



Measuring the Initial Impact of Goal-Oriented and Team-Based Rehab Services on Functional Independence for Frail Elderly Home Care Patients

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Presentation Overview

- Contextual Background
- Pilot Project Purpose and Investigative Questions
- Research Methodology and Project Design & Management
- Key Findings and Implications
- Next Steps
- Key Take Away Messages
- Contact Information

Contextual Background



Services	Fiscal 2007/08 (%)	Fiscal 2008/09 (%)	Fiscal 2009/10 (%)
Personal Support Services	68	64	71
Therapy Services	7.2	5.3	4.8

Pilot Project Purpose and Hypothesis

Purpose

Determine the effectiveness and impact of a team-based approach to providing goal-oriented occupational and physical therapy services on functional independence for frail elderly clients and their need for personal support services.



Hypothesis

Increasing overall functionality of select clients would result in greater physical ability, confidence and independence.

Investigative Questions

Are we under-utilizing physiotherapy and occupational therapy services as enablers for appropriate seniors to restore higher degrees of independence?

Are we supporting dependency in frail seniors through the early and sustained provision of Personal Support Services without targeted restorative care goals?

Methodology

Client Selection/Inclusion Criteria:

- Currently receiving Personal Support Services
- Reside in own home or retirement home
- RAI-HC score: 7–16
- Cognitive Performance Scale ≤ 3
- MHCCAC client since the last week of November 2010

56 of the 65 selected clients completed the pilot project

OT & PT team-based services provided by either one of the two providers

Pilot launched week of Feb 14, 2011; rehab services completed by Mar 31, 2011

Sources of Primary Data

Outcome Evaluation:

- Analysis of pre and post data:
 - Timed Up and Go (TUG) Test
 - Berg Balance Scale (BBS) Test
 - Mini Mental State Examination
 - Activities of Daily Living (ADL)
 - Instrumental Activities of Daily Living (IADL)
 - Client Level of Confidence: Telephone survey

Process Evaluation:

- Analysis of Focus Group Data and Surveys of: Clients, Case Managers, Rehab Services Therapists, Service Providers Summative Evaluation

Key Findings and Implications



Generally, all participative clients demonstrated improvement in ADL, strength and balance.



Upon completion of the Pilot, 46.4% (26/56 clients) realized a net reduction in Personal Support Worker (PSW) hours. Of these 26 clients, 42.3% (11/26 clients) reduced their PSW hours to zero.



The group with PSW reductions required 26% less time to breakeven the Rehab Services cost.
Potential available funds could be directed to areas of greater need.

Next Steps

Repeat Study

- Consider repeated study with expanded geography and extend to 3-6 months

Re-think Study Design

- Reconsider overarching goal; investigative questions; randomized client selection; inclusion criteria; population-based approach; disciplines; team-based rehab services model; outcomes measurement; duration; and follow-up

Consider Other Services

- Examine roles of PSWs and nurses, and contributions to enhancing client independence and self-care

Key *Take Away Messages*

1

- A **team-based and goal-oriented** Rehab Services intervention resulted in measurable gains in physical ability and functional independence of frail elderly homecare patients; and contributed positively to a greater sense of confidence in the physical ability and perceived quality of life.

2

- **Focus, Clarity and Simplicity** are critical to leading project on time, within scope and resources, and on value; enhancing communications and collaborations; and facilitating achievement of results.

3

- Other determinants of success are: clear purpose, well defined investigative questions, prudent research project planning, survey questions design, data management for integrative analysis.



Thank You

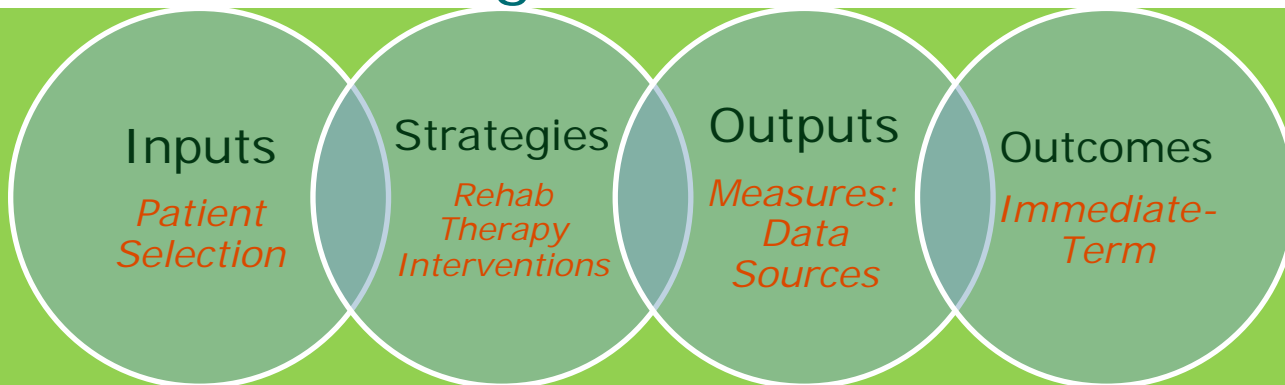
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Appendices

Project Design & Management

Logic Model

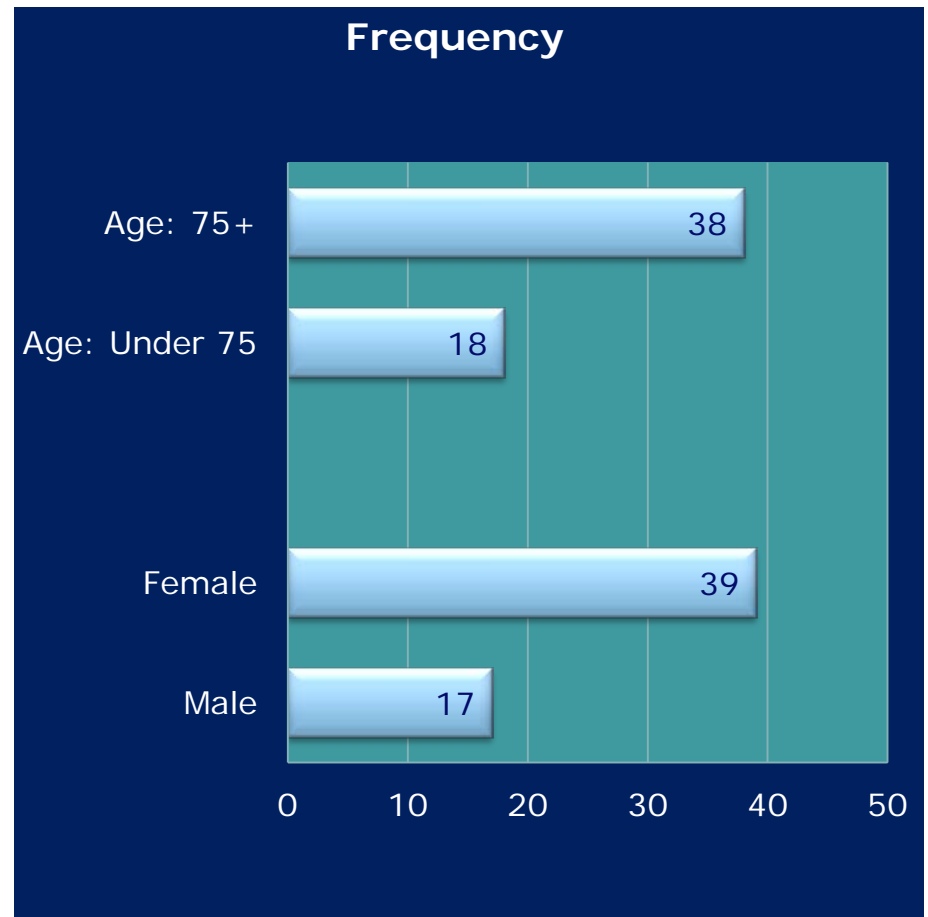


Project Cycle

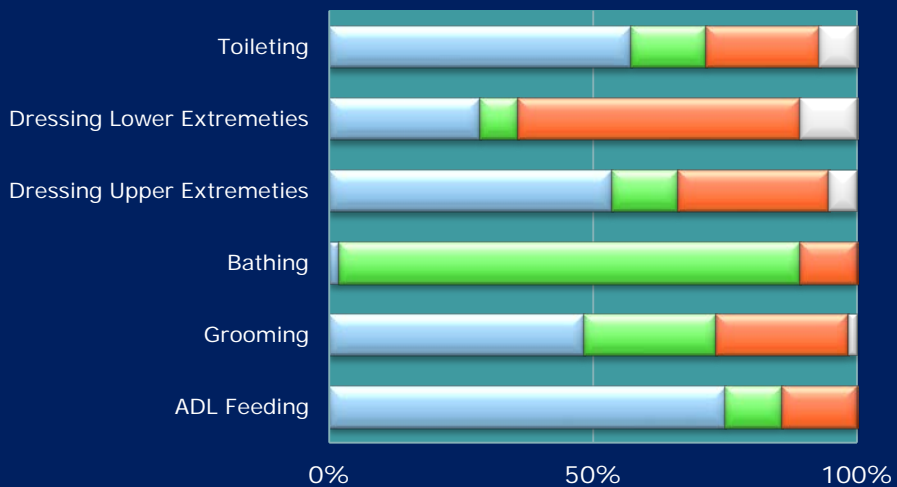


Demographic of Clients

1. The study participants were predominantly female: n = 39 or 70%
2. Mean age 76.4 years

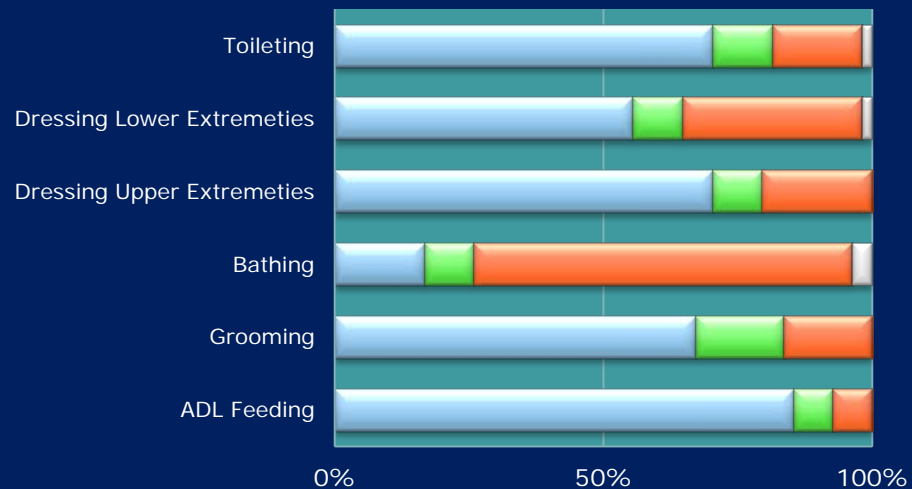


ADL On Admission



■ Independent ■ Supervised ■ Assisted ■ Dependent

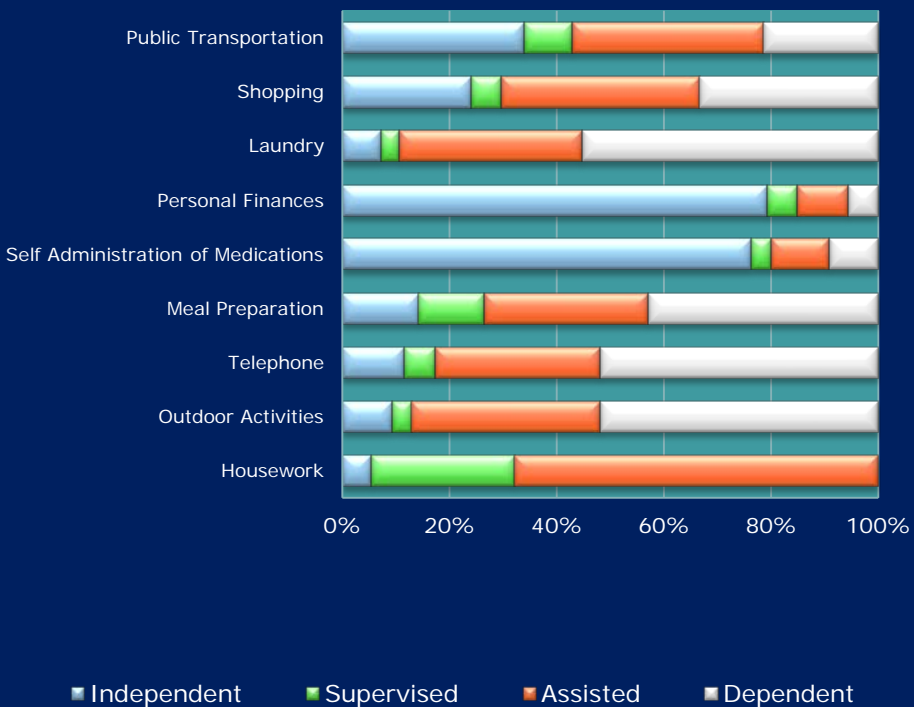
ADL On Discharge



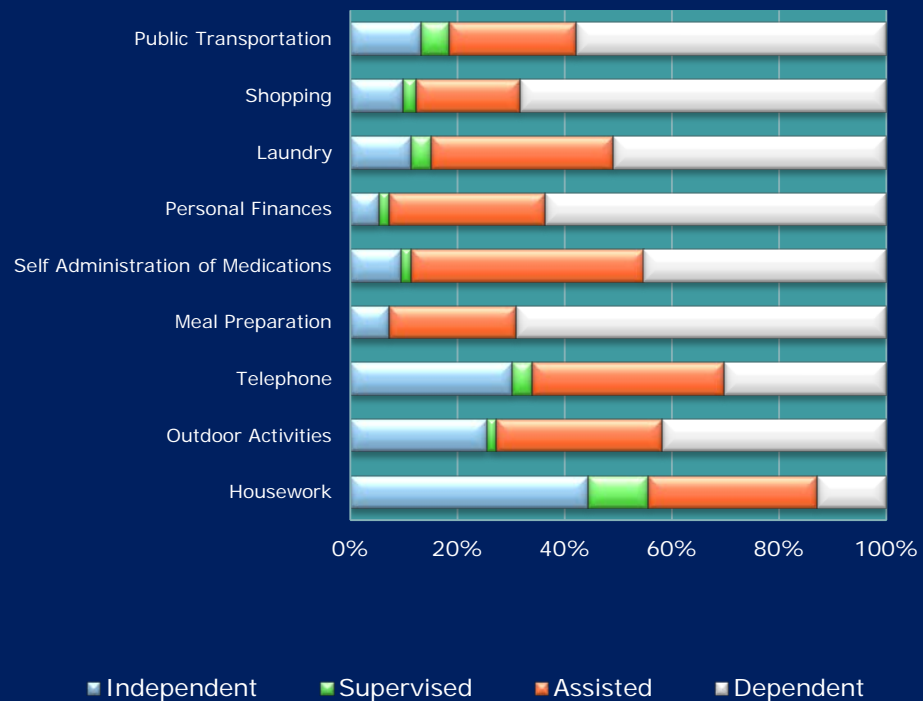
■ Independent ■ Supervised ■ Assisted ■ Dependent



IADL On Admission



IADL On Discharge





Client Survey Questions

Question 1:

- While you were participating in the Rehabilitation Pilot did you feel your Rehabilitation services were well organized and coordinated?

Question 2:

- Overall, how do you rate the information and clarity of explanation you received from the therapists while you were participating in the Rehabilitation Pilot?

Question 3:

- Overall, were you more confident about your ability to perform day to day activities after you worked with the therapists?

Question 4:

- Overall, how do you rate the Rehabilitation Services you have received from the therapists in the past few weeks while you were participating in the Rehabilitation Pilot?

Client Survey Questions 1 & 2

Organization and Coordination of Care

■ Strongly Agree
 ■ Agree
 ■ Disagree
 ■ Strongly Disagree



Clarity and Quality of Information from Therapists

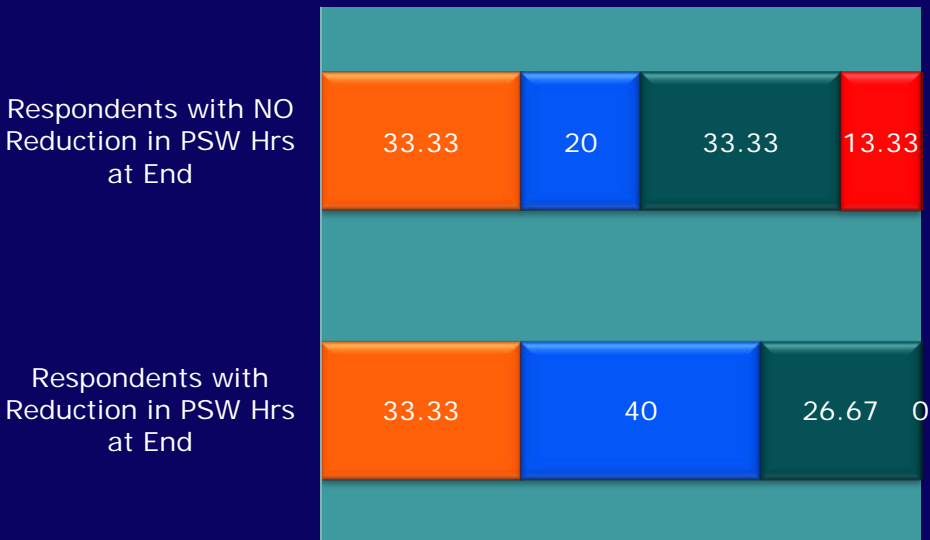
■ Very Good
 ■ Good
 ■ Fair
 ■ Poor



Client Survey Questions 3 & 4

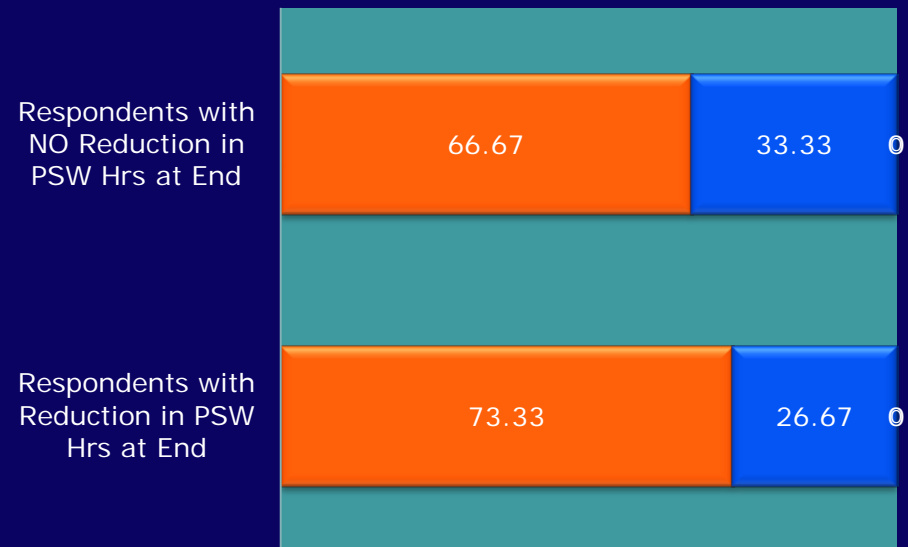
Confidence about Functional Ability after Therapy

■ Strongly Agree
 ■ Agree
 ■ Disagree
 ■ Strongly Disagree



Overall Quality of Rehab Services Received

■ Very Good
 ■ Good
 ■ Fair
 ■ Poor





Case Managers Survey Questions

Question 1:

- Clarity of Memo and information to refer to obtain consent from client

Question 2:

- Clarity of Client telephone Survey

Question 3:

- Relevancy of Client Survey Questions

Question 4:

- Overall communication process of Rehabilitation Pilot

Question 5:

- Overall planning and coordination of Rehabilitation Pilot Project

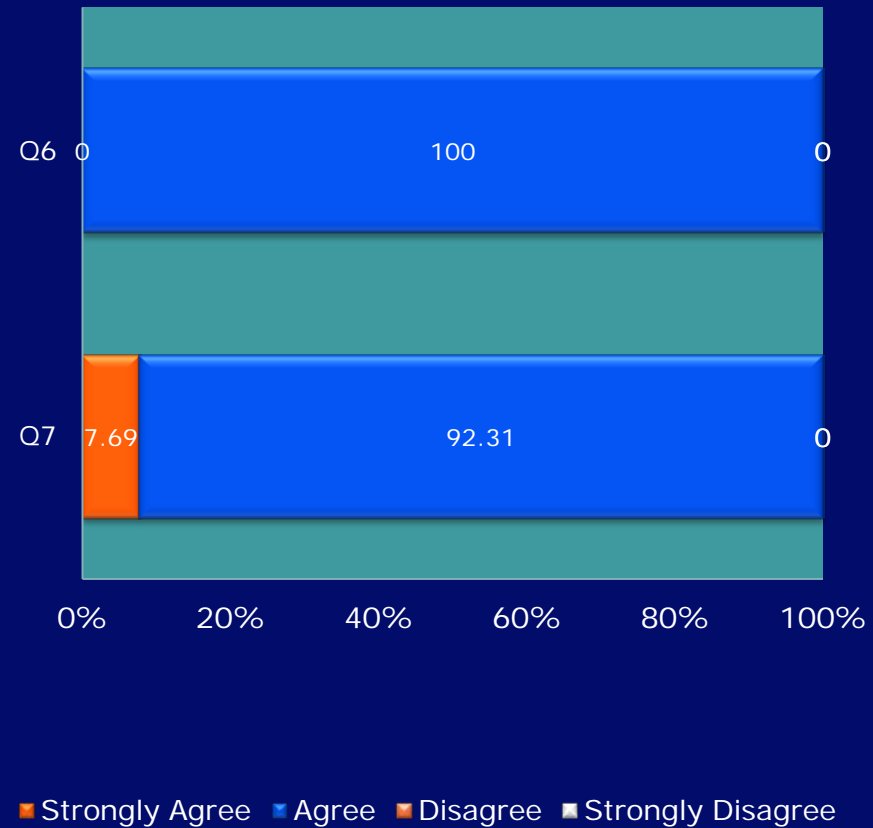
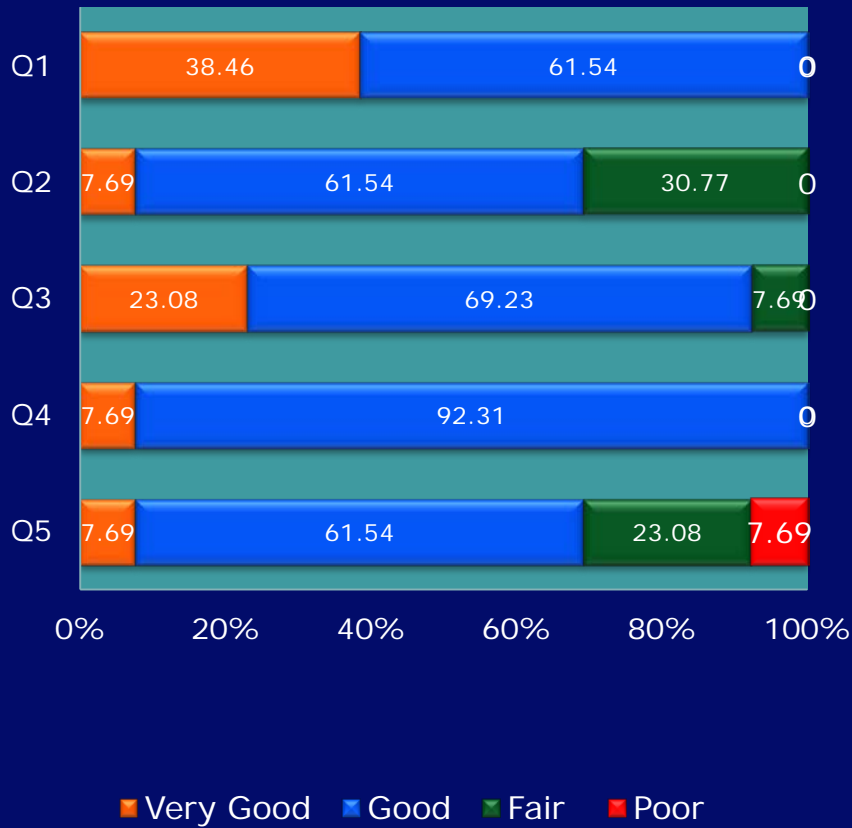
Question 6:

- I felt Time was well used and I have made a contribution to the Pilot

Question 7:

- I felt I have learned from this Pilot Study and would be interested to participate in related initiatives in the future

Case Managers Survey Questions



Focus Group Questions

Question 1:

- Why did some clients refuse to take part in the Pilot?

Question 2:

- What are the benefits of a team based approach (PT and OT from same agency) in terms of efficiency, effectiveness and impact as perceived by the clients and your colleagues based on your experience?

Question 3:

- What are the operational challenges of this team based approach based on your experience?

Question 4:

- What changes/improvements would you like to see?

Question 5:

- What barriers have you encountered during the planning, design, implementation and evaluation of this Pilot?

Question 6:

- *If Pilot can't continue what can we do with our current referral process to gain similar outcomes?*
- *Is there a certain client population that needs PT/OT together?*