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# Project Drivers



# Aim

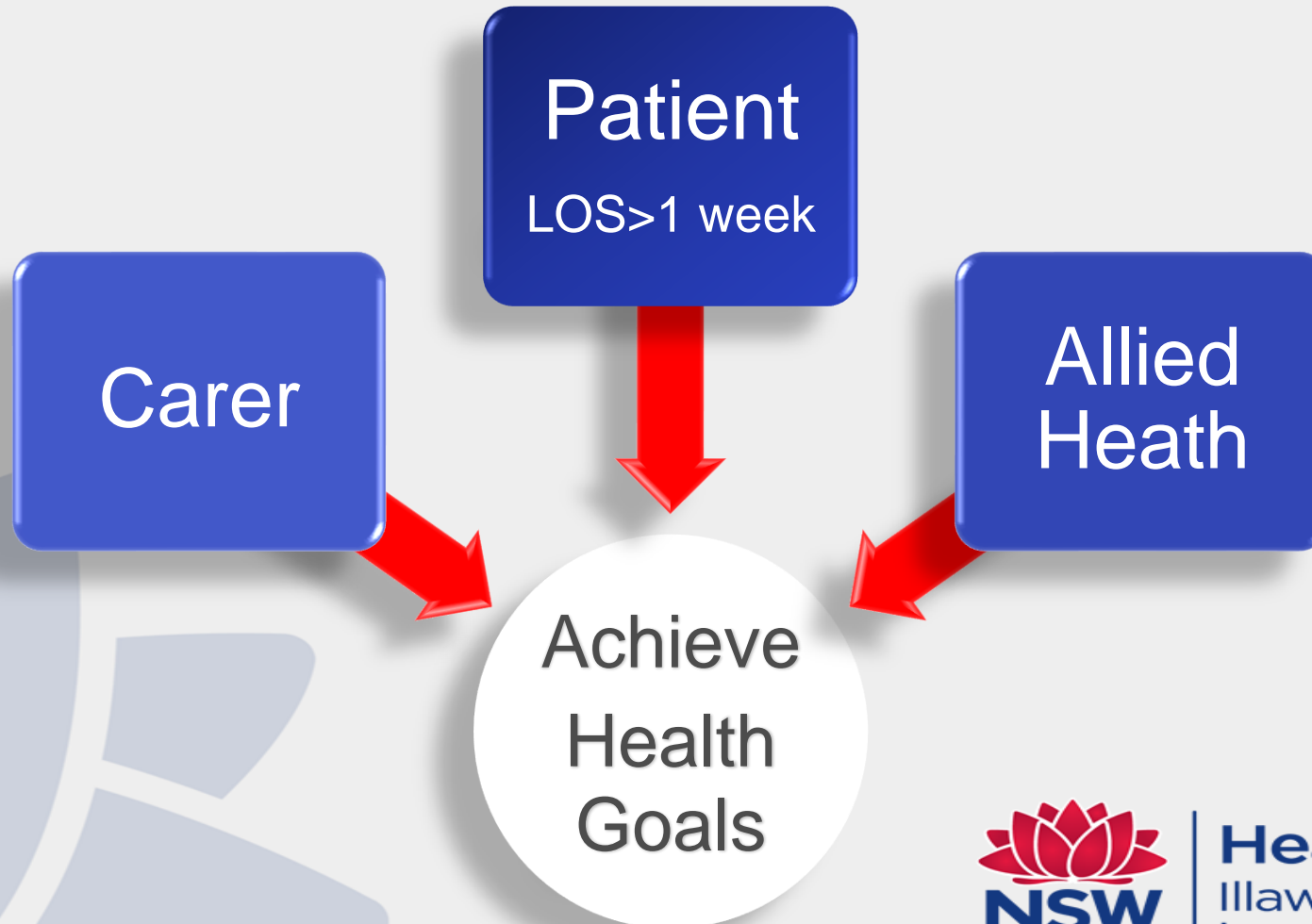
To increase from 0% to 70% the number of patients admitted to the Occupational Therapy Service at Kiama Ward and Bulli Hospital participating in a **daily goal directed therapy program** by the end of April 2019.

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.




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# Partnership



# Pre survey

  
The Allied Health Departments at strongly support the engagement of consumers to ensure we deliver person centred care that is respectful and responsive to needs, preferences and personal circumstances of the patient, carer and their family members.  
In order to better understand your needs we would like you to participate in a short survey. Your responses will be completely confidential.

**Carer Survey Questionnaire**

1. Did staff seek your involvement in the planning of \_\_\_\_\_ (enter patients name) care?

YES	NO	UNSURE
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Was \_\_\_\_\_ (enter patients name) goals explained to you?

YES	NO	UNSURE
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Do you know how Allied Health intervention can support \_\_\_\_\_ (enter patients name) recovery?

YES	NO	UNSURE
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Do you know what \_\_\_\_\_ (enter patients name) goals are to support recovery?

YES	NO	UNSURE
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Do you know what actions you can take achieve these goals?

YES	NO	UNSURE
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. If you answered yes to question 5, can you explain what actions you can take to achieve these goals?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Are there any other comments you would like to make in regards to the Service?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for your time and your comments.

- 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



- 
- Overload
  - Fear



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My preferred name is:

My *Active* Goals:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

8 Actions	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							

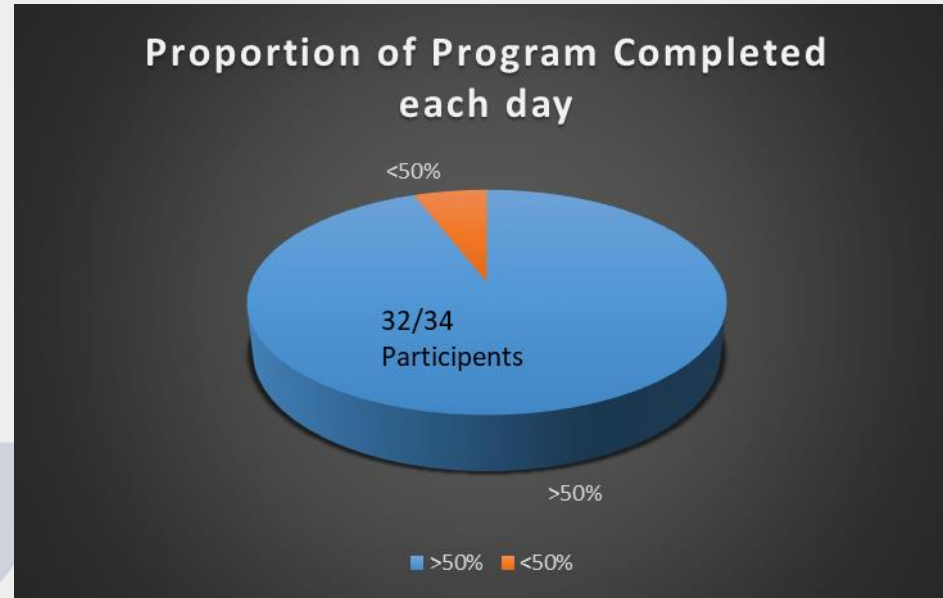


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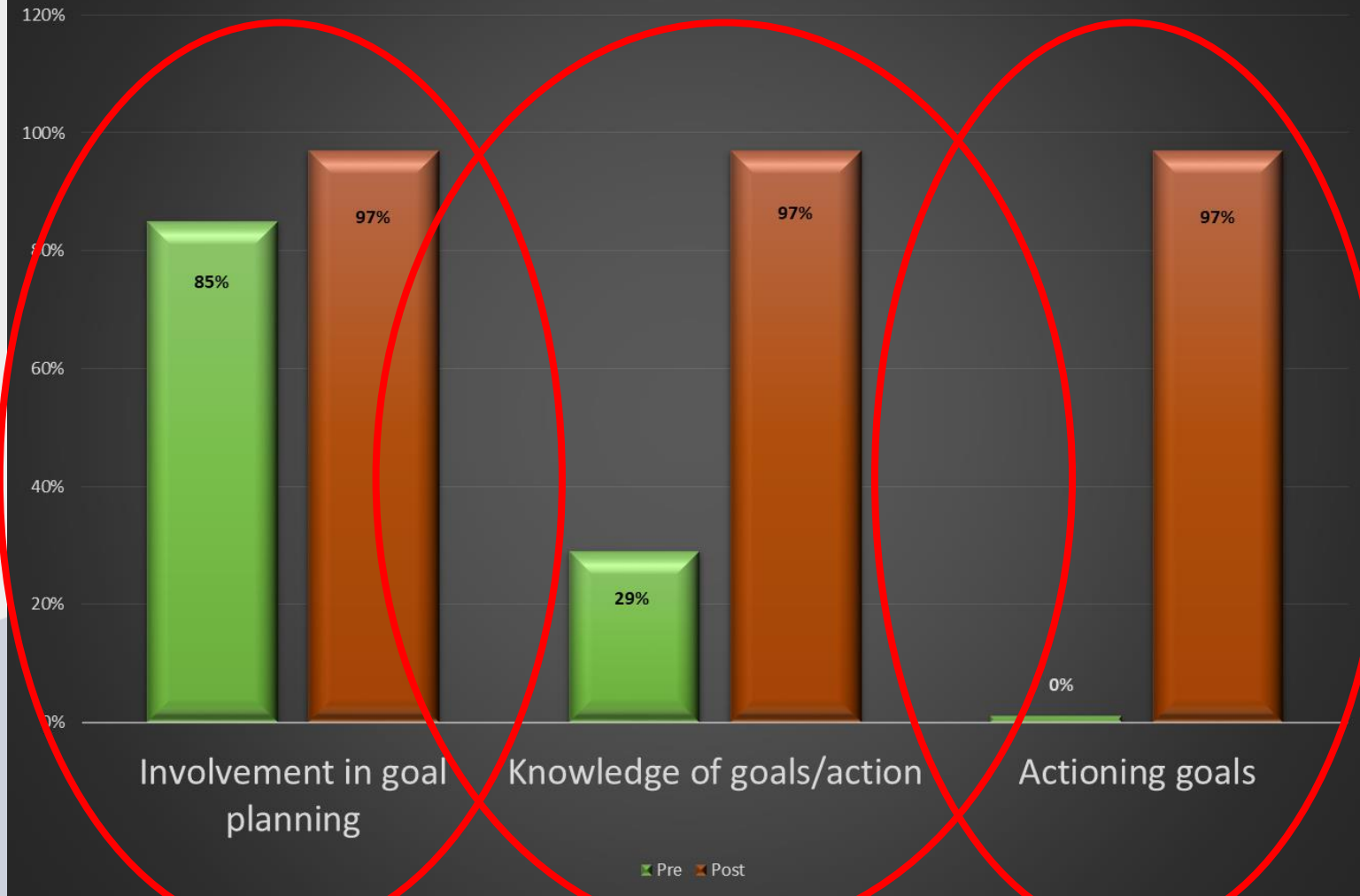


# Initial Findings

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



## Introduction of Activ8



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# Challenges


- Clinical time
- Existing resources
- Driving change




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# Sustainability









- Develop library of cheat sheets




My preferred name is: LYNDA

My  Goals:

- INCREASE UPPER BODY STRENGTH . \_\_\_\_\_
- INCREASE LOWER BODY STRENGTH . \_\_\_\_\_
- REDUCE RISK OF FALLS . \_\_\_\_\_

8 Actions	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
 KNEE EXTENSIONS							
 HEEL RAISES							
 PICKING UP OBJECT FROM FLOOR							
 STAND UP / SIT DOWN							
 MARCHING ON THE SPOT							
 PUNCHES							
 CURLS							
 SEATED ROWS							

**Heel raises**




**Aim**  
To strengthen your calf muscles.

**Instructions**  
Position yourself standing with your feet under your hips. Start with your feet 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 3-5 seconds.

Do \_\_\_\_\_ times  
Do \_\_\_\_\_ times daily.

**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  
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

Activ8

Patients driving program  
across more sites

Results were achieved  
without increased  
resources