



Western Health

Caring for the West

ORTHOPAEDIC REHABILITATION AT HOME PROGRAM (ORAHP)

Amy Parker

Elective Orthopaedic
Pathways Project

WESTERN HEALTH

Major public provider of acute health services throughout Western Metropolitan Melbourne

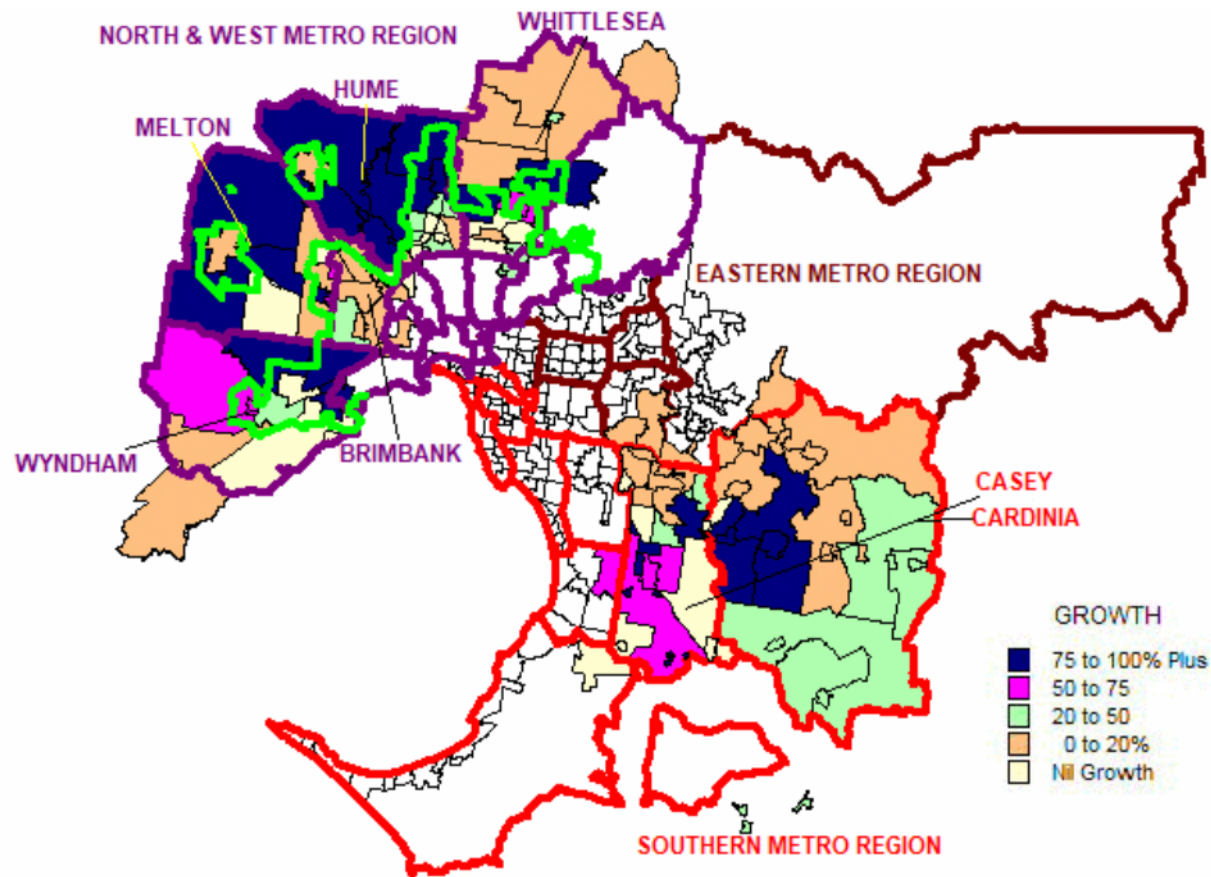
Consists of 3 Public Hospitals, 2 Residential Care Facilities and a Residential Drug and Alcohol Service

Employs 5000 staff

Catchment of 690,000 people from the local government areas of Brimbank, Hobsons Bay, Hume, Maribyrnong, Melton, Moonee Valley and Wyndham

Predicted population growth of 4% per annum over the next 10 years

PROJECTED POPULATION GROWTH 2006 TO 2021



Source: Derived from the Australian Bureau of Statistics, Census of Population and Housing, 2001, 1996 and 1991.
DSE projections, Forecast ID

WESTERN HEALTH

Highest level of underlying illness in Metropolitan Melbourne

- High rates of obesity, cancer, drug and alcohol addiction and infectious diseases

Most culturally diverse and rapidly ageing community in Victoria

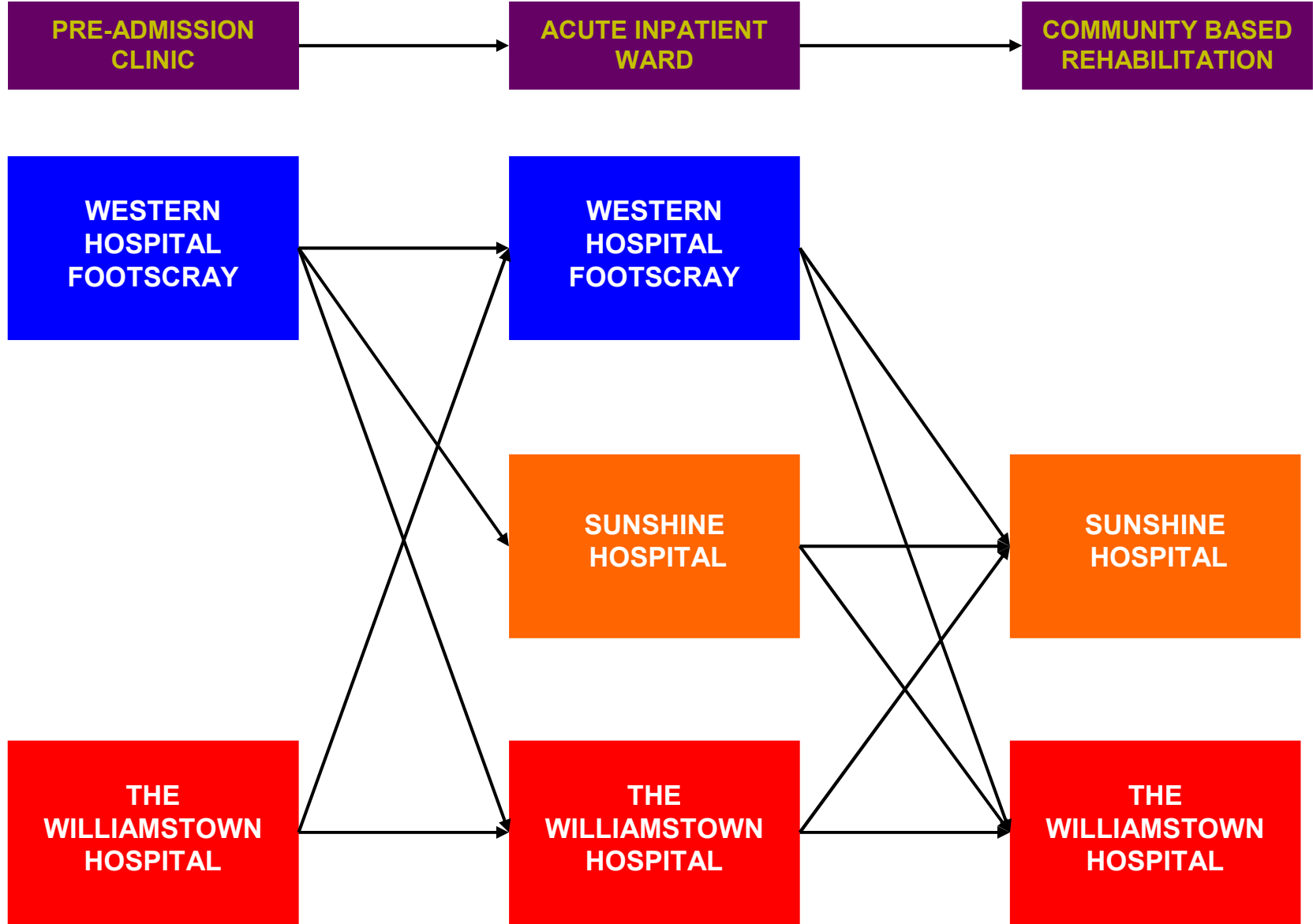
- 90 different nationalities
- 107 different languages and dialects
- 35% of families speak a language other than English at home (compared with 20% in Victoria)

ORTHOPAEDIC SERVICES



WESTERN HEALTH

19 ORTHOPAEDIC SURGEONS



ORAHP MODEL OF CARE

ORTHOPAEDIC REHABILITATION AT HOME PROGRAM (ORAHP)

“A Sub-Acute Ambulatory Care Service (SACS) that supports eligible patients who are discharged home within 5 days of having an elective THR or TKR at Western Health by providing Community Based Rehabilitation (such as Nursing, Physiotherapy and OT) at home in the immediate period following discharge from the acute inpatient setting”

ORAHP MODEL OF CARE

Staffing

1.0 EFT Grade 2 ORAHP Physiotherapist

- Full time; Monday to Friday

0.7 EFT Grade 3B ORAHP Job Share Nurses

- Part time; Monday to Sunday

0.2 EFT Grade 2 ORAHP Support OT

- Capacity building for Pre-Admission Clinic OTs to increase the number of pre-surgery home visits

ORAHP MODEL OF CARE

Key Features

Involves all 3 campuses (and all 19 Orthopaedic Surgeons!) of Western Health

Aim for discharge home within 5 days post surgery – consistent education provided by staff across all stages of the patient journey

2-stage screening process (incorporating the RAPT) to determine appropriate patient selection

- Pre-Admission Clinic (type of surgery, discharge plan, cognition/consent)
- Acute Inpatient Ward (medical condition, level of function, motivation/consent)

ORAHP MODEL OF CARE

“Standard Rehabilitation Program”

1 ORAHP Nursing home-based visit (Day 1 post discharge)

2 ORAHP Physiotherapy home-based visits (Day 2/3 and Day 9/10 post discharge)

ORAHP Physiotherapist conducts the first centre-based CBR session, facilitating the transition from home-based visits and ensuring that continuity of care is maintained

“Optional Extras”

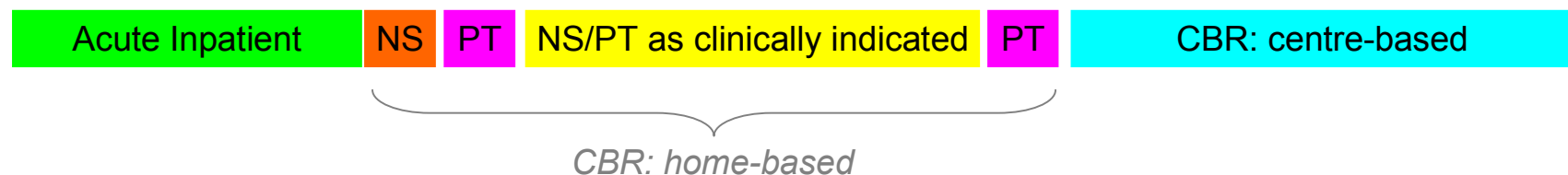
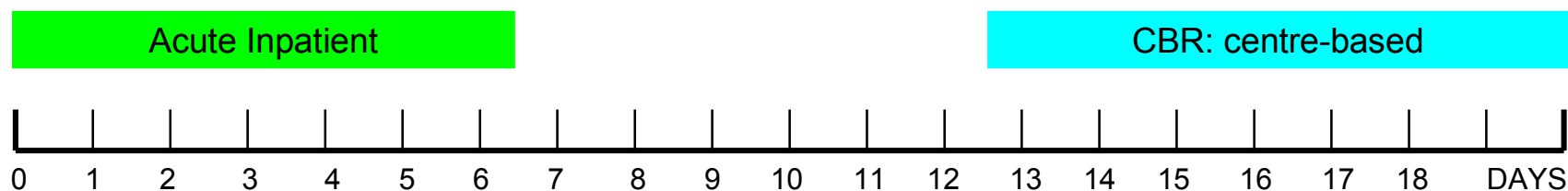
Home-based OT review as clinically indicated

Additional Nursing and Physiotherapy home-based visits as clinically indicated

Other home-based Allied Health Services as clinically indicated

ORAHP MODEL OF CARE

Current TKR Patient Pathway @ Western Health



Future TKR Patient Pathway @ Western Health with ORAHP

PRE-EXISTING SERVICE PRACTICE CHANGES

GP

Education regarding expected discharge within 5 days post surgery and availability of ORAHP pathway

HIP & KNEE OA SCREENING CLINIC

Education regarding expected discharge within 5 days post surgery and availability of ORAHP pathway

ORTHOPAEDIC OUTPATIENTS

Education regarding expected discharge within 5 days post surgery and availability of ORAHP pathway

PRE-EXISTING SERVICE PRACTICE CHANGES

PRE-ADMISSION CLINIC

Education regarding expected discharge within 5 days post surgery and availability of ORAHP pathway

1st stage screening to ensure appropriate patient selection, incorporating prediction of the patient's discharge pathway/destination through the use of the RAPT

Early identification/mitigation of risk through OT Assessment ± prescription/provision of equipment ± organising pre-surgery home visits as clinically indicated

Home risk assessment conducted/CBR referral made (via the Western Health Community Access single point of entry)

New OT Assessment Form as part of a "Progressive" Allied Health Assessment/Referral Form to be used across programs/campuses

PRE-EXISTING SERVICE PRACTICE CHANGES

ACUTE INPATIENT WARD

Identification of the patient's predicted discharge pathway/destination on admission to the ward

Education of patients regarding expected discharge within 5 days following surgery and availability of ORAHP pathway

PT Initial Ax Day 1 post surgery

OT ADL Ax Day 3 post surgery

2nd stage screening to ensure appropriate patient selection, incorporating completion of an ORAHP Discharge Checklist

New PT Discharge Summary as part of a "Progressive" Allied Health Assessment/Referral Form to be used across programs/campuses

KEY LEARNINGS

1. Variations across campuses in:
 - patient education
 - service provision
 - medical and social complexity
 - surgical activity
 - acute inpatient length of stay
 - acute → sub-acute flow
2. Existing Pre-Admission Clinic OTs unable to meet pre-surgery home visit demands
3. 14% FTA rate for initial centre-based CBR appointments
4. Duplication of paperwork across campuses/programs
5. Communication issues across campuses/programs

AREAS TO CONSIDER

Post discharge troubleshooting pathway
Conducting home visits with patients from Non English Speaking Backgrounds (NESB)
Referral processes and liaison with Acute Inpatient Wards across 3 campuses
Links with existing CBR programs/staff
After hours (weekend) reporting
Leave cover
Succession planning
Program/staff isolation

BARRIERS TO PROGRESSION

Confirmation of surgical activity at Western Health for 09/10

Vast array of key stakeholders

Cross campus model of care

Existing staffing/ward changes

Recruitment of staff

Space availability for new staff

Previous Orthopaedic Unit Projects

Current competing Orthopaedic Unit Projects

SUCSESSES

Strong key stakeholder engagement and support

Project Clinical Reference Group/Governance
Committee

CEO and Executive Committee

Divisions of Surgical Services/Community Integration
and Allied Health/Nursing

Positive public relations

Feature article in Hobsons Bay Leader newspaper

Leading story in Western Health Weekly

Staff recruitment

Orientation for new dedicated ORAHP staff
commences on Monday 12th October!

QUESTIONS/COMMENTS



CONTACT DETAILS

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