

Time is Function: Making It Real

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Knowledge Exchange Idea: Balance Class

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Exploring opportunities to increase therapy intensity

What we did and why:

- To provide inpatients with an additional opportunity to practice balance skills
- To provide an opportunity for socialization and fun among inpatients and their families
- Standing balance skills at the parallel bars with varying levels of support/assistance
- 30 minute session with greater than 2 participants
- 17 different activities with 10 repetitions of each activity with rest periods as needed
- Music, stories and jokes are exchanged between inpatients, families and therapists during the sessions
- On Fridays the balance class is substituted with a “Games Class” where standing skills are challenged during games such as balloon badminton, cane/tennis ball hockey, bowling, bean bag toss, etc.

Outcomes and feedback:

- Improved balance scores as measured by the Berg Balance Scale
- Improved family involvement in patients’ rehabilitation program
- Improved socialization among inpatients and their families
- Patients and their families enjoy the class and look forward to participating

Lessons Learned:

- Making therapy fun improves patient participation and job satisfaction for therapists
- Group balance class provides the opportunity to practice speech and language skills as well as socialization skills and recreation therapy