



GOULBURN VALLEY
HEALTH
CARING FOR YOUR COMMUNITY

Orthopaedic RITH

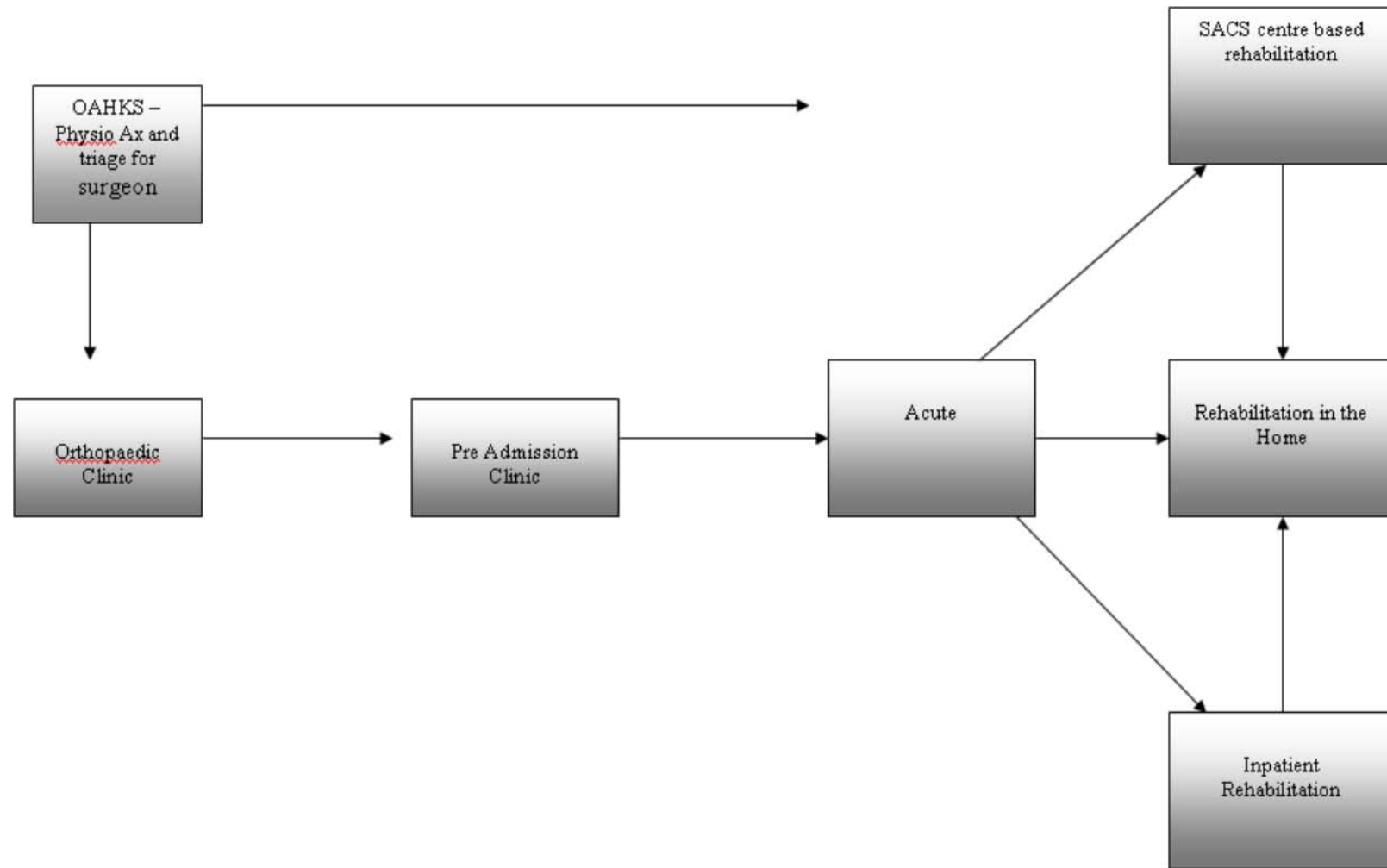
Goulburn Valley Health

October 9th 2009

Program Background

- Project coordinator appointed April 09
- Staffing: 0.5 Physiotherapy
0.5 Occupational Therapy
0.9 Allied Health Assistant
- First patient admitted 8th May
- Support from Orthopaedic team & NUMS

Flow Chart



Associated programs

OAHKS: Original pilot site:

Funding in second round

Physiotherapist- clinical coordinator

Dietitian & Physiotherapy- SACS Joint Pain program

359 patients seen

168 referred to physiotherapy

71 dietitian

4 occupational therapy

Preadmission Clinic

- Occupational therapy- Home visit for those on surgical wait list
- PAC- OT
 - Physiotherapist
 - validated tool to predict Rehab requirement
 - staff from RITH
 - potential patients for RITH need encouragement

Criteria for Admission

The client must be:

- Medically stable.
- Independently transferring from bed to chair.
- Ambulate independently a minimum of 15m with use of aids as required.
- Independent with personal ADLs or has access to services to assist.
- Motivated and have defined goals for rehabilitation.
- Cognitively able to follow instructions and participate in rehabilitation.
- Live within a 25 minute radius of GVH.

Intake

- Case finding
- Acute-LOS for THR&TKR 5 day
 - Admission to ORITH @ day 5
- F/up for patients not requiring ORITH is through CRC
- Referrals from GVHealth, metro health services & other rural
- Within 24 hours of discharge the first home visit is conducted by either the Physiotherapist or AHA.
- Patients discharged on a Friday are to be visited on the afternoon of discharge.
- Patients will not commence RITH program the day before a long weekend.

Numbers

- 23 patients seen over 179 contacts, 201 hours of service
- 1- dynamic hip screw
- 1- sprained ankle & # wrist

Case study

- 57 y.o. female referred by metro rehabilitation service out of radius for entry
- SHx:
- Lives with, and cares for both, her husband and 19 y.o. son. Son has a frontal lobe pathology and pt is his main carer
- Works as primary school teacher
- Only driver in the family
- 2 weeks on ORITH
- F/up in CRC 3 weeks later

Issues

- Positive feedback from patients
- Extend the radius to 40 minutes-include 2 towns OR should we look at area where limited Physiotherapy follow/up
- Improve the process from acute to rehab
 - remain on pathway
 - admitted with DC date to ORITH
eg within 3 days
- Accept referrals from private hospital