

Final Report

The Stroke Rehabilitation Pilot Project of SEO

October 31 2004



The Project Consisted of 3 Parts

Part 1

Discharge Link Project

Part 2

Stroke Client Profile

Part 3

The Alpha-FIM Pilot



Part 1

The Discharge Link Project (DLP)

Goal

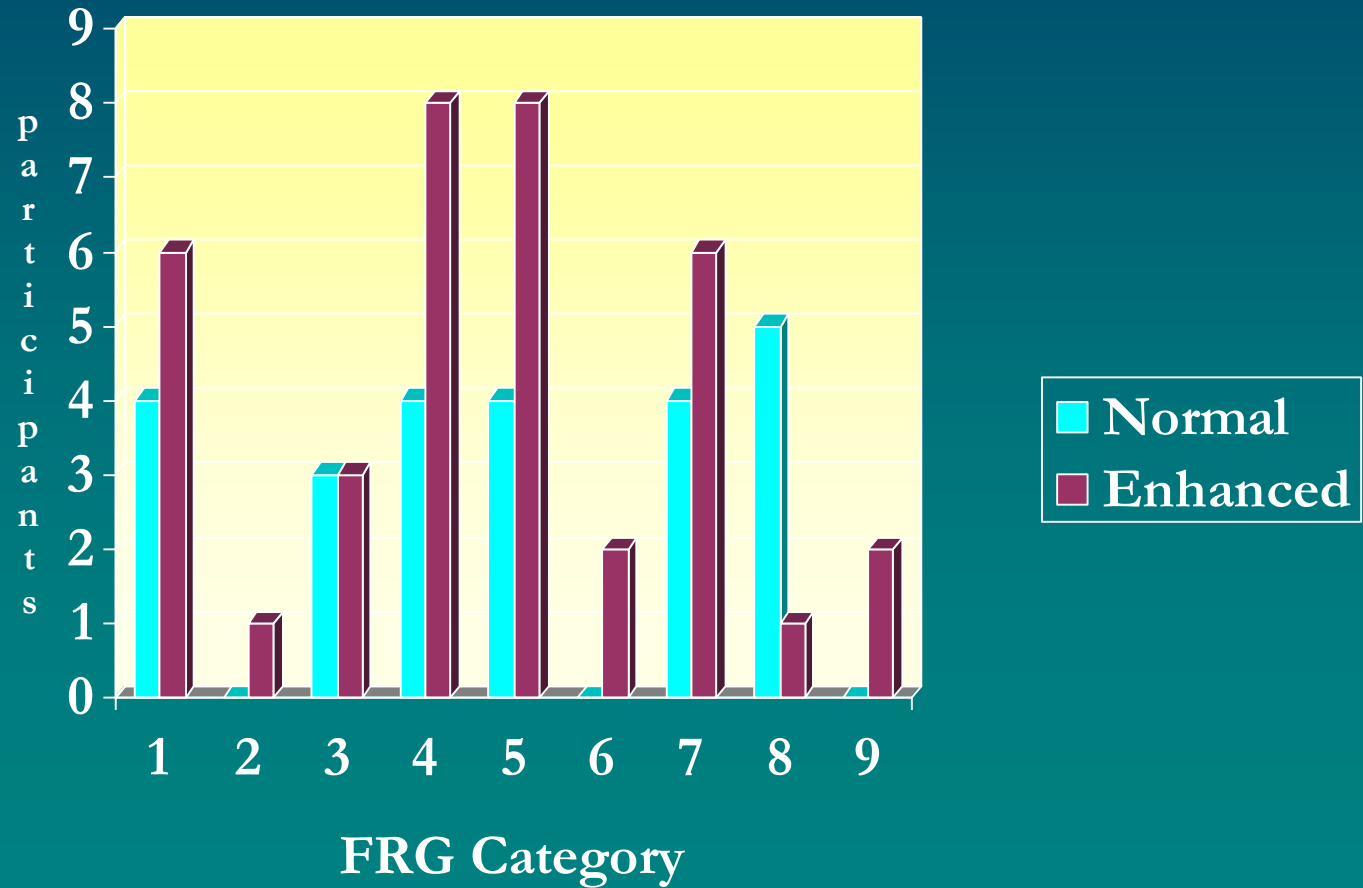
To investigate client transition from inpatient rehabilitation to the community by enhancing therapy and augmenting provider communication.



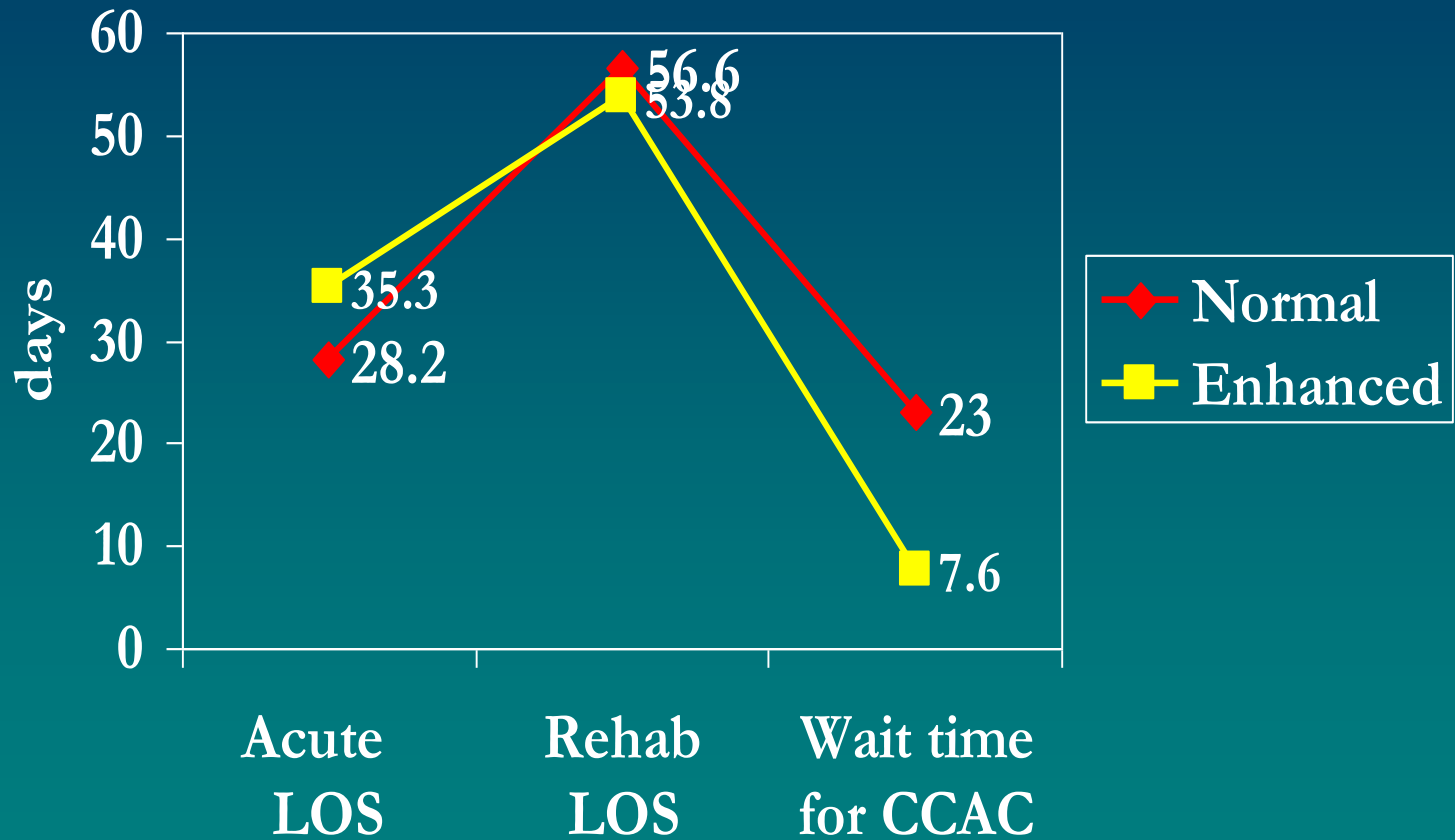
DLP Severity of Stroke

FRG = Functionally Related Group (at Admission)

Based on ratio of motor and cognitive sub-scores on the FIM

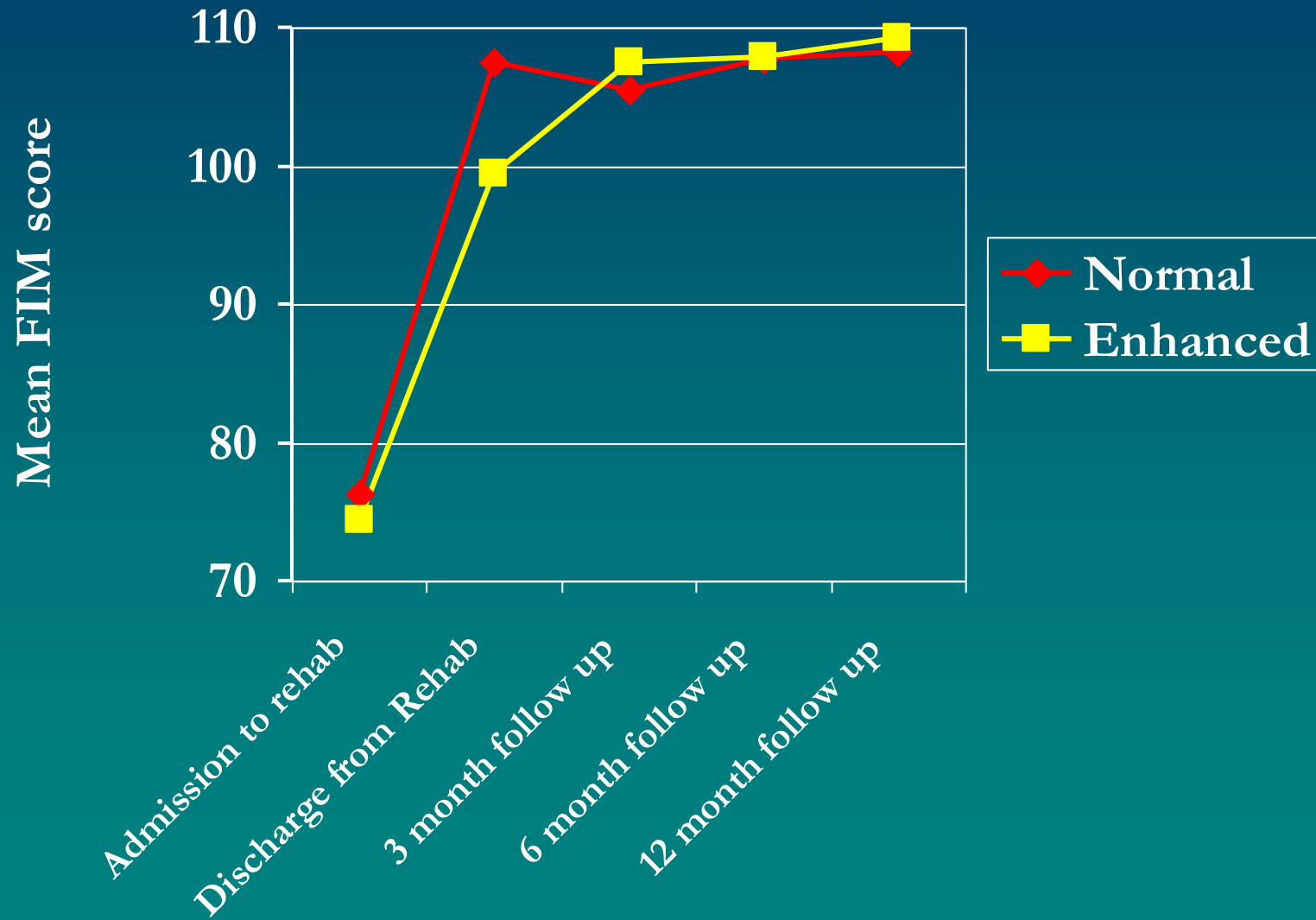


DLP: LOS and Wait Times

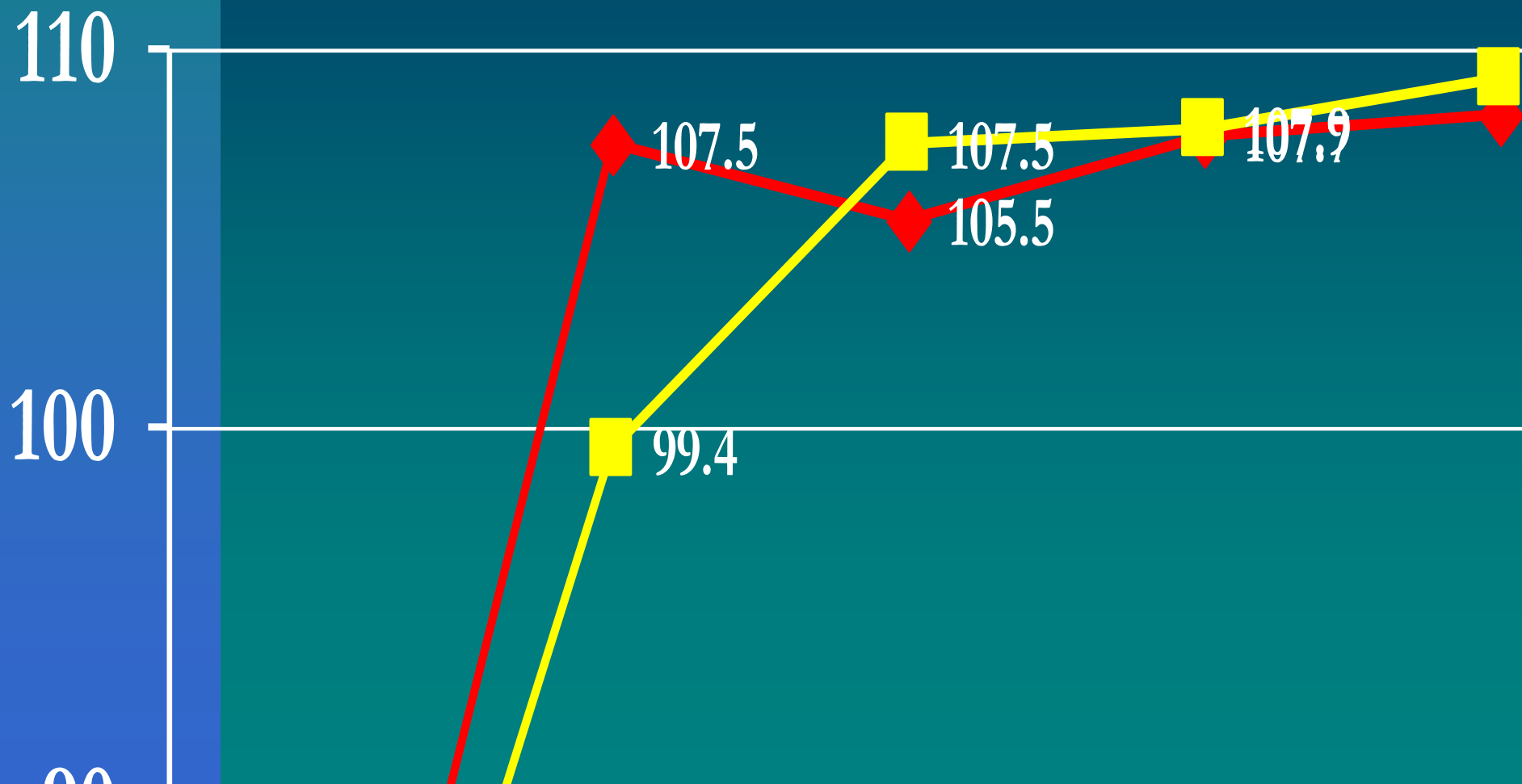


Total time post onset **N = 106.5** **E = 96.7**

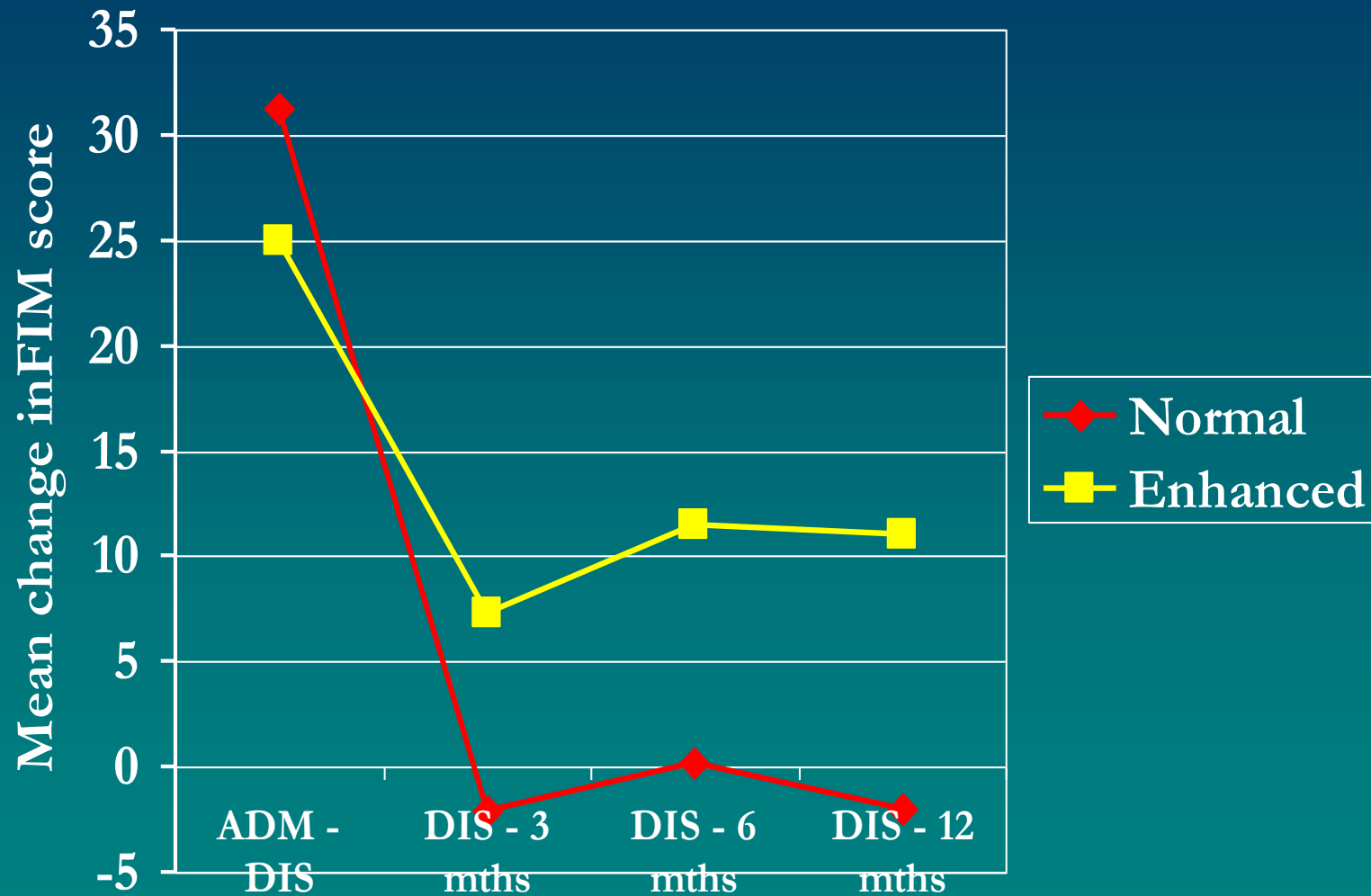
DLP: Functional Recovery



DLP: Functional Recovery between Discharge and 3 mths



DLP: Change in Recovery



DLP: WHY the Change?

Regression Analysis indicated that significant ($p > .05$) predictors of change were:

- ❖ Wait time for service
- ❖ Professional visits
- ❖ Models of care (ratio)

DLP: Utilization Post-Discharge



	N(24)	E (37)
■ Re-hospitalizations	46%	26%
■ Number of times: once	7	6
twice	3	3
three	1	0
■ Total bed-days	133	73
■ Ave stay per visit	8.3	6.1

Voices of Providers....

“You get so used to working with a system that you ... you forget that there might be something better out there...”

“I finally get to do real OT!”

“A cycle of discontinuity”

Voices of clients....

“I am totally overwhelmed”

“Horrific”

“Hell on earth”

“It was hard. It was tough”

*“if spouses become therapists... it really degrades
and demises the personal relationship.”*

“What do you do?”

DLP Interview Summary



- Chronic shortage of therapists
- Timely professional service is crucial to recovery
- Travel costs for remote participants
- Flexibility needed in community therapy
- Access to client information complicates the integration of care
- Need for standardized tools in the community

DLP Summary of Results



■ Function & Access

- Function improves significantly more with enhanced professional therapy in first 2 months
- Shorter waiting time for community service means faster functional recovery

■ Satisfaction: Patient, Caregiver & Provider

- providers benefitted from collaboration time
- caregivers are overwhelmed
- System barriers frustrate providers

■ Utilization

- enhanced therapy halved readmissions to hospital
- models of community care differ widely, professional therapy is crucial

DLP Recommendations



Provide...

- enhanced & timely professional therapy for stroke clients with no access to ambulatory services in the community
- a formal process for coordination of care
- increased system responsiveness and flexibility to allow for the particular therapy needs of clients.
- models of community based care that promote client recovery and provider stability.
- continued education about stroke therapy to staff of provider agencies and at the case manager level.

DLP Sustainability



- Cost Effectiveness
 - Enhanced and timely therapy increases function and decreases utilization
 - Client selection important
 - regional planning mechanisms to maximize service
- Resource transition planning to decrease costs and improve recovery

DLP: Transferability

Results are transferable to people who...

- live anywhere, regardless of where
- have a disability and can't access service
- have the potential to recover
- are in LTC?



Part 2 The Stroke Client Profile

“My Diary of Stroke Care”



***MY DIARY OF
STROKE CARE***

Part 2 The Stroke Client Profile

“My Diary of Stroke Care”

Goal

To develop, trial and assess a Stroke Information Tool designed to share timely and consistent information, including patient goals as the patient moves through various care settings and organizations in the continuum of care and across the region.



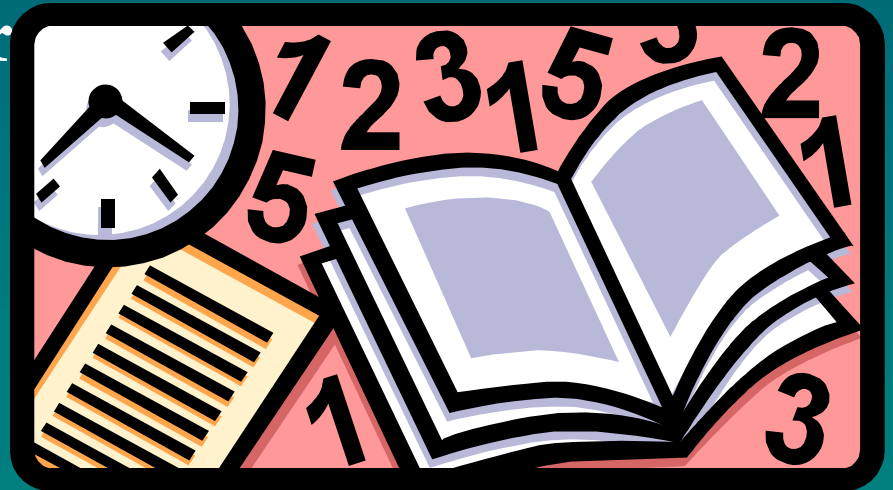
The Diary: Results

- Very successful with clients
- Format made it easy to use, read
- Few used all the way through continuum
- Providers don't have time to use
- There is a need for it



The Diary: Recommendations

- Review items to be included in the Diary
- Investigate including it in other HSFO documents (LTAS, TIA workbook)
- Make it aphasia friendly
- Apply to entire project

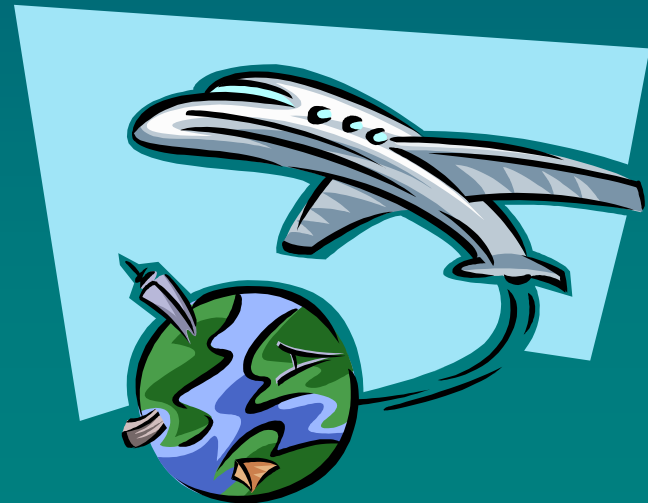


Part 3

Alpha FIM Feasibility Study

Goal

To conduct a feasibility study for the implementation of the Alpha FIM in the acute care setting.



Alpha FIM: Findings

- Easy to learn to use
- Assists in goal setting
- Facilitates communication
- Saves time for discharge, as it summarizes functional information in a standard format
- Acute centres had little time to use or analyze



Alpha FIM: Recommendations

- Trial the device in the new web-based format
- Resources are needed to encourage use of outcome measures in acute care

