Creating a Person-Centred Physiotherapy Service for People with Dementia

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Care of The Older Person
Connolly Hospital
2012 • Genio Dementia Programme was founded with support of Atlantic Philanthropies and the HSE

2014 • “National Audit of Dementia Care” completed

2015 • Dementia Nurse Specialist appointed to CHB

2017 • Working group formed to develop Dementia Care Bundle
    • Changes made to create a more person-centred physiotherapy service for this patient cohort
Working Group

- Clinical Nurse Specialist in Dementia Care
- Clinical Nurse Manager Rowan Ward
- Nurse Practice Development
- Physiotherapy
- Social Work
- Dietetics
- Occupational Therapy
- Speech and Language Therapy
- MFTOP SPr
- Project Support
Dementia/Delirium Care Bundle

- A multidisciplinary, evidence based approach to person centered care

- Aims to standardise care throughout the hospital for those with dementia/delirium

- In Connolly in 2016.....
  - 13,383 admissions
  - ~3,345 admissions cognitively vulnerable
Education

1 therapist trained to level 4

2 therapists trained to level 3 (3 more scheduled)

8 porters trained to level 1

All in-patient physiotherapy staff trained to recognize delirium

All nursing and HCA staff educated in the role of movement in dementia
Role of Physiotherapy in Dementia Care

- Evidence based and cost effective intervention for adults with dementia (Royal College of Psychiatrists 2010)

- Current National Institute for Clinical Excellence guidelines (NICE 2011) recommend physiotherapy for adults with dementia

- **Main aim:** maximise a person’s physical abilities and allow for the greatest level of independence possible.

- **Number of therapeutic approaches:**
  - falls assessment and prevention
  - balance and strength training
  - mobility aid provision
  - cardiovascular training
  - later life care
  - pain management
  - discharge planning

- Increased risk of a prolonged stay in acute care (de Siun et al 2014, Connolly and O’Shea 2015)

*Timely intervention is key!*
PROBLEM

- Journey from ward to physiotherapy gym can be disorientating
- Unpleasant experience
- Decline to participate
- Lost therapy time

VISION

- Each person with dementia would receive a daily invitation to physiotherapy
- Sufficient information
- A more pleasant experience
- Speedy familiarisation to physiotherapy gym
- Increased engagement
- Improve time management
Audit of Current Practice

“Of your current caseload, how many people have a suspected or diagnosed dementia?”

33%

“Do you feel people with dementia are orientated to the gym on first attendance?”

45%

“Do you routinely introduce yourself and role of physiotherapy prior to scheduling someone for the gym?”

89%

“Do you routinely provide people with dementia with any additional information (other than verbal) regarding physiotherapy?”

66%
Lewin’s Force Field Analysis

**Driving Forces**
- More pleasant gym experience for people with dementia
- Potential to increase engagement in initial period of rehabilitation
- Facilitate optimal time management
- Assist ones ability to give informed consent to therapy

**Restraining Forces**
- Staff engagement
- Porter engagement and changeover
- Scheduling changes

**Plan:**
Develop a tool which would facilitate orientation to the physiotherapy gym
Implementation of Change Project

Develop Tool
- Consulted with other AHP’s
- Consulted with Dementia CNS
- Designed tool with physiotherapy team
- Consulted SLT and NALA
- Colour printed and laminated

Porter Education
- Met with porter to explain project and reason for same
- Porters attended level 1 training of the Dementia Elevator program, “Dementia Awareness”

Encouraging Change
- Met with gym staff to discuss pilot
- Presented project to nursing staff at daily “Whiteboard” meeting
- Presented to wider MDT at weekly “Journal Club” meeting
An Invitation to Physiotherapy

Name:
Physiotherapist:
Time:

The porter will bring you to the gym
You will meet the Physiotherapy team
You will do exercises
They will help with your movement
New Process

- Physiotherapists completes gym schedule each evening
- Physiotherapy assistant fills in invitations as per schedule
- Porter collects schedule and invitations each morning
- Invitations are allocated
- Invitations returned to gym with each transport
- Porter collects for gym as per schedule
Date: 23/06/17

Therapy Timetable – Beech/Rowan

Self Care:
1.
2.
3.
4.
5.

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Evaluation

“‘It’s good to know what time I’m coming down at’

“I recognised him (Porter) from the picture”

One particularly successful outcome....

“It’s a good reminder”

Conclusion/Going Forward

- Overall positive influence on patient experience
- Continual positive feedback from nursing staff
- Now common practice on the MFTOP service
- Component of Dementia Care Pathway
For more info....

- National Dementia Audit:
  [http://www.hse.ie/eng/about/QAVD/Audit-Service/Dementiacare.html](http://www.hse.ie/eng/about/QAVD/Audit-Service/Dementiacare.html)

- Genio: [https://www.genio.ie/the-challenges-we-face/dementia](https://www.genio.ie/the-challenges-we-face/dementia)

- Dementia Elevator Training: [http://dementiaelevator.ie](http://dementiaelevator.ie)
References


Thank you for listening!

QUESTIONS?
ALWAYS WELCOME!