

Project Title

Acute Stroke Unit (ASU) Rehab Group Therapy

Project Lead and Members

Project lead: Ms Annuradhaa Ravi, Senior Physiotherapist

Project members:

- Dylan Teoh Yung Tye, Physiotherapist
- Ahmad Bukhari Bin Ahmad Tarmizi, Physiotherapist
- Sophia Low Shu Er, Senior Physiotherapist

Organisation(s) Involved

Khoo Teck Puat Hospital

Project Period

Start date: Dec 2017

Completed date: Oct 2018

Aims

To increase Physiotherapist (PT) and Occupational Therapist (OT) productivity in the rehabilitation of neurological patients in the Acute Stroke Unit (ASU)

Background

See poster attached/ below

Methods

See poster attached/ below

Results

See poster attached/ below

Lessons Learnt

In conclusion, having the group therapy sessions in ASU has improved clinical effectiveness, productivity and benefited the patients. By having the group therapy sessions, therapists are able to review a greater number of patients in the same amount of time. This has also allowed for therapists to spend more time with patients who need individual sessions and are not suitable for group therapy sessions.

If given the chance to do a subsequent study, in a setting where the stroke population's duration of stay is at least 2 weeks, clinical outcomes could be evaluated to chart the degree of patient's functional recovery.

Conclusion

See poster attached/ below

Additional Information

The main message from this experience would be the collaborative effort between the different staff groups. Thorough in-depth literature review was done on the group therapy by both PT and OT which helped us to design the type of activities or tasks and also definite inclusion and exclusion criteria which would be evidence based, thus ensuring patient safety. We worked with the nurses to select an appropriate timing to conduct the group therapy thereby not affecting their daily routine like feeding and showering etc. In this way, we were able to have a win-win situation for the patient and for the staff.

Impact on patients and healthcare system:

Conducting group therapy has improved therapist's productivity, enabling therapists to attend to more patients, being able to provide additional therapeutic services to more requiring it.

In appropriateness of care by improving the effectiveness in improving the clinical outcomes. The project revolved around improving therapist efficiency by grouping

patients together to do group therapy, thus achieving the effectiveness. Moreover, latest research behind group therapy in stroke was studied in order to make the session effective in achieving clinical outcomes and ethical (as group therapy is not inferior to individual therapy).

This project also involved the Productivity, Value, and Innovation by giving value to our patients in receiving “Better, Safer, Faster, Cheaper” care. Group therapy was able to achieve similar functional outcomes and enhance patient experience at no increased cost to the patient. In terms of safety, the multiple vetting of the inclusion and exclusion criteria has ensured a stringent screening process that ensures patient safety.

Project Category

Care & Process Redesign

Keywords

Care & Process Redesign, Rehabilitation Therapy, Quality Improvement, Plan Do Study Act, Productivity, Patient Satisfaction, Multi-Disciplinary, Allied Health, Occupational Therapy, Physiotherapy, Neurology, Khoo Teck Puat Hospital, Acute Stroke Unit, Group Therapy

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ASU Rehab Group Therapy

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Background/Aims

Rehabilitation after a stroke is vital to improve function and quality of life in patients. This project aims to increase efficiency by increasing patient rehabilitation sessions. The Acute Stroke Unit (ASU) is a cohorts of stroke patients. ASU provides a suitable environment for a multidisciplinary group therapy programme.

Methodology

Currently, therapists in ASU work with 10 to 12 patients a day. The therapy sessions are uni-disciplinary with little to no relatedness between sessions. The ASU group therapy programme consists of group exercises and activities that strive for holistic functional improvements through multidisciplinary rehabilitation. We use the plan-do-check-act method to implement the project.

Act

1. Revise inclusion and exclusion criteria
2. Modify therapeutic interventions

Plan

- Provide multidisciplinary group therapy in ASU to improve clinical efficiency

Check

1. Therapist clinical efficiency
2. Patient satisfaction surveys

Do

1. Identify group interventions
2. Identify appropriate neurological patients
3. Create group therapy forms
4. Obtaining consent from ASU team



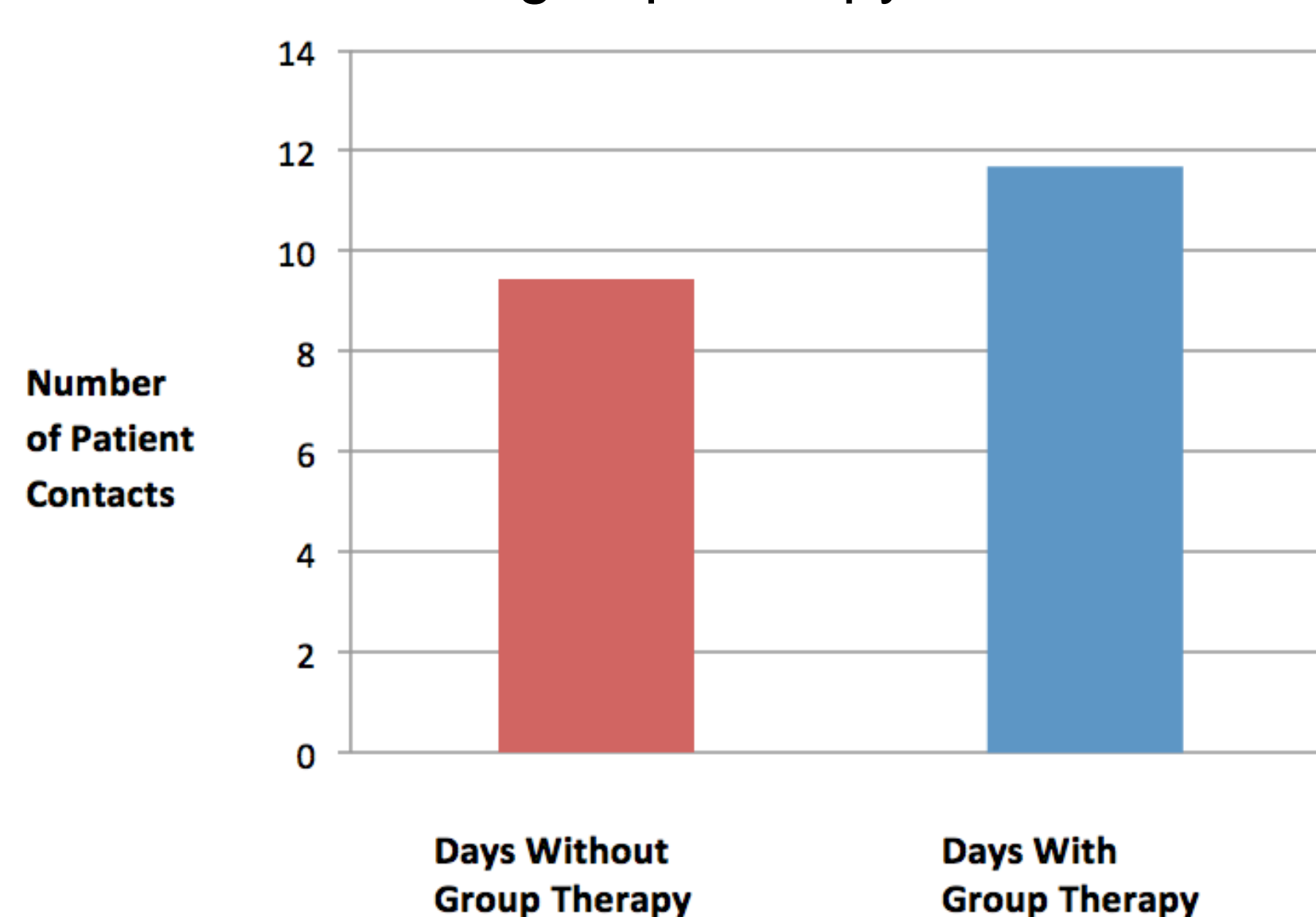
Picture 1: Group Therapy with Occupational Therapist



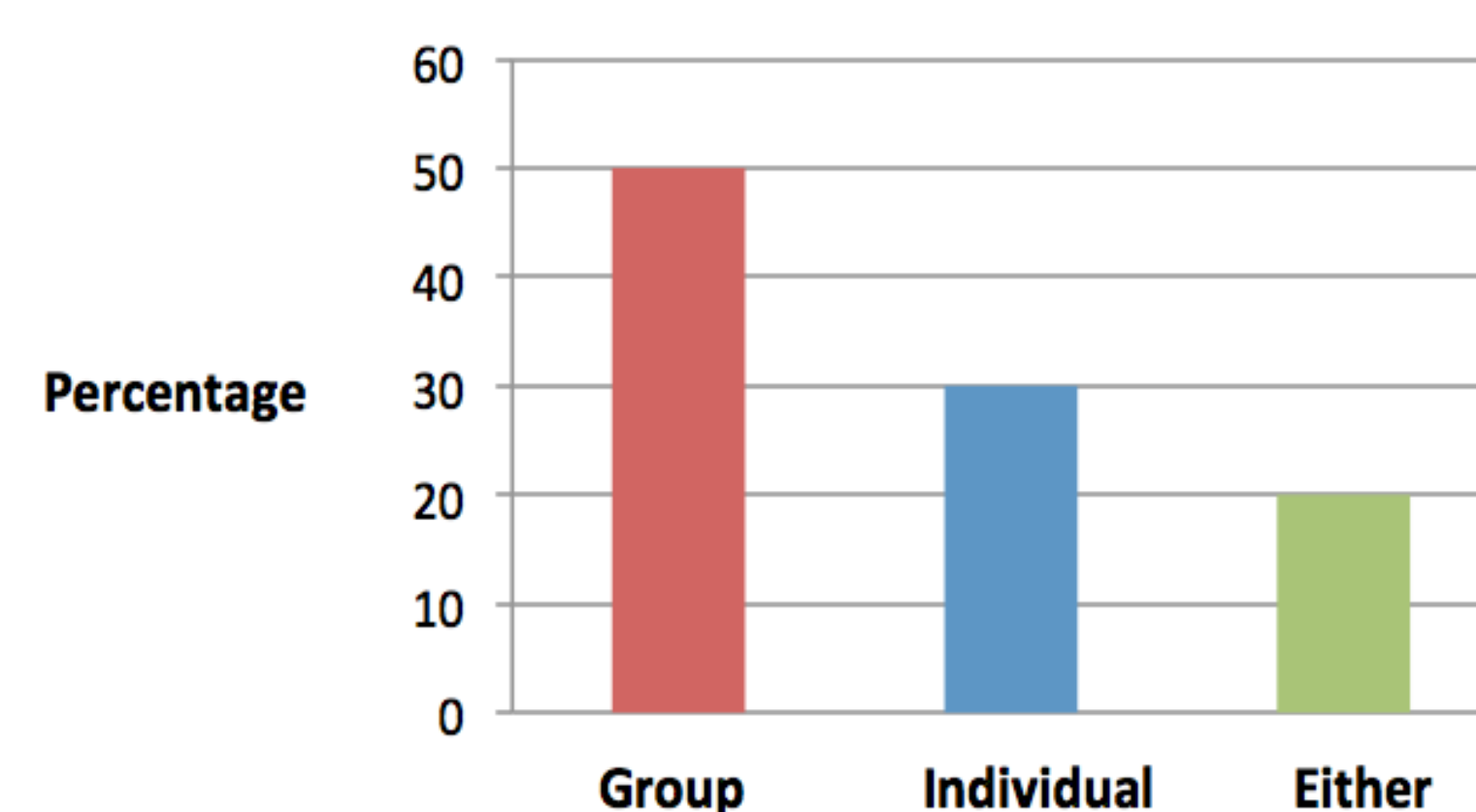
Picture 2: Group Therapy with Physiotherapist

Results

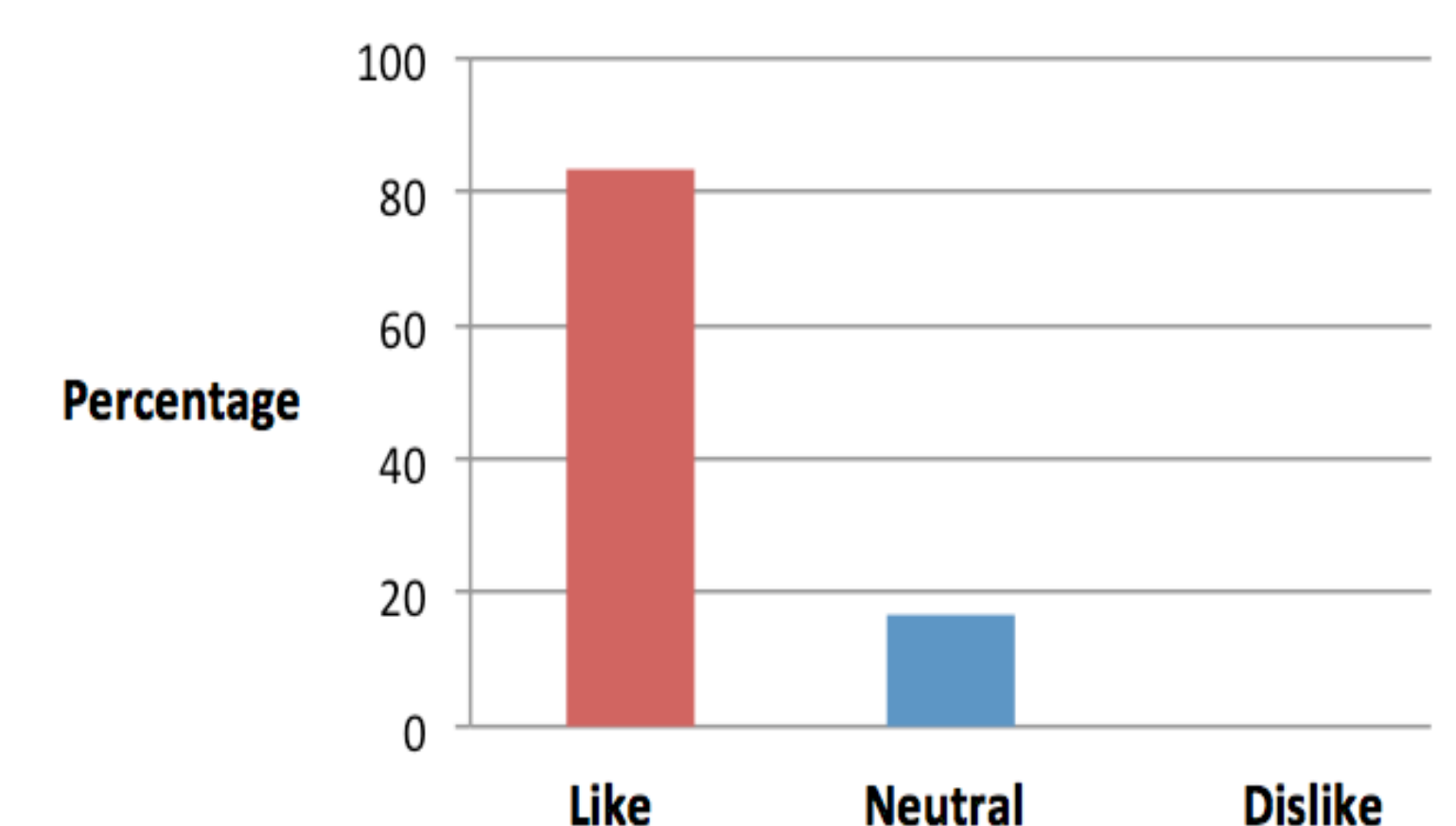
Over 4 months, 11 group therapy sessions were conducted and the results were as follows.



24.5% increase in number of rehabilitation sessions provided on days with group therapy.



50% of participating patients preferred group therapy sessions.



83.3% reported to have enjoyed the group therapy sessions.

Project Impact

The ASU Rehab Group Therapy Project was successful in its aims of increasing therapist productivity. The group therapy demonstrated improved satisfaction and increased social interaction for ASU patients.

Conclusion

In conclusion, the multidisciplinary group therapy sessions in ASU have improved clinical productivity and patient satisfaction.

Sustainability and Follow Up

Patient and therapist feedback are used to enhance the service. We can consider to include suitable patients from outside ASU. A future study can be done to ascertain the feasibility of extending this program.