

Time is Function: Making It Real

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Knowledge Exchange Idea: Model of Care

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Exploring opportunities to increase therapy intensity

What we did and why:

We implemented dual OT/PTA roles with a master schedule providing extended daily therapy hours of 0700-2030 Monday to Friday plus weekend therapy 0700-1500 Saturday and Sunday.

The intention of the new model was to extend the therapeutic patient day and offer more OT and PT treatment sessions tailored to the individual patient goals. By lengthening the treatment day and running therapy 7 days/week with dual trained assistants other opportunities could also be realized. In addition to more therapy, there were efficiencies in communication and transitions, less competition for prime treatment times, enhanced therapeutic relationships, more group activities, enhanced treatment sessions due to combined training skills of the assistants, morning and evening adl's performed helping to offset nursing workload, and reduced ALOS.

We also created an evening shift 1 day/week for the TRS to focus on group community integration activities. Goal setting was done collaboratively with functional outcomes set and performed in a realistic environment. Extended evening hours enabled the patient to access other therapy times during the day and provided increased stimulation and socialization.

Outcomes and feedback:

We found that many of the patients for the OT/PT groups in the evening were not attending due to either fatigue or having visitors.

Overall feedback from patients, families and team members has been very positive and our ALOS continues to be below the provincial average and meeting our RPG targets.

Lessons Learned:

Adjusting the OT/PTA master schedule to provide therapy from 0700-1830 with groups later in the afternoon, has resulted in much improved attendance and better functional outcomes for the patients. Numbers of adl's, groups and 1:1 therapy sessions were maintained or increased and the 2 assistants had more time to provide 2:1 sessions mid day if required by patients.

Extended therapeutic days and weekend therapy has proven very beneficial in increasing therapy intensity for our patients while concurrently creating efficiencies and enhancements in our patient care processes and program statistics.