

Together - Focusing on our patients.

Windsor Regional Rehabilitation



WINDSOR
REGIONAL
HOSPITAL

OUTSTANDING CARE – NO EXCEPTIONS!

In-Patient Rehabilitation Lean Project

Opportunity

- Increase direct therapy patients receive from **2-3** hrs/day to **4-5** hrs /day
- Stretch target – **6** hrs +
- Reduce the competition between Allied Health for scheduling 1:1 therapy sessions during peak times

Goal

- Increase efficiency and effectiveness of the therapy provided by all disciplines
- Improve functional outcome for patients
- Reduce LOS



What We Did

- Process mapping – “a day in the life”
- Extended the day from 7am – 9pm (not 8am- 4pm)
- Focus on patient’s day – not the work day

Primary Activity

- Reviewed the opportunity to provide ‘**Group Classes**’ to supplement 1:1 therapy offered
- Reviewed the opportunity to combine various disciplines in rehab interventions



Focus of New Classes:

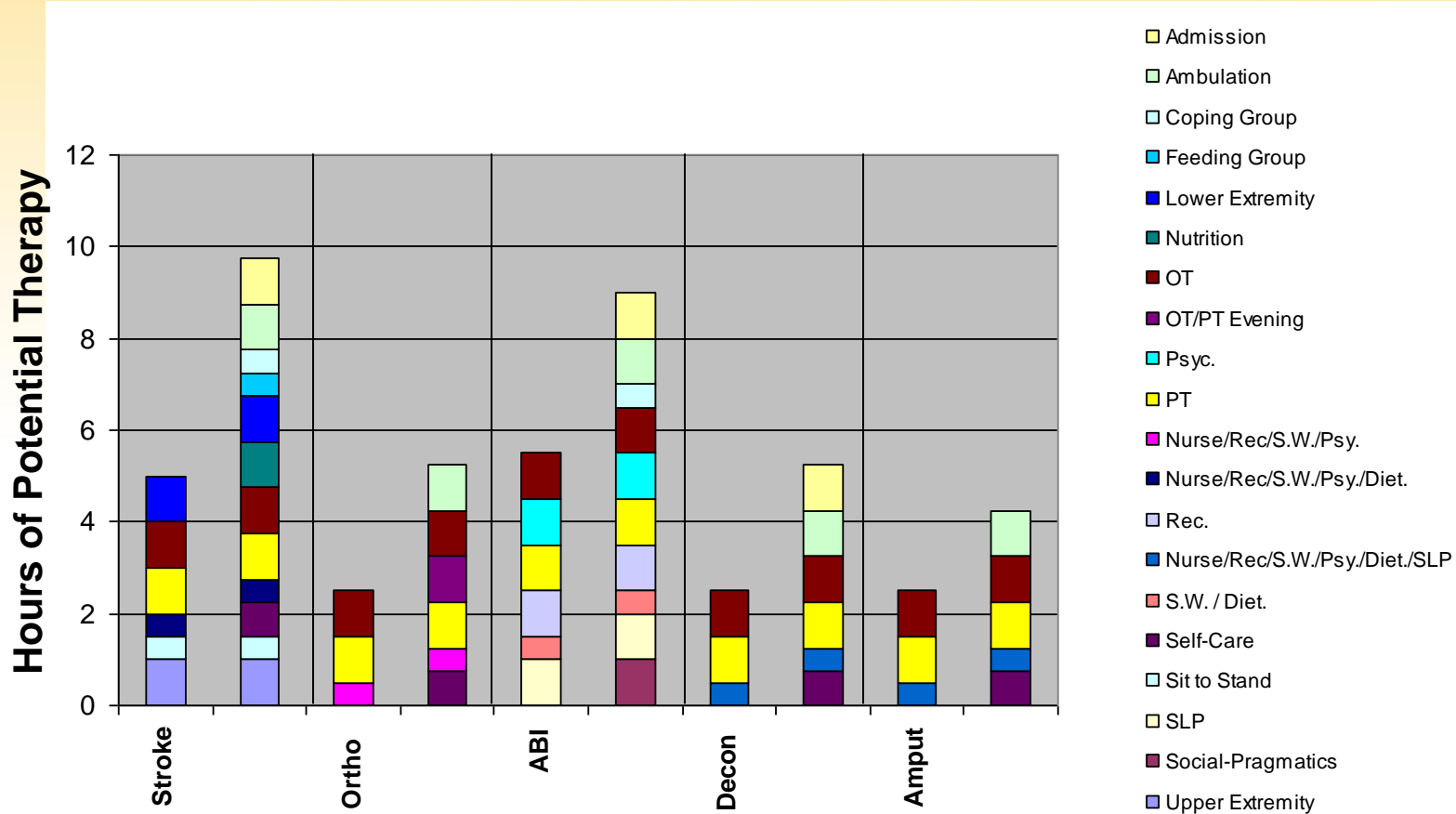
- 1. Application of daily functional skills such as;**
Pragmatics Group, Speech, Eating, Dressing & Grooming, Sit & Stand, Ambulation
- 2. Increase access to motor recovery**
Upper / lower extremity circuit classes
Self exercise programs provided for evenings and weekends
- 3. Support and education of family and patient**
Admission group, Coping Group, Stroke education class, Nutrition class, Nursing educational classes on medication, diabetes, diagnosis, bladder & bowel retraining
- 4. Freeing up time for additional 1:1 therapy sessions**
For more complex rehab needs patients

Calendar of Weekly Services (Before & After)

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM							
:15							
:30							
:45							
8:00 AM							
:15							
:30							
:45							
9:00 AM	Upper Extremity		Upper Extremity			Physio	
:15						Every other Sat.	
:30							
:45							
10:00 AM							
:15							
:30							
:45							
11:00 AM							
:15							
:30							
:45							
12:00 PM	Feeding Group		Feeding Group		Feeding Group		
:15							
:30							
:45							
1:00 PM							
:15							
:30							
:45							
2:00 PM							
:15							
:30							
:45							
3:00 PM	Lower Circuit Classes	Sit / Stand Class	Lower Circuit Classes		Sit / Stand Class		
:15		Coping Group			Stroke Educ.		
:30							
:45							
4:00 PM							
:15							
:30							
:45							
5:00 PM							
:15							
:30							
:45							
6:00 PM				Bocci Ball			
:15							
:30							
:45							
7:00 PM							
:15							
:30							
:45							
8:00 PM							
:15							
:30							
:45							

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM							
:15							
:30							
:45							
8:00 AM							
:15							
:30							
:45							
9:00 AM	Upper Extremity	Self-Care	Upper Extremity	Self-Care		Rec. Therapy	Physio
:15						Every Other Sat.	Every other Sat.
:30							
:45							
10:00 AM							
:15							
:30							
:45							
11:00 AM							
:15							
:30							
:45							
12:00 PM	Feeding Group		Feeding Group		Feeding Group		
:15							
:30							
:45							
1:00 PM							
:15							
:30							
:45							
2:00 PM							Pragmatics - Social Language Group
:15							
:30							
:45							
3:00 PM	Ambulation Class	Sit / Stand Class	Ambulation Class	Lower Circuit Classes	Nutrition Group	Sit / Stand Class	
:15		Coping Group				Stroke Educ.	
:30							
:45							
4:00 PM	Rec. Therapy continues		Rec. Therapy continues				
:15	Every other Monday		Every Wednesday				
:30					Admiss. Group	Bocci Ball	
:45							
5:00 PM							
:15							
:30							
:45							
6:00 PM							
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:45							
7:00 PM							
:15							
:30							
:45							
8:00 PM							
:15							
:30							
:45							

Identifying Opportunities (Before & After)



Preliminary Process Measures

The team is collecting data on the various diagnoses and analyzing opportunities.

Presently:

- ABI aver. = 5 hrs
- CVA aver. = 5.5 hrs
- Ortho aver. = 3.5 hrs
- Deconditioned aver. = 5.25 hrs

Pc. Room 1207		WINDSOR REGIONAL HOSPITAL OUTSTANDING CARE - NO EXCEPTIONS																												LEAN Rehabilitation Team Data Collection			
		February-11														February-11																	
		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	TOTAL	Combined	
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28										
Occupational Therapy																																	
Self Care Program (0.75)																																2.5	
O.T. 11 (1.0)		x	x	x	x	x						x	x	x	x	x																13.0	28.5
Evening hand coordination K11 (0.1)		x	x	x	x	x																										13.0	
Upper Extremity (1.0)																																	
Physio Therapy																																	
Lower Extremity (1.0)																																	
Sit / Stand (0.5)		x		x	x	x																										2.0	
Ambulation (1.0)			x	x	x	x																										5.0	28.5
P.T. 11 (1.0)		x	x	x	x	x																										10.0	
Evening self exer. program (0.5)		x	x	x	x	x																										10.5	
Speech Therapy																																	
Feeding Group (0.5)																																	
Pragmatic / Social (1.0)			x		x																											3.0	3.0
Speech Therapy 11 (1.0)																																	
Speech Therapy 11 (0.5)																																	
Recreation Therapy																																	
Group or 11 (1.0)																																	
Group or 11 (0.5)					x																											1.0	1.0
Nutrition																																	
Nutrition Group (0.5)																																	
Nutrition Care 11 (0.5)					x																											0.5	0.5
Social Work																																	
S.V. 11therapy (1.0)		x																														2.0	
S.V. 11therapy (0.5)			x																													1.0	3.0
Admission Group (1.0)																																	
Neuropsychologist																																	
Coping class (0.5)																																	
11 Therapy (1.0)																																0.5	
11 Therapy (0.5)																																0.5	
Nursing																																	
Education 11 (0.5)		x																															
Rehab. Activities (0.25)		x	x	x	x	x	x	x																								2	2.0
Rehab. Activities (0.5)																																	

Planned Outcome Measures

- FIM Efficiency Scores
- Discharge destinations - % of Patients from home returning home
- Length of Stay
- Change in FIM Score

How We Have Changed

- Improved transference of skills among all disciplines including Allied Health and Nursing.
- It is no longer uncommon to see interdisciplinary staff...
 - using communication or alphabet boards in support of the SLP program
 - walking patients to various sessions, reminding clients to use their long handled aids
 - allowing more independent wheelchair mobility or doing perception checks with the patients
- Allied Health is customizing tolerated lengths of therapy for 1:1 treatment



What We Improved

- Modify type and frequency of groups based on the needs of the overall case load
- Standards for ALC patients - allowing Allied Health to focus more on appropriate cases
- Adaptive aids and specialized plates are available at meal time to enhanced independence and training
- The development of a patient culture that embraces active participation and self responsibility for a certain level of fitness and maintenance therapy
 - Personal affordable kit samples and exercise diagram sheets are provided and taught to patient and their family
 - Self driven evening / weekend exercises programs are encouraged

The Team Continues to...

- Be motivated to review and develop new classes
- Expand the evening / weekend self-driven therapy options
- Expand the evening / weekend therapy options
- Look at opportunities to branch out to other areas such as Out Patient therapy



The Team's Goal...

- That our endeavors not only enhance the patient's abilities, but that they will allow for a greater level of recovery in a shorter length of stay.
- To reduce the deconditioning that we see happening in our older patients as they return to their homes.