



Group Physical Therapy in Acute Care

GTA Rehab Network
Best Practices Day
2019

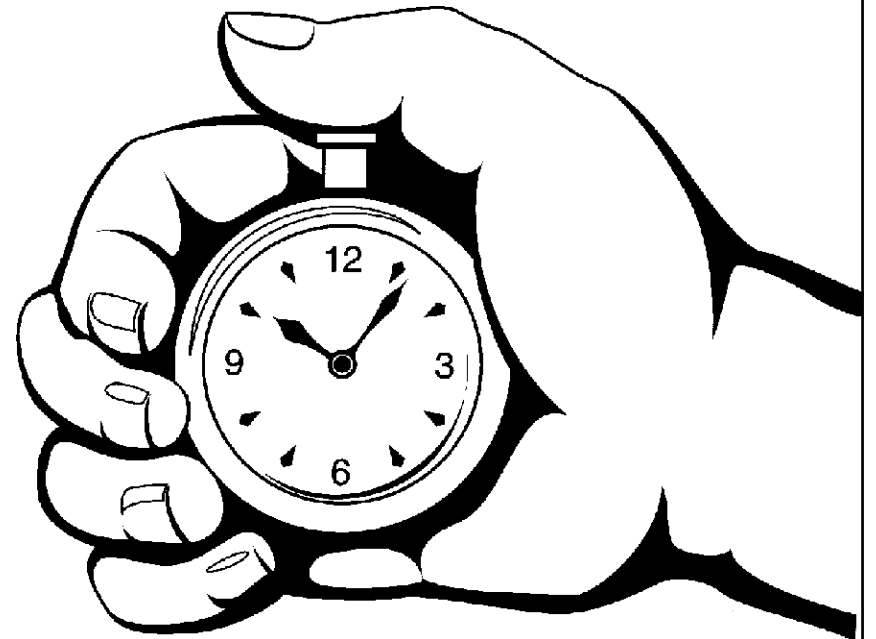
Authors:

Samantha Hamilton PT
Anna Almeida OTA/PTA
Hend Al-Fayez OT Reg (Ont)



Project goal

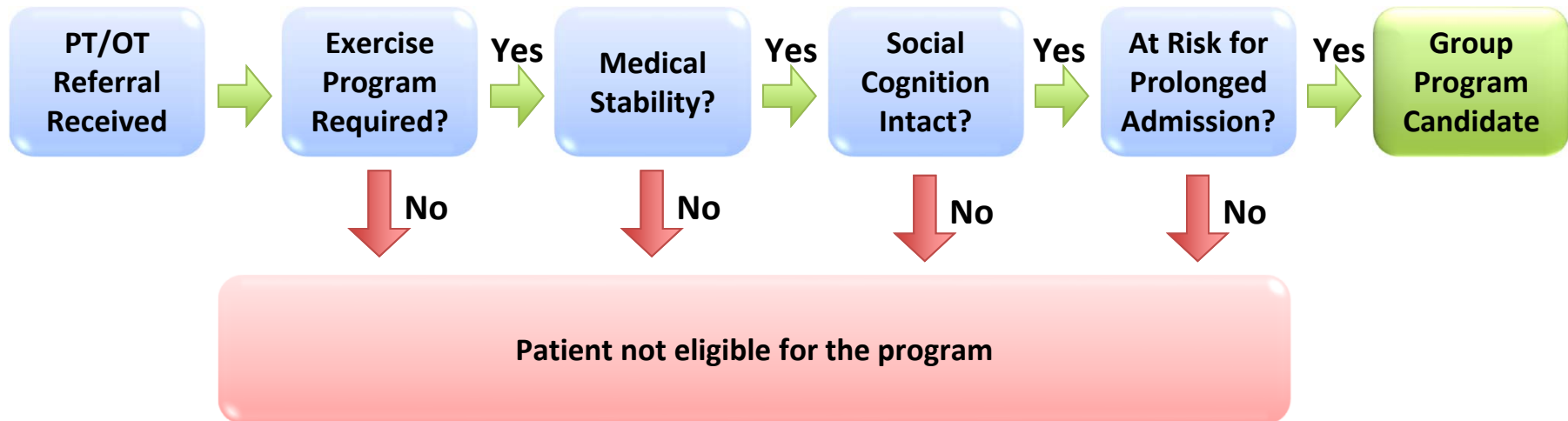
Improve efficiency of clinician time by delivering physical therapy in a group setting



Welcome to 3 South

- 3 South is an acute inpatient respiratory/ general medicine unit at OTMH
 - 36 beds, 1.0 FTE PT, 0.8 FTE PTA/OTA, 0.6 FTE OT
 - Complex patient population- post ICU, chronic vents and tracheostomy

Candidate Selection



Exercise Class format

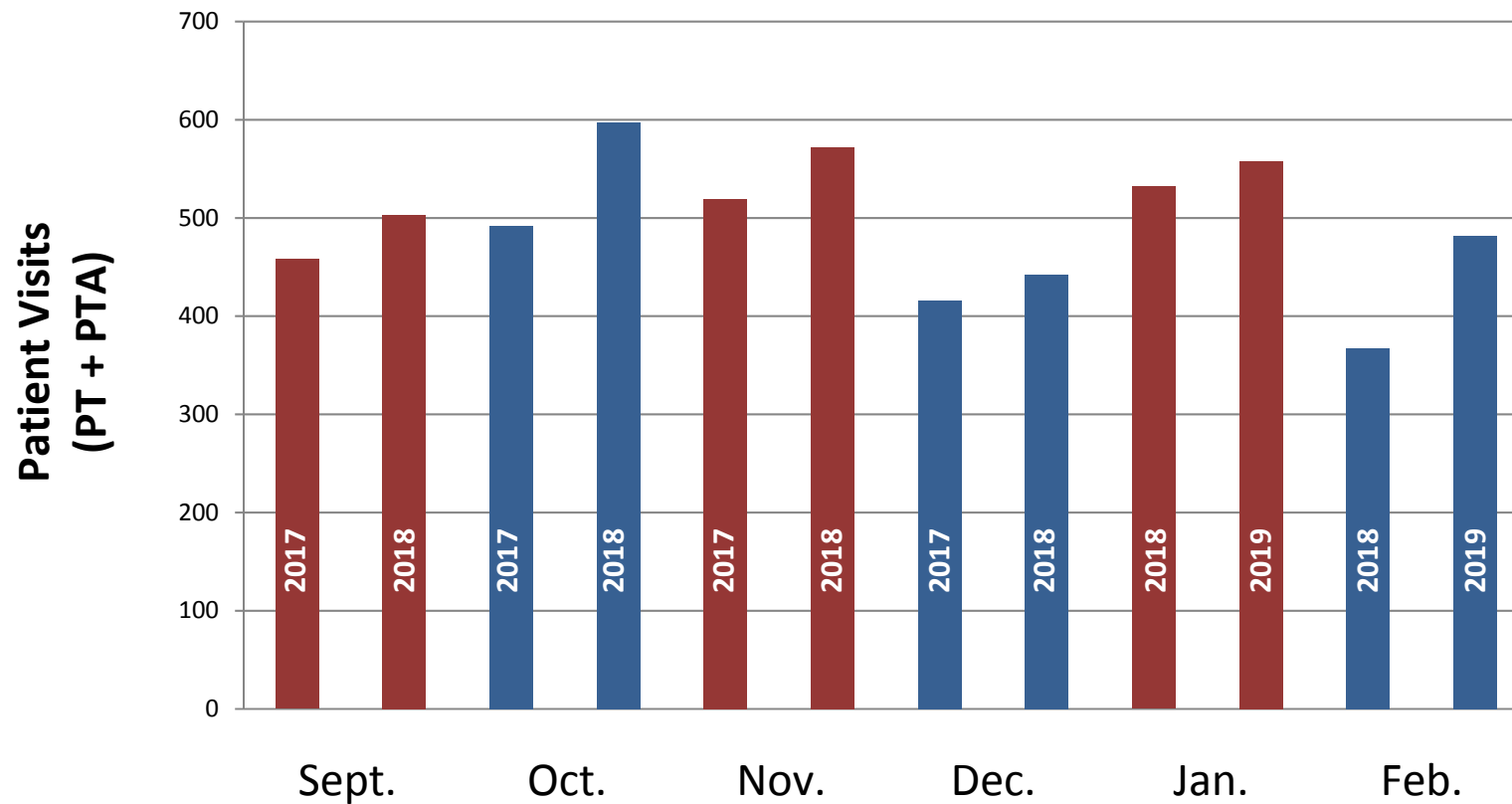
- 8-12 patients per class
- 30 minute seated exercise class addressing:
 - Strength
 - ROM
 - Breathing exercise
 - Endurance
- Consistent timing



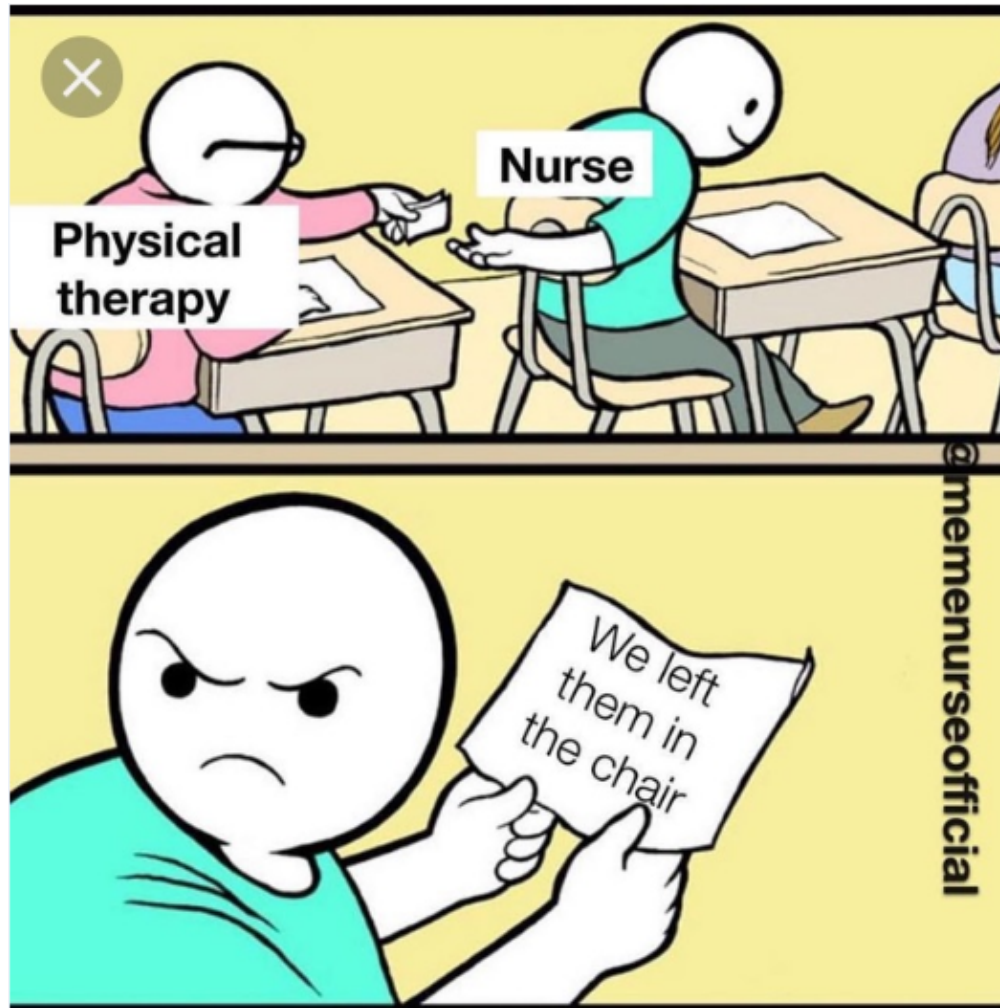
Results

- Improved clinician efficiency
- Improved staff engagement in rehab
- Improved patient mood and willingness to participate in therapy

Increased productivity of clinicians



Increased nursing engagement in rehab



Improvement in strength, endurance and mood, willingness to participate in therapy



Future Steps

**Recent addition of
volunteer position to
program**

**Expansion of program to
include a cognitive and
fine motor component**

Outcome measures:

- **Ulcer prevalence,**
- **Delirium rates,**
- **Patient and family satisfaction**

Key Message

Group therapy is possible in acute care, and produces benefits beyond individual treatment sessions



Questions?

Samantha Hamilton PT

SHAMILTON1@haltonhealthcare.com

Hend Al-Fayez OT reg. (Ont.)

HALFAYEZ@haltonhealthcare.com

Anna Almeida OTA/PTA

AMITIC@haltonhealthcare.com

