

# Southwestern Ontario Stroke Rehabilitation Forum

## Time is Function: Making It Real

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**Knowledge Exchange Idea:** "Experience with using a LEAN process to increase therapy time".

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**Facility Name:** Windsor Regional Hospital, Tayfour Campus

### Exploring opportunities to increase therapy intensity

#### What we did and why:

Focused on patient's day – not the work day, we added additional therapy options

- **7am – 9pm (not 8am- 4pm)**

Reviewed the opportunity to provide 'Group Classes' to supplement 1:1 therapy offered

- **Speech, Dressing & Grooming, Sit & Stand, Ambulation, Eating**

Reviewed the opportunity for interprofessional care (combining various disciplines in rehab interventions)

- **Pragmatics Group (SLP and Rec. Therapy)**

#### Outcomes and feedback:

- New communication patient whiteboards – benefit for patients, staff and families
- Modify type and frequency of groups based on the needs of the overall case load
- Improved transference of skills among all disciplines including Allied Health and Nursing

#### Lessons Learned:

- The changes have allowed more patients to practice the skills they have been working on.
- Engaging in this LEAN activity allowed staff to better understand the roles of other colleagues and to appreciate difficulties encountered by other disciplines.

#### Other:

Development of a patient culture that embraces active participation and self responsibility for a certain level of fitness and maintenance therapy

- Personalized/affordable kits and "Home" exercise sheets are provided and taught to patient and their family (home sheets also used during evening/free time in hospital)
- Self driven evening / weekend exercises programs are encouraged
- Facilitates a smoother transition to community living