

Time is Function: Making It Real

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Knowledge Exchange Idea: NuSteppin' It Up

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Exploring opportunities to increase therapy intensity

What we did and why:

- A Nustep machine was donated to the rehabilitation unit by a family. As the second Nustep the team decided to make it accessible during times the physio gym is locked (evenings/weekends).
- A physiotherapist assesses each patient and develops the program for each patient. This program is then put on a white board with length of time and level of intensity clearly written for nursing staff to follow during off-hours. Supervision is by Nursing staff only.
- The Nustep was placed in the dining room as it is clearly visible from the nursing station where the patients can be continuously monitored for safety – it is in plain view!

Outcomes and feedback:

- Promotes independence, safety, self-esteem of the patients
- It is available to all patients if they desire to continue their program during off-hours
- Nursing does not feel that it has added to their workload in a negative manner.
- Patients like the added activity level over the weekends

Lessons Learned:

- Extending therapy is **not for everyone**...some patients find the “work” all week is tiring and need the weekend to recuperate
- Accessibility and visibility for safety are **VERY** important for the patient and team who are monitoring
- Communication of the plan is key to continued success