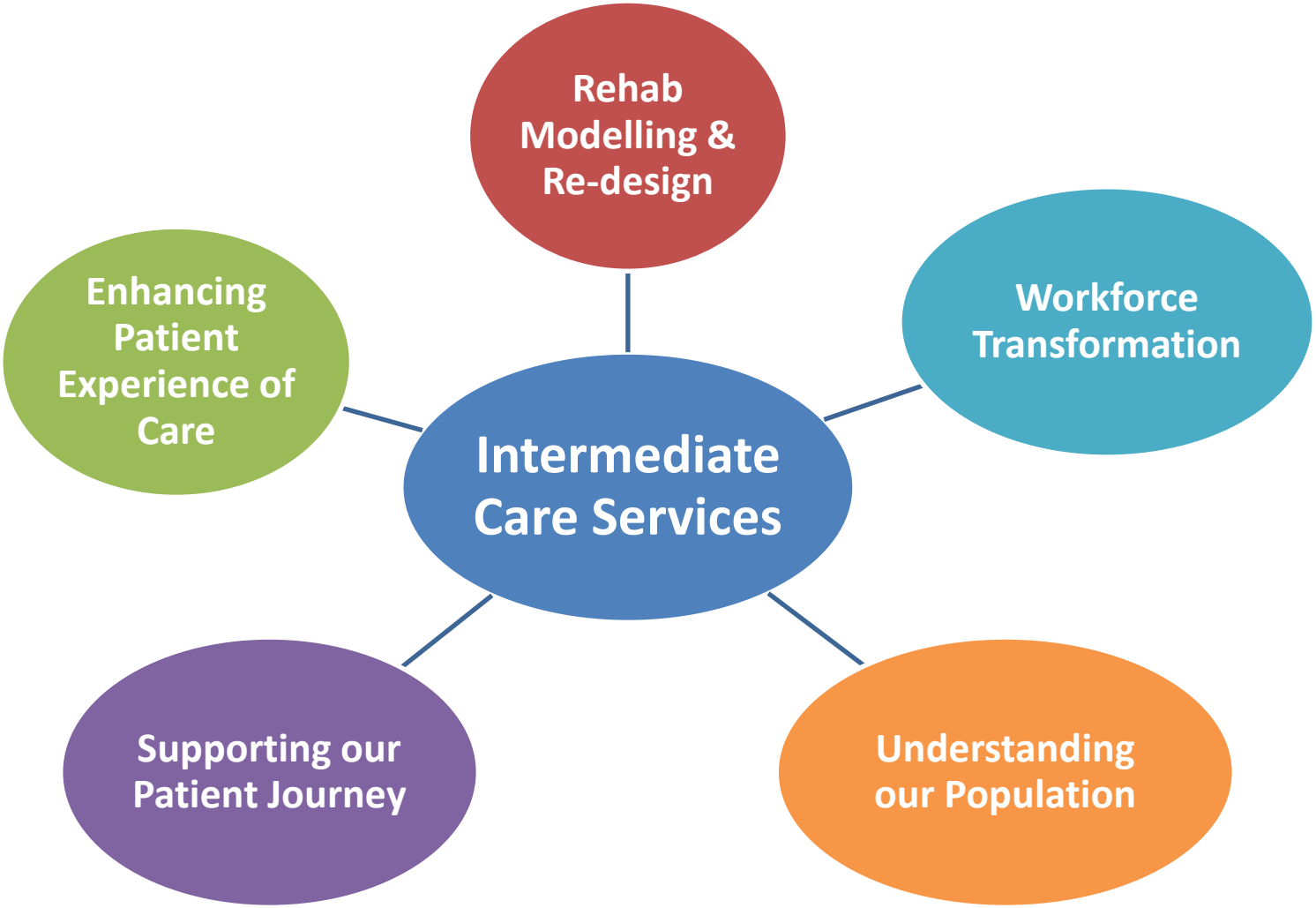
East Sussex County Council

NHS

INTERMEDIATE CARE SERVICES (Phase 1)

CELEBRATING OUR ACHIEVEMENTS

Rehabilitation Transformation Programme



Rehabilitation Transformation Programme

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Enhancing Patient Experience of Care

Irvine Unit Café

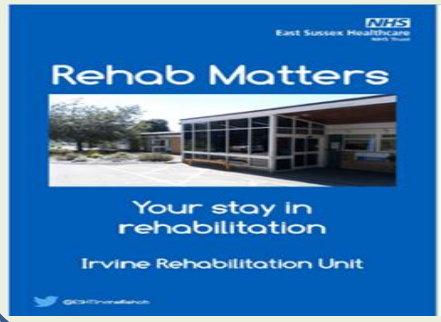
- Refurbished café, run by volunteers from the Bexhill League of Friends, provides patients and their relatives with a change of environment
- Encourages patients to eat away from the bedside

Bexhill Hospital 'In Bloom'

- Building a therapeutic environment for patients, their families, staff and the local community

Rehab Matters

- A patient and public information series to enhance our patient & public understanding of our rehabilitation services
- Portfolio of over 20 short accounts by patients of their care and rehabilitation



REHABILITATION MATTERS
Rehabilitation – East Sussex Healthcare NHS Trust

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Rehab Modelling & Re-design

Activity Hub

- Developed an under utilised space into an Activity Hub to support the intensity and frequency of rehabilitation, also provide a spacious and welcoming area for patients, friends and relatives to relax and spend time
- Sessions run every day offering patients additional support within their rehabilitation programmes, eg gardening, boccia, quizzes, craft session, reminiscence sessions, singing and music
- Supports the Get up, Get moving campaign within the unit and encourages patients away from their bed side

Optimising Dosage for Rehabilitation

- Patients offered and timetabled for 5 interventions a day from Rehabilitation Menu

Clinical Formal clinical input delivered by qualified rehabilitation staff	Therapeutic The groups and activities delivered and led by our RSW/HCA/ Therapy Assistant staff	Activity Opportunities for social / activity based sessions which could be delivered by our volunteers	Social Wider social activities organised by the unit but could be supported by our volunteers (These may be regular sessions or ad hoc)
1:1 clinical sessions	Exercise Group	Hand / UL massage	Chaplin organised sessions
FLM/ DPM	Rehab Circuits	Botcha	PAT dog
Environmental assessments	Upper limb Group	Reminiscence activities	Music sessions
Goal setting sessions	Baking Group	Gardening	Family & Friends sessions
Education	Breakfast group	Puzzles and games	Welcome sessions
Joint community sessions	Communication group	Books	Sunday Service

REHABILITATION MATTERS

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Supporting our Patient Journey

Rehabilitation Co-ordinator

- A non-clinical Co-ordinator role supporting clinicians and patients, and address gaps in the pathway of complex rehab patient flow across all ESHT service

Welcome Process for Patients

- A rehab volunteer greets the patient within 24 hours of arrival
- Explains the information within *'Your Stay in Rehabilitation'* pack
- Offers an actual or virtual tour of the unit (via iPad) and familiarises the patient with the Rehab Passport

Rehabilitation Passport

- a resource for patients and/or families to use to document their personal milestones of achievement, follow-up appointments & navigate the pathway for their rehabilitation journey

Rehab Review Round

- Weekly rehab review round for patients who are over the target LOS, who have an RCS (Rehab Complexity score>9) or a high disability score
- Reviews focus on key areas such as tone management, disability management, mood & cognition and discharge planning

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Rehab Risk Stratification Tool

- Supports clinical decision making, discharge planning and choice of rehabilitation destination, through benchmarking against a set of clinical parameters
- Three key assessment measures that have a national profile within the rehabilitation community: acuity; dependency; and rehab complexity. Acuity is measured by the National Institute of Health Stroke Scale (NIHSS). Dependency is measured by the Northwick Park Dependency Scale (NPDS). Complexity is measured by the Rehab Complexity Scale (RCS)

NHISS	RCS	NPDS	Service options
21-42 (Severe)		46+ Very High Needs help from 2 or more for all care needs	Nursing home / long term residential facility
15-20 (Mod/ Severe) **>16 increased likelihood of death	>11	46+ Very High Needs help from 2 or more for all care needs	Complex Rehabilitation Services (NHSE) Level1/2
15-20 (Mod/ Severe) **>16 increased likelihood of death	7-10	31-45 Medium High Needs help from 2 for most care needs	Bedded Rehabilitation Level 3 Irvine Unit stroke Rehabilitation
		26-30 Needs help from 2 for some care needs	Rye
5-15 (Moderate stroke)	4-6	10-25 Requires help from 1 for most care needs	ESD/ Community Stroke Service
1-4 (Minor stroke)	0-4	0-9 Mainly independent with care needs, may need incidental help e.g. with shoe laces, zips etc	Home with Voluntary community support

Understanding our Population

Intermediate Care Dashboard

- Provides a daily 'live' state of the patient journey through intermediate care, supports the team daily board-round and provides information for the team on:
  - ✓ Length of wait to access Intermediate care
  - ✓ Length of stay and current position in relation to the stretch target of 21 days for the unit
  - ✓ Pathway identification
  - ✓ Rehab Complexity and Dependency scores
  - ✓ Identify patients whose rehabilitation is complete, and are able to be supported outside of intermediate care
  - ✓ Workforce capacity and demand

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Workforce Transformation

New/re-designed roles

- Advanced Clinical Practitioner – Intermediate Care
- Activity Co-ordinators
- On-site Dietician and Speech & Language Therapist, Irvine Unit

Education, engagement and support

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