

“Rehab...then what?”

An integrated Rehab to Community Transition program

Mandy Lau, OT Reg. (Ont.)

Patient Flow Coordinator at Providence Healthcare

Jessica Anderson

Rehab to Community and Outreach coordinator – Variety Village

May 02, 2016

About The Partners



Variety Village is a fully accessible fitness facility located in south Scarborough (CE LHIN) providing expertise, resources and equipment not available in local gyms. Variety Village has close working relationships with rehabilitation facilities throughout Toronto including Providence Healthcare.

Providence Healthcare is a leader in providing rehabilitation, palliative care, long-term care and community programs in Toronto. Located in the east end of Toronto (TC LHIN), Providence had 2780 admissions to inpatient programs in 2015/16 meeting the needs of a variety of clinical populations including stroke, orthopaedic and complex medical.



Providence Healthcare and Variety Village



Vision

We will extend our community of expert care beyond our walls. We will give the people we care for the knowledge and confidence to stay healthy and safe at home, for as long as possible.



Vision

Variety Village promotes appreciation, interaction, empowerment and inclusion. We facilitate the achievement of life goals for people with disabilities through sports, fitness, wellness; awareness; education; training, and skills development.

So, Why are we doing this?

Providence Healthcare needed a way to:

- Encourage and support the transition and reintegration to physical, social, and leisure activities in the community following rehabilitation
- Maintain the therapy gains achieved in rehabilitation
- Support participants with adoption and participation in an active lifestyle

Best Practice



Following medical clearance, patients should participate regularly in an aerobic exercise program that accommodates the patient's comorbidities and functional limitations to improve gait speed, endurance, stroke risk factor profile, mood, and cognition.

Canadian Best Practice Guidelines for Stroke, July 2013

Oh yeah, Patients want it...

In consultation with community stakeholders, the Toronto Central LHIN has heard that individuals find it challenging to maintain a healthy lifestyle and combat isolation and they have asked the Toronto Central LHIN to address the challenges that exist from the disconnect between the health care system and community service organizations. It should be noted that the RTC program has the endorsement for both the TC and CE LHINs.

What is the Rehab to Community Transition (RCT) Program?

- **Free** to participant: 6-week program, 2-3 session/week
- Rehab to Community Work Book
- Designed to meet the needs of individuals who have just completed a physical rehab program
- Sessions consist of education component on wellness topics and active exercise component

What is the Rehab to Community Transition (RCT) Program?

- A Clinical resource - Providence Physiotherapists are available to assist participants to measure progress by completing physical outcome measures
- Individual reported outcome (**Patient Reported Outcome Measure**) including their perceived progress towards their identified goals

A few numbers...

- Completed **3** programs since November 3, 2015 to Apr 14, 2016, currently in our 4th
- Total number of referrals: **107**
- Number of participants attended at the beginning: **79**
- Number of participants attended >60% of the program: **33** for the 3 completed programs; TBD for the current group

Results

- Improvement in
 - Clinical outcome (6MWT, 30 seconds Sit-Stand, TUG, Functional Reach Test)
 - Participants' reported outcome – their perceived progress towards their goals
 - Participants' perception of their health and their confidence to maintain active
- ~70% continued membership at Variety Village
- >97% did not access ER and did not have a fall

Take Away

- Innovative approach to move away from 'silo care' to 'care beyond our walls'
- Transforming a medical model to a wellness model
- Potential for social interaction and networking
- Enable people to reintegrate into the community and reassume living as a 'person' and no longer a 'patient'

For more information:

Mandy Lau

416-524-3898

mlau@providence.on.ca

Jessica Anderson

416-699-7167 Ext. 223

janderson@varietyvillage.on.ca

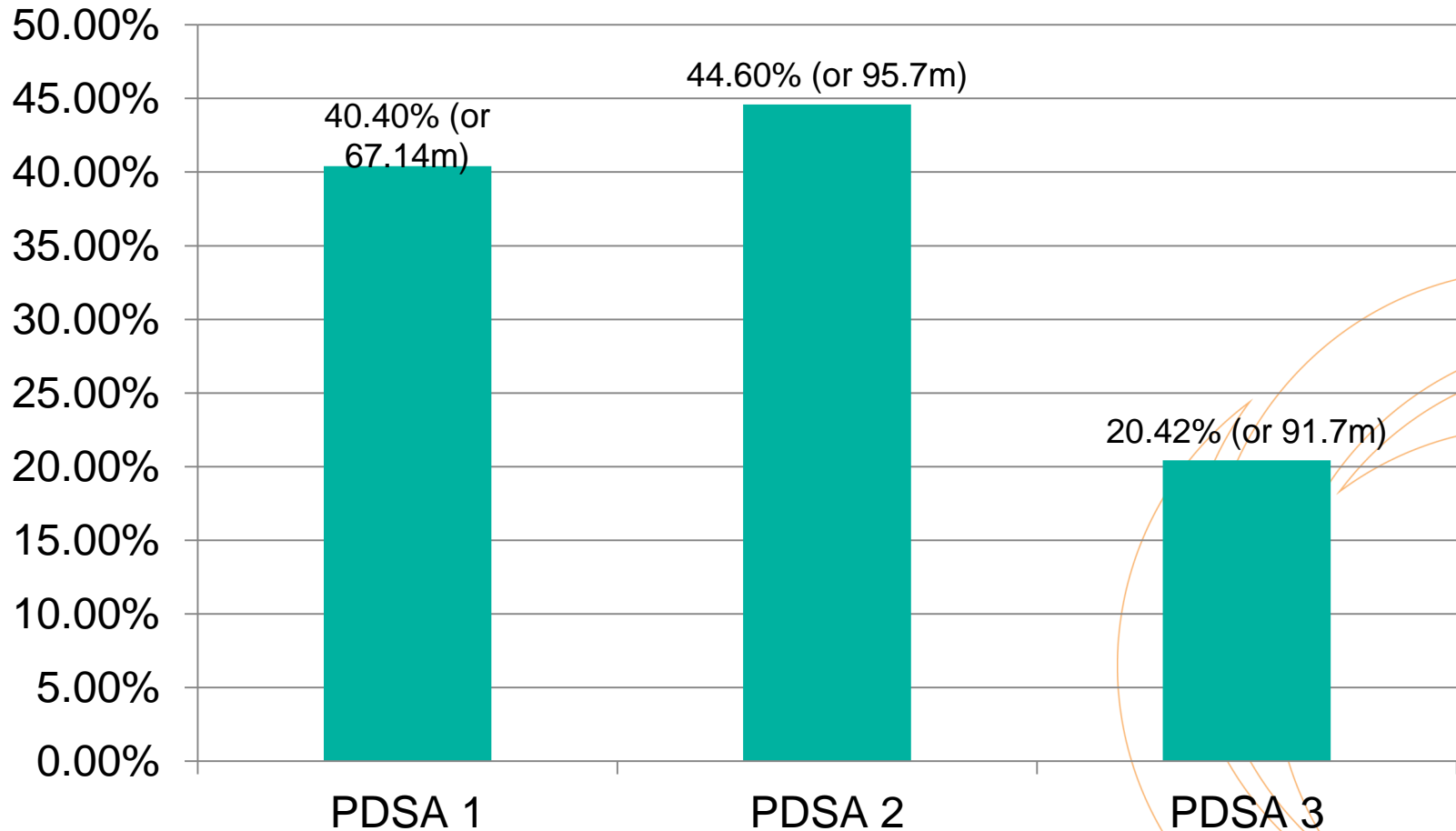
Providence Healthcare
3276 St. Clair Avenue East
Toronto, Ontario M1L 1W1
www.providence.on.ca

PROVIDENCE
Healthcare

Appendix

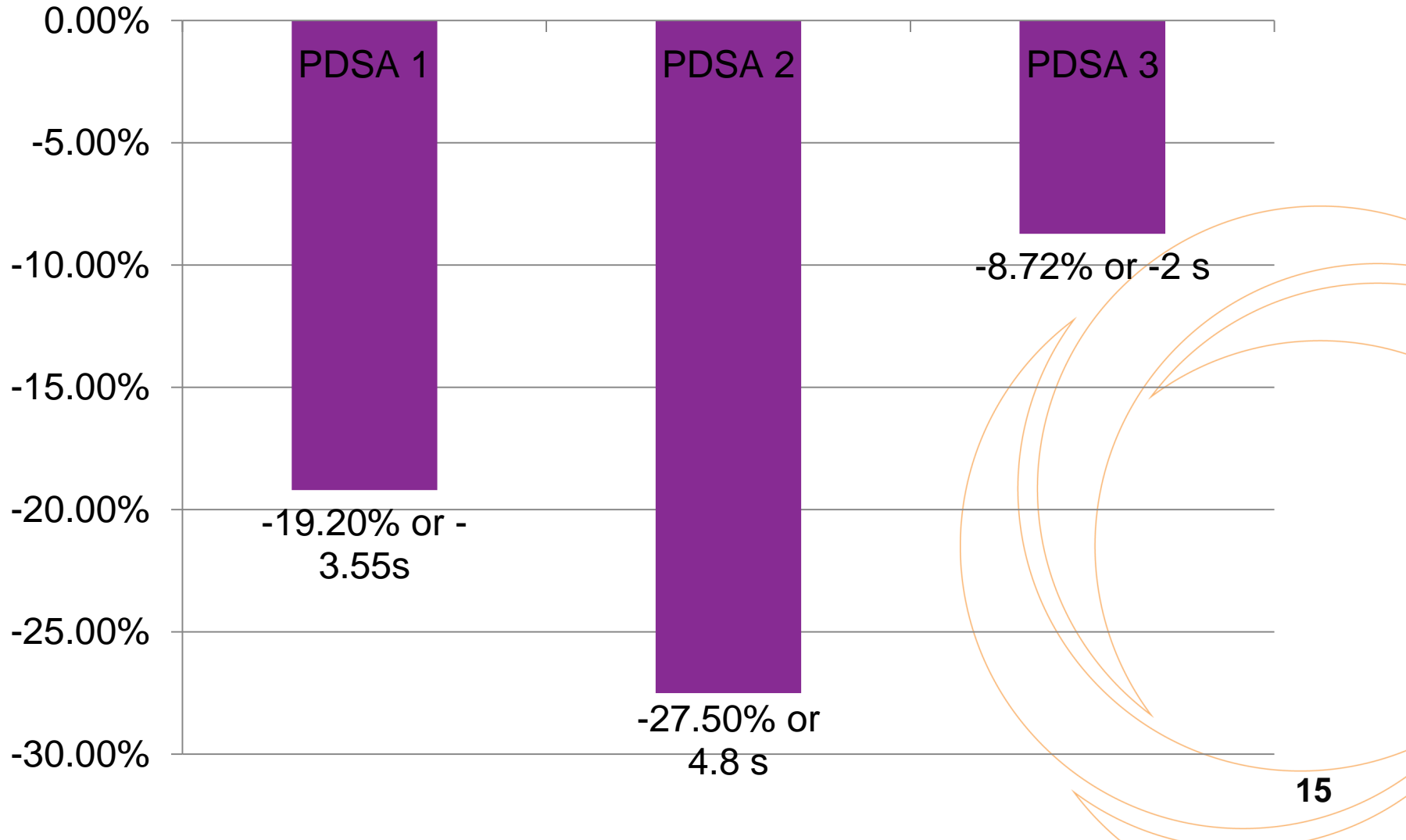
Clinical Outcome

6 Minute Walk Test Average Improvement



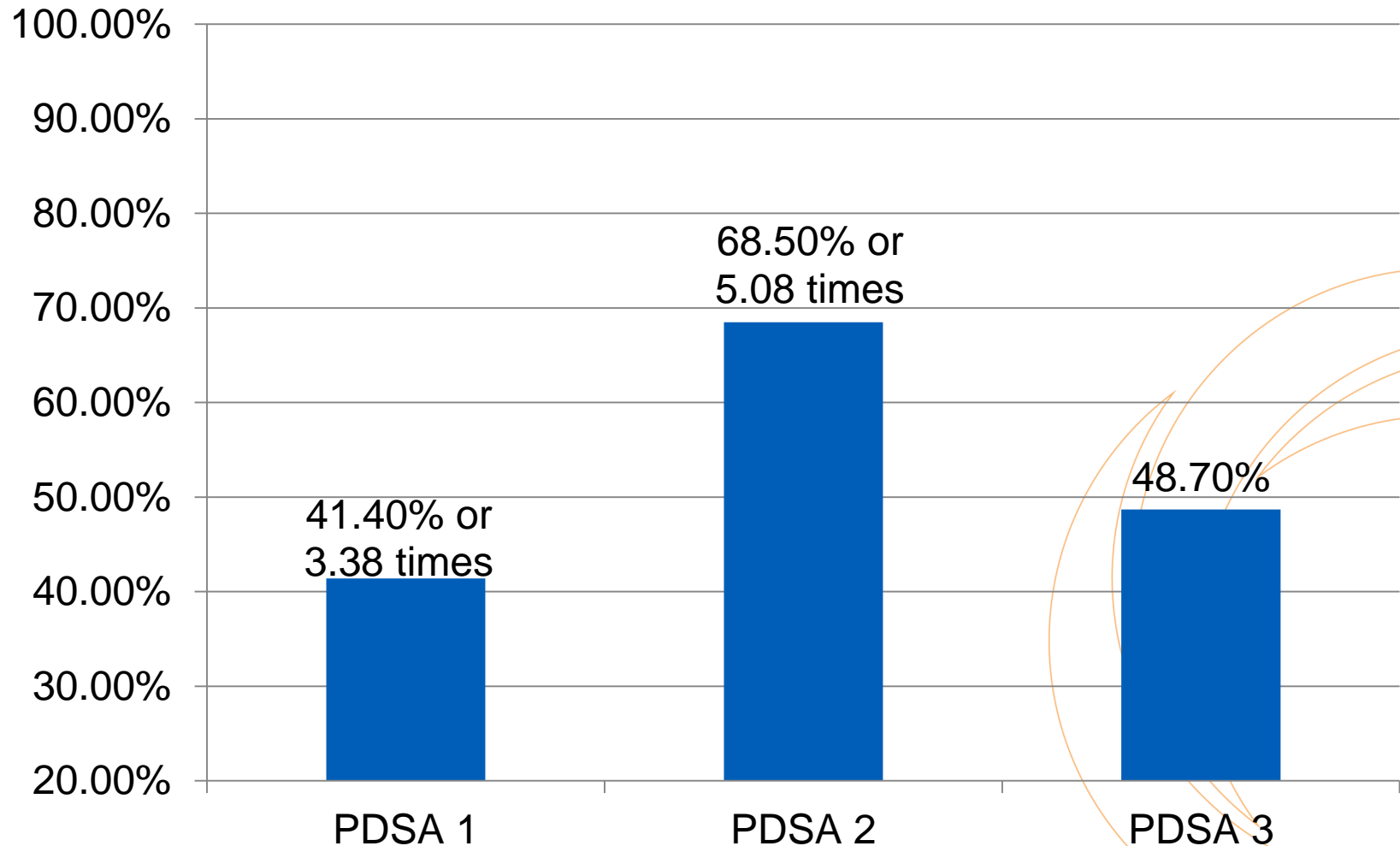
Clinical Outcome

Timed-Up-and-Go Average Improvement



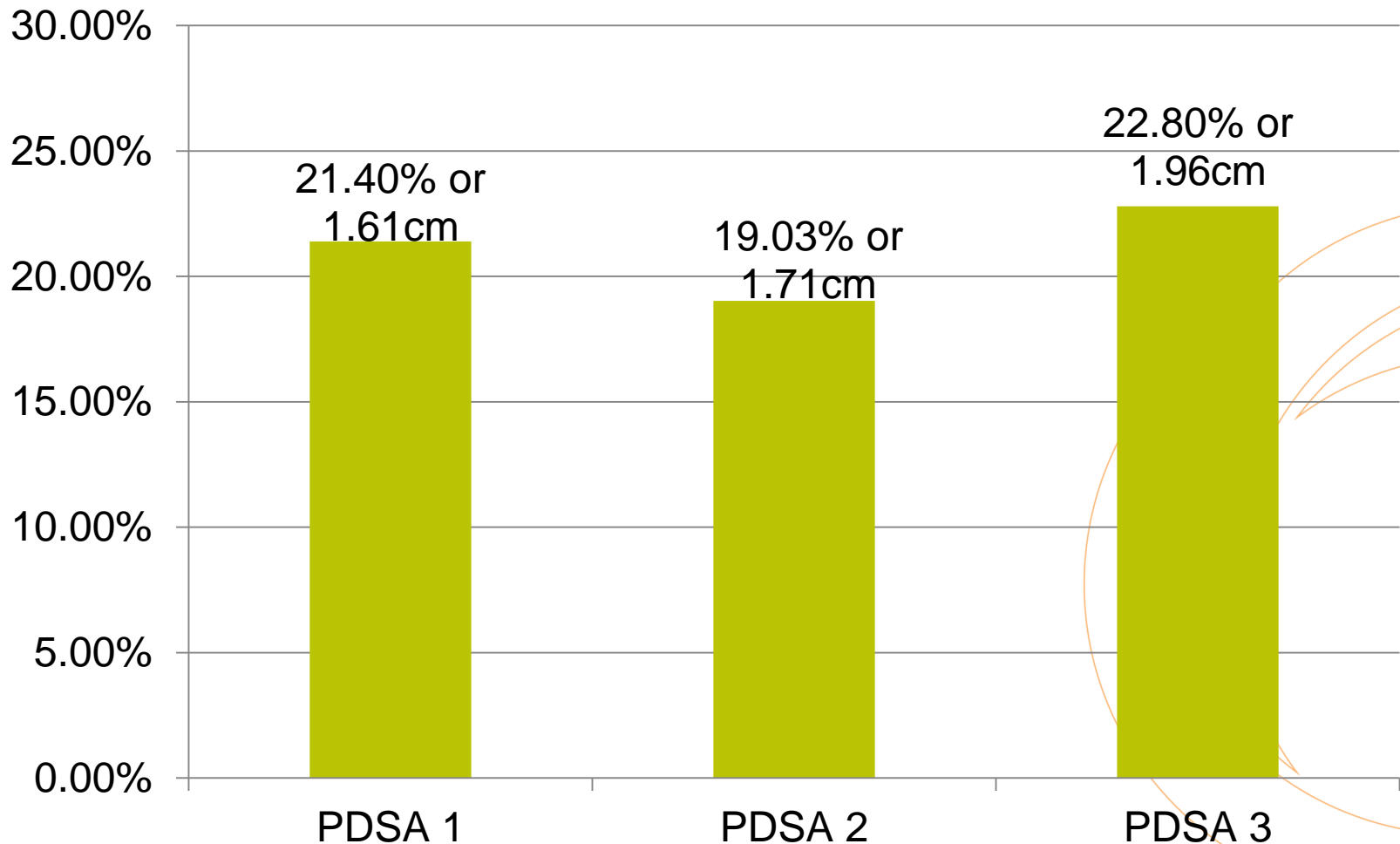
Clinical Outcome

30 Seconds Sit-To-Stand Average Improvement



Clinical Outcome

Functional Reach Test Average Improvement



Participants' Goals

	Goal #1	Pre	Post	Δ	Goal # 2	Pre	Post	Δ
1	Regain strength on left side	6	9	3	4 laps of track	8	9	1
2	Be a candidate for prosthetic leg	2	4	2				
3	Go outside for walks without walker	3	5	2	Use computer/read for longer than 15 mins	3	4	1
4	Walk 8 rounds	5	8	3	Standing leg exercises	8	9	1
5	Walk without help	4	8	4	Improve walking without cane	3	8	5
6	20 min treadmill	4	10	6	Read small book	6	9	3
7	Be physically stronger	6	8	2	15 min rowing	3	8	5
8	Arm movement	1	6	5	3 laps in parallel bars	6	7	1
9	Driver's license	0	5	5	Function on my own	3	7	4
10	Physical strength	8	10	2	Go to mall	9	10	1