Providing Better Physical Therapy Care for a Significant Change

Background/Purpose

INTRODUCTION:

Residents requiring long term care is admitted in Enaya from other facilities/home.

Most of the residents have completed their acute and sub acute rehabilitation prior to admission, some of the residents still have the potential to achieve or sustain their highest level of function.

Approximately 80% of admitted residents are bed bound or having low level of recovery. This leads to challenge in discharging the residents from the facility.

Goals / Objectives

1.To provide better Physical therapy care to all the residents in Enaya for a significant change in their quality of life.

2.To initiate the optimized exercise program in physiotherapy gym by targeting to improve their level of independence and functional mobility status.

Methods

All the residents admitted were assessed by the Physical Therapist to evaluate their current level of function/mobility and their potential to achieve highest functional level.

1st PDSA: To change the conventional treatment plan of providing bedside exercise and to maximize the beneficial effects obtained by seating and bringing them to the gym.

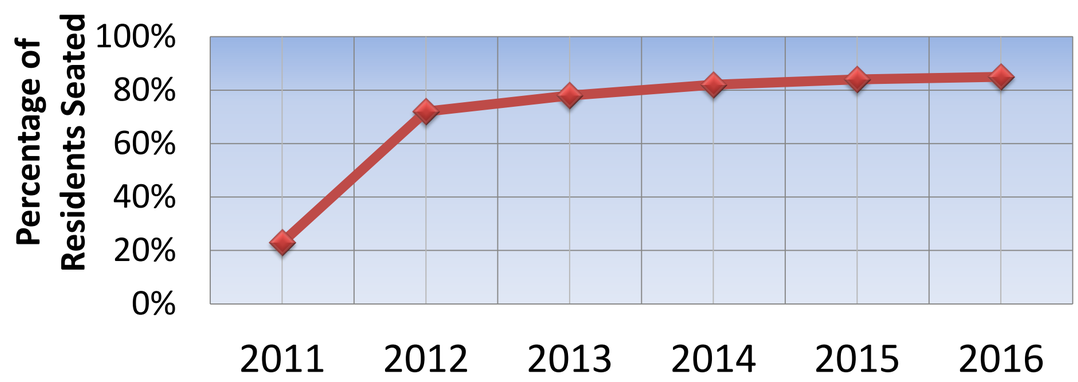
2nd PDSA: To revise the frequency of visit and to accommodate all residents in the gym based on their response to physiotherapy intervention, we opened a well equipped gym in the tracheostomy unit in 2016.

3rd PDSA: To improve residents quality of life, We intensified our therapy to achieve optimal functional level on their day to day activities and to facilitate safe discharge.

Results

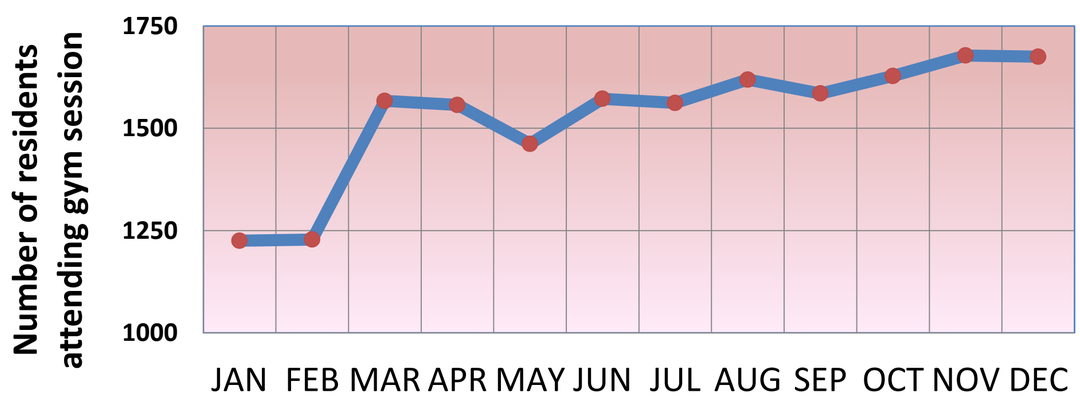
1st PDSA: Those residents who can be seated on appropriate chairs were moved out along with the MDT and were provided exercises in the PT gym. There was 49% improvement in the number of residents moved out of bed.

PERCENTAGE OF RESIDENTS MOVED OUT OF BED



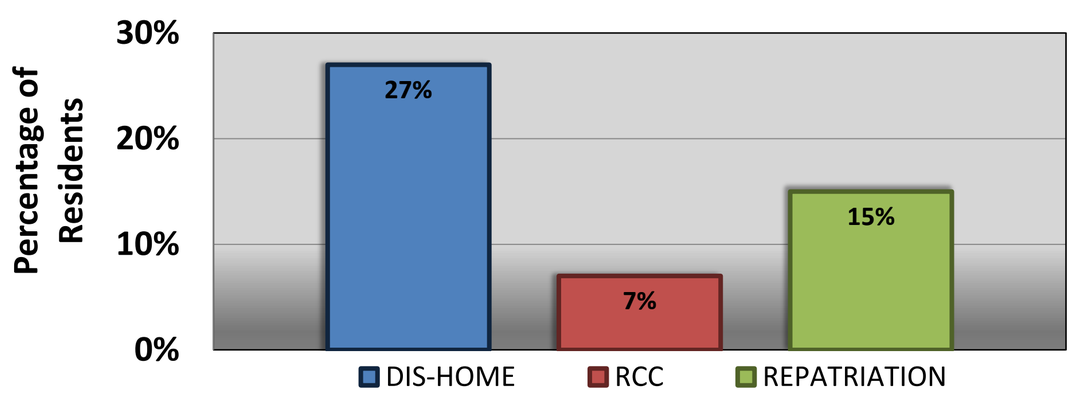
2nd PDSA: The number of residents attending the PT gym for their planned interventions increased considerably from 1225 in January 2016 to 1675 in Dec 2016.

RESIDENT ATTENDING GYM SESSION



3rd PDSA: As the residents showed improvement in their functional status and level of dependency, 7 % of them were transferred to RCC, 15% repatriated to their home country in the year 2016 and 27 % were safely discharged home.

RESIDENT DISCHARGE DATA



Conclusions

Integrated and extensive physical therapy interventions show significant change in the physical/ functional status of potential long term care residents.

Consistent and close monitoring of the residents render the opportunity to provide intensive care,

Thereby improving their quality of life and facilitating early safe discharge to their family/ community.

Next Step

Rehabilitate the residents, to achieve independence in ADL's, prepare for discharge, reunite him with his family and integrate to community.

To create availability of bed space for new admissions.

Team Members

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References

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