

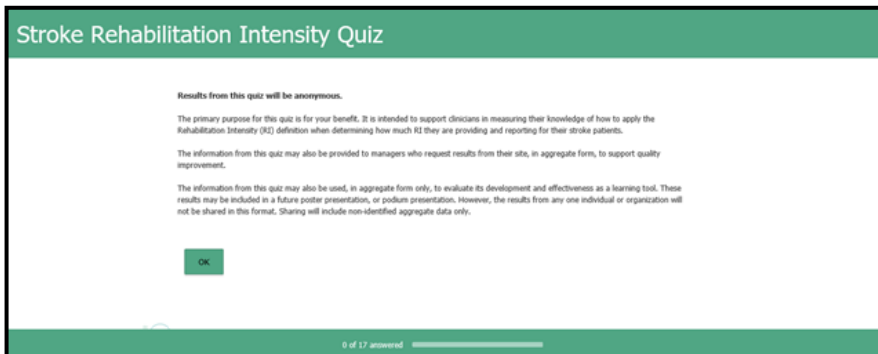
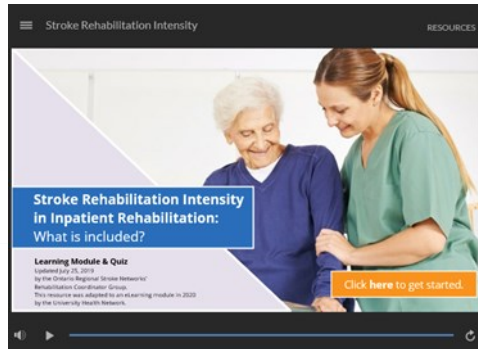
Stroke Rehabilitation Intensity Newsletter

Back to the Basics

Did You Know....there are Educational Resources and Tools available to assist clinicians in understanding what counts as Stroke Rehabilitation Intensity minutes? The Regional Rehabilitation Coordinators of Ontario have developed several resources to assist clinicians including a convenient pocket card, an online learning module and a provincial quiz that can be used to test your knowledge on Rehabilitation Intensity.

The Pocket Cards outline the provincial definition and guiding questions to determine what activity can counted as Rehabilitation Intensity minutes.

The Stroke Rehabilitation Intensity Learning Module and Quiz allow clinicians to review the concepts and test their knowledge regarding Rehab Intensity. Both resources are available on your hospital organization's learning management system or on your Stroke Network's online learning platform. Please consult your Regional Rehabilitation Coordinator for more details on how to access these resources.



STROKE REHAB INTENSITY

Definition: "The amount of time the patient spends in individual, goal-directed therapy, focused on physical, functional, cognitive, perceptual, communicative and social goals to maximize the patient's recovery, over a seven day/week period. It is time that a patient is engaged in active face-to-face treatment, which is monitored or guided by a therapist."

*The rehabilitation intensity definition was developed and approved by the Ontario Stroke Network Stroke Reference Group in 2012. This definition was later revised by the Ontario Regional Stroke Networks' Rehabilitation Coordinator Group in 2018.

STROKE REHAB INTENSITY

Guiding questions to determine if your activity is included in Rehabilitation Intensity (RI) measurement:

1. Was I assessing, monitoring, guiding or treating the patient face-to-face?
2. Was my activity with the patient one-on-one*?
3. Was the patient actively engaged in the activity throughout the session?
4. Were the therapy activities helping the patient achieve his/her goal(s) and maximize his/her recovery?

If the answer to all questions is YES, include the activity in RI measurement.

If the answer to any question is NO, do not include the activity in RI measurement.

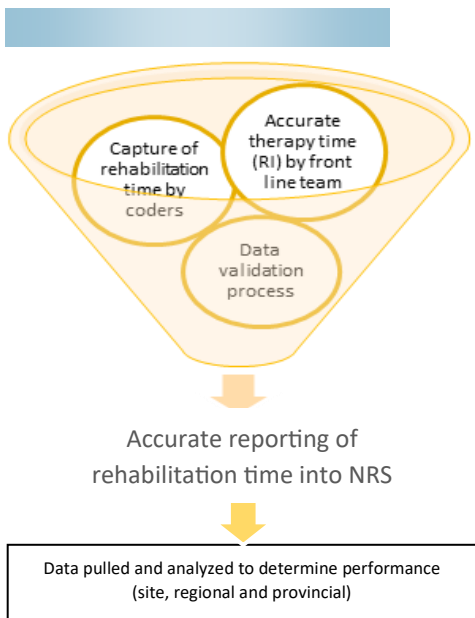
*with the exception of co-treatment/collaborative treatment

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Do you have a question about Rehab Intensity? Connect with your Regional Stroke Network's Rehabilitation Coordinator. If you do not know their contact information, please email CorHealth Ontario at:

oh-corh_service@ontariohealth.ca



The Impact of Accurate Data Collection and Reporting

Rehabilitation Intensity (RI) is calculated using the data that is entered by each inpatient stroke rehabilitation site into the provincial database (i.e. National Rehabilitation Reporting System, NRS). The NRS system is set up to allow direct rehabilitation minutes provided by each of the following disciplines to be tabulated: OT, PT, S-LP, OTA, PTA and CDA. All Rehabilitation Intensity minutes provided by therapists and therapist assistants should be included in data entry and data reporting to the NRS. Any further analysis or calculations that are required will be made after sites submit all rehabilitation minutes in to the NRS. Please see the linked [document](#) to get more details about how RI is calculated in the Ontario Stroke Report.

Read more here: <https://www.corhealthontario.ca/CorHealth-Ontario-RI-Calculation-Briefing-Note.pdf>

A validation process can help to confirm that the RI data that will be entered into the NRS system seems accurate to the team working with the patients.

Reader Survey

Please take a moment to provide feedback on this newsletter. Your feedback will help to ensure the newsletter meets your needs and is a valuable resource.

<https://forms.office.com/r/LVTWLLA6dQ>



There are a variety of factors and processes at your site that can have an impact on RI performance. Firstly, the front-line care team should understand how to accurately capture and document the number of minutes of therapy that each patient is receiving. It is equally important to ensure the team members who capture and report data to the NRS (e.g. NRS coordinators) have a clear process to follow that outlines which patients require rehabilitation time to be input into NRS, where to find this data in the organizations' RI time collection system (e.g. patient chart, excel spreadsheet) and how and where to report it into NRS. Finally, a validation process can help to confirm that the RI data that will be entered into the NRS system seems accurate to the team working with the patients.

Consider the following questions with your team:

- Do the occupational therapists, physiotherapists, speech-language pathologists and therapy/ rehab assistants on your team receive education about RI and know where and how to document therapy minutes?
- Do your NRS coordinators/ coders/ decision support team members receive education and training about rehabilitation time, where to find this data in the patients' chart and how to properly translate that to the NRS database?
- Does your site have a validation process to ensure all patients in stroke rehab have documented RI and check the accuracy of RI data that will be reported to NRS?

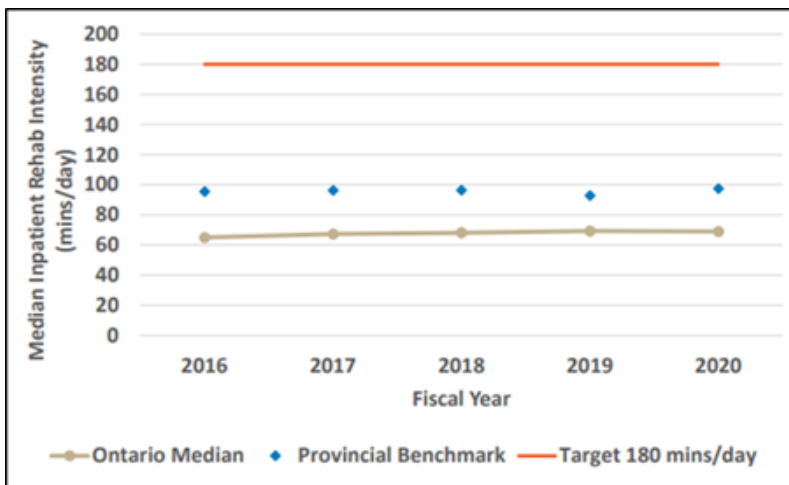
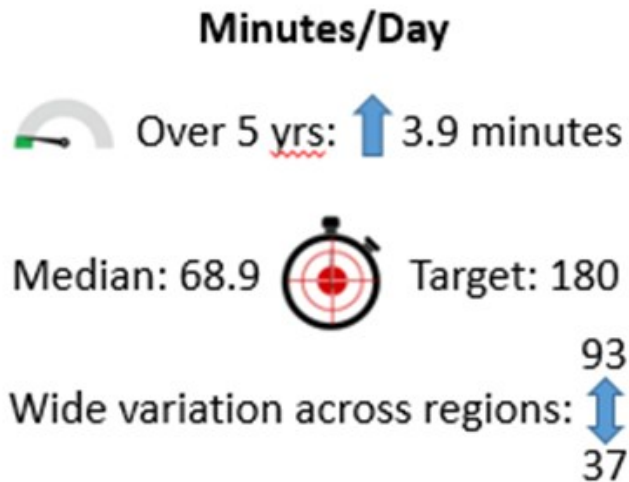
If you have more questions about RI documentation, collection and NRS reporting, you can refer to questions 31-38 in the document 'Stroke Rehabilitation Intensity [Frequently Asked Questions](#)' (<https://www.corhealthontario.ca/Ontario-Regional-Stroke-Networks-Stroke-Rehabilitation-Intensity-FAQs.pdf>).

Ontario Stroke Report

The [Ontario Stroke Report](#), June 2022, highlighted the provincial Rehabilitation Intensity performance for FY 2020-21.

Rehabilitation intensity continues to be an area for improvement in the inpatient rehabilitation setting as many patients did not receive the recommended 180 minutes per day of direct therapy.

Ontario Performance:



The Auditor General of Ontario [Report](#) - Value-for-Money Audit: Cardiac Disease and Stroke Treatment, published in December 2021 recommended that the Ministry of Health work with stakeholders, including CorHealth Ontario and rehabilitation providers, to understand challenges in meeting the best practice of providing 180 min/day of inpatient rehab and to take the appropriate action to address identified challenges.

You can read the Auditor General of Ontario Report: Value-for-Money Audit: Cardiac Disease and Stroke Treatment here:

https://www.auditor.on.ca/en/content/annualreports/arreports/en21/AR_Cardiac_en21.pdf

Knowledge check

If you have an OT, PT, or S-LP student, would the patient's time with the student be considered a part of the Rehabilitation Intensity minutes?

Yes. If the student is providing face-to-face, one-on-one intensive therapy, it would be included as part of the RI minutes. Within the National Rehabilitation Reporting System, this time would be captured under OT, PT or S-LP categories, respectively. This time should not be "double counted" by the supervising therapists, as RI captures the time the patient spends in therapy. When there is collaborative treatment between a therapist and their respective student, the supervising therapist records the RI minutes.