



# Awareness of Rehabilitation Intensity

Mary Jo Demers (PT) &  
Stephanie Feldman (S-LP)

*Brag and Steal – Regional and Provincial Rehabilitation Intensity Update*  
*Southeastern Ontario Stroke Best Practice Symposium*  
*Implementing Rehabilitation Intensity Inpatient Rehabilitation*

## Context/Issue

- Increasing awareness of rehabilitation intensity for allied health staff (PT, OT, SLP, OTA, PTA, CDA)
- Why focus on increasing awareness?
  - to ensure therapists/assistants understood why patients required 180 minutes of therapy per day (as per Canadian Best Practice Recommendations for Stroke Care)
  - begin to brainstorm and incorporate more direct task-specific therapy per day

## Intervention/Change Made

Changes our organization has implemented:

- Better utilization of assistants (OTA, PTA, CDA)
- Shorter therapeutic sessions in-room when patient is a “no-show”
- MOTMed and Arm Ergometer initiative (in progress)
- Bedside assessment completed on admission day
- Wheelchair assessment completed on admission day
- Mandatory reporting of rehabilitation intensity

## Measurement

- No data to report

## Lessons Learned

- As a team, we are able to achieve the recommended 180 minutes of direct task-specific therapy per day
- Biggest challenge has been staffing
  - No coverage during absences
  - Better use of assistants during these times has helped

## Contact for more information:

Name: Mary Jo Demers

Role on Team: Physiotherapist

Email: demersm@providencecare.ca

Phone: 613-548-7222 x 2245

Name: Stephanie Feldman

Role on Team: Speech-Language Pathologist

Email: feldmans@providencecare.ca

Phone: 613-548-7222 x 2361