs) and lying on a trolley. Nursing staff familiar with each patient were asked whether or not the patient was fit to sit out in a chair. Statistical analysis was conducted with Microsoft Excel using the chi squared test to calculate differences between the two groups.

Results: Data was collected on 147 patients, median age 66 years (IQR 47-74). 82% were on a trolley and 18% in a chair. 33% were in their clothes, the remaining 67% were in PJs or hospital gowns. 45% of those deemed "Fit to Sit" were on a trolley. Patients 65 and older were more likely to be wearing PJs ($p=0.03$), but not more likely to be on a trolley ($p=0.23$). Patients in ED for greater than 12 hours were also more likely to be in PJs ($p=0.001$) and on a trolley ($p=0.057$).

Conclusion: Our study suggests that a significant proportion of ED patients are lying on trolleys despite being deemed to be "Fit to Sit". Introduction of an ED "Fit to Sit" programme may alleviate deconditioning and promote patient independence.