

Moving from Ideas to Actions in our Region:

What's happening at Grey Bruce Health Services in Owen Sound?

Fifteen staff members from Grey Bruce Health Services in Owen Sound attended the April 2012 Rehabilitation Forum "Time is Function: Making It Real" and are currently implementing strategies identified by the team to reach the goals of providing:

- 1) an active and complex stimulating environment
- 2) a minimum of 3 hours of direct task-specific therapy by the interprofessional stroke team
- 3) practice of skills gained in therapy into the patient's daily routine in a consistent manner

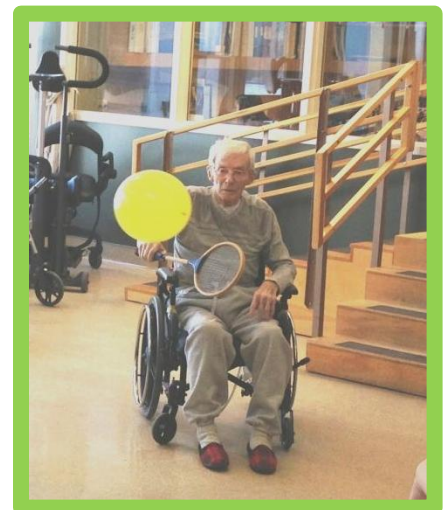
Joan Ruston-Berge, manager of the rehabilitation program, says "Our strategies have included addition of group classes, a mobile upper extremity cart, and introduction of a patient passport to enhance communication and family involvement in the patients' plan of care and homework. Other initiatives soon to be implemented include increased OTA time at bedside for ADL's, and creation of an instructional video to improve use of the NuStep cardiorespiratory exercise machine in off-hours."

Group Classes

In response to the need for greater therapy time, therapists working on the Rehabilitation Unit in Owen Sound have incorporated a variety of group classes into their stroke rehabilitation program. Group sessions are offered every day at 1130.



On Mondays there is a Games Class (see photos). Tuesdays and Thursdays an Activities of Daily Living Class is offered. And a very popular "Get Fit While you Sit" Class is provided on Wednesdays and Fridays. This class includes sit to stand exercises that alternate with upper and lower body exercises performed while seated in a chair.



New Upper Extremity Workstation

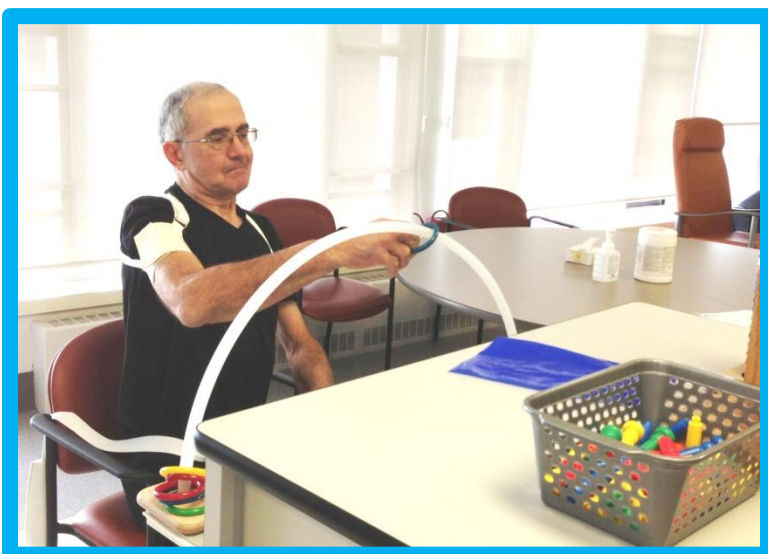
A challenge presented at the Southwestern Ontario Stroke Rehabilitation Forum in April, 2012 sparked a purchase that is giving stroke patients at Grey Bruce Health Services the tools to self-direct their own after-hours therapy. Owen Sound Rehabilitation Program has purchased an Upper Extremity Workstation for their rehabilitation clients.

This workstation, available through Patterson Medical, has a four-sided design which makes optimal use of limited therapy space, encourages social interaction among clients and permits many activities to be performed while seated or standing.

Workstation features: Two wheelchair-accessible, height-and angle-adjustable side shelves; slideout rear shelf suitable for a seated client; lockable double doors for security; and smooth-rolling, locking casters for easy mobility.

Greg Ott, the Occupational Therapist says that the plan is for the workstation to allow for practice of upper extremity activities outside of therapy time. To this end, he has provided an inservice to the rehabilitation team nurses and PSWs explaining all the tools available on the workstation and their potential uses. Patients themselves will have used the various equipment and activities during their occupational therapy time, so are familiar with what their goals are and how to carry out the homework activities. Kathy Johnson, the Occupational Therapy Assistant also spends time with each patient and the workstation itself to ensure each patients' familiarity with it.

The workstation is made available in the dining room so that it is accessible at all times. It is often used during the evenings and weekends as extra 'practice time'.



Ray Waechter doing his 'homework' on the upper extremity workstation

“Patients enjoy being able to do things in their down time.”

“It’s beneficial for patients to see what others can do.”

Patient Passport Introduced February 2013

“Families tell us, through accreditation surveys, that they feel there is not enough communication.” In response, the inpatient rehabilitation team at Owen Sound created a Patient Passport. It is a communication tool in the form of a binder that they hope will improve two-way communication; providing families with more detailed information about their loved ones’ care as well as a venue for asking questions. Lead by Krystle Pratt, recreation therapist, the Passport was implemented in February.

Introduction

This binder is for you and your family to use while you participate in your rehabilitation program. All staff on the unit will help you to use this binder to:

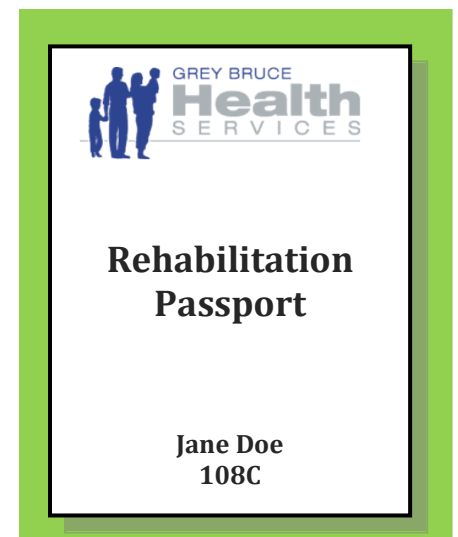
- list your goals
- track your progress
- schedule appointments
- keep important information
- place homework and exercise programs

Family and friends are encouraged to add information to this binder and you can use it to review, with your visitors, your daily activities and progress.

When this binder is used it:

- improves communication between you, your family and staff
- lists your goals and keeps staff and family focused on helping you reach those goals
- provides you with information about evening and weekend activities
- supports you when you work independently or with your family and friends on goals during informal social events
- celebrates each step in your rehabilitation

“It gets them thinking sooner about the transition from hospital to home.”



The Rehabilitation Passport is meant to be interactive. We believe that it aligns well with the trend towards providing patients with the skills they need for ongoing self-management. The passport is another tool that provides patients with an opportunity to have some say in their care and take on more responsibility.

Practical Ideas from the Forum

Use this checklist to help your team increase therapy time and extend hours of activation.

Outcome	Examples
Extend therapy hours of weekdays and weekends with safe, independent activities and/or with family support	<ul style="list-style-type: none"> • Nintendo Wii • iPad with speech programs • Mental practice/mental imagery • NuStep – cardio training • Functional electrical stimulation • Self-directed exercises, GRASP
Model of Care to lengthen hours for rehab and promote teamwork	<ul style="list-style-type: none"> • Rehab on the weekends • Occupational Therapy Assistants/ Physiotherapy Assistants • Split shifts • Therapeutic Recreation Specialists work evenings and weekends
Physical environment that is stimulating and challenging	<ul style="list-style-type: none"> • On-unit therapy so team can see patients' progress • Stimulating environment (e.g. more like home or pediatric unit)
Group classes to promote socialization, fun and family involvement	<ul style="list-style-type: none"> • Balance class • Sit to stand class • Upper extremity circuit training • Range of motion class • Social pragmatics • Recreational activities
Communication tools to foster awareness and track progress	<ul style="list-style-type: none"> • Rehab notebook/passport • Whiteboard in room with goals • Description of safe activities • Brochures
Scheduling to improve efficiency and family involvement	<ul style="list-style-type: none"> • Colour-coded white board • 2x30-minute sessions • Mix of individual and group activities • Make getting to therapy therapeutic
Process changes to enhance teamwork and integrate therapy	<ul style="list-style-type: none"> • Bullet rounds • Swallowing ax in dining room • LEAN approach and facilitator • Rehab Olympics • Share goals with team • Use ADLs as therapy time
Community Integration	<ul style="list-style-type: none"> • Therapy in community settings • Presentations by community groups
Family involvement to enhance engagement and practice time	<ul style="list-style-type: none"> • Admission group • Family information brochure • Involve in therapy sessions



For more information on any of these Practical Ideas or to submit information about what your program is doing for the next newsletter contact:

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