Liezel van Eeden
Occupational Therapy Unit Head Wollongong
Dr Sue Fitzpatrick
Executive Director of Allied Health, Disability Inclusion & NDIS lead.
Project Drivers

Customer Satisfaction Survey
- Lack of knowledge
- Fear

Fit for Frailty
- Red Days to Green Days

Literature Review
- 10 days of bed rest in hospital = 10 years muscle aging
Aim

To increase from 0% to 70% the number of patients admitted to the Occupational Therapy Service at Kiama Ward and Bulli Hospital participating in a daily goal directed therapy program by the end of April 2019.

To develop and implement a visual tool by April 2019 that will increase the patients knowledge and ability to actively participate in independent or semi supervised goal directed therapy program.
Partnership

Carer

Patient
LOS>1 week

Allied Heath

Achieve Health Goals

NSW Government

Illawarra Shoalhaven Local Health District
Pre survey

- Involvement in Care Planning
- Were goals explained?
- Could patients and carers recall actions they can take to reach goals?
- Were they actioned?
Patient Engagement in Planning

- Involvement in goal planning:
  - Pre: 85%
  - Post: 15%

- Knowledge of goals:
  - Pre: 29%
  - Post: 71%

- Actioned goals:
  - 0%
• Overload
• Fear
**My preferred name is:**

**My 8 Goals:**

- ____________________________
- ____________________________
- ____________________________
- ____________________________

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<tr>
<th>8 Actions</th>
<th>Monday</th>
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Initial Findings

Strong commitment from patients and carers in ownership and participation in their program.
Challenges

• Clinical time
• Existing resources
• Driving change
Sustainability

• Develop library of cheat sheets

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**Active Partnerships**

**My Preferred Name is:**  
**LYNDA**

**My 8 Goals:**
- Increase Upper Body Strength
- Increase Lower Body Strength
- Reduce Risk of Falls

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<th>No.</th>
<th>Action</th>
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<td>3</td>
<td>Picking up object from floor</td>
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<td>Stand up / Sit down</td>
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**Heel Raises**

Aim: To strengthen your calf muscles.

Instructions:
- Position yourself standing with your feet under your hips. Start with your heel flat on the ground. Then rise up on to your toes, and lower.

Progressions and variations:
- To make it easier, don't lift as high. To make it harder, can hold for 30 seconds.
- Do __ ____ times daily.

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**Picking an object off the floor**

Aim: To improve the ability to sit and reach for an object.

Instructions:
- Position yourself sitting with an object placed on the floor on your affected side. Practice reaching down to pick up the object with either hand. Ensure that your affected knee remains over your foot so that you weight bear through your affected side.

Progressions and variations:
- Position the object further away. Use an object that requires accuracy of manipulation.
- Do ____ times away.
- Do ____ times daily.
What’s next?

• MDT involvement
• Include more sites
• Educate “non Allied Health” staff
• Linking with other programs such as end PJ Paralysis
Conclusion

- Commitment, ownership & participation from patients and carers in their program
- Increased consumer engagement and satisfaction
- Patients driving program across more sites
- Results were achieved without increased resources