

Patient Flow Teams – Bigger and Better!

For the last 6 months, the patient flow team has been working across 10 individual subgroups, each focusing on a patient outcome measure. During this time, each team has been able to make impressive gains. Moving forward, the teams are combining their knowledge and resources with WRH corporate indicator teams in order to dig even deeper into opportunities for improvement.

The patient flow subgroups are now divided by: Corporate Discharge, Weekend Discharge, Emergency Department Length of Stay, and Assessment Bays.

SOP will continue to work with these teams to further improve processes. These larger interdisciplinary teams are now refocused and looking forward to making even greater improvements for our Medicine patients. Stay tuned!

Standardized Units making Movement Matter!

Over the past few weeks, two Medicine units (4 North and 5 CTU) have been receiving the education for the Mobility Bundle planned for Standardized Units. This Mobility Bundle comprises of leading practices to keep patients active and moving to the best of their ability to prevent deconditioning and weakness. Through this PDSA (Plan-Do-Study-Act) cycle, the multidisciplinary Mobility Team collaborates with frontline staff to determine how best to adopt and adapt theory into everyday practice. Thanks to both units for your ongoing participation and feedback!

Mobility...Movement Matters



Mobility Level (A, B, C)		You are encouraged to....
A	 Able to Ambulate	<ul style="list-style-type: none"> Get up and move 3 times or more a day. Ask for assistance if needed
B	 Bed to Chair Transfers	<ul style="list-style-type: none"> Sit up in the chair 3 times per day, for example at meal time Use the commode chair if able Exercise in bed
C	 Cannot stand to transfer	<ul style="list-style-type: none"> Sit upright for meals Be as active as possible in bed (personal hygiene, turning, self-feeding) Active and passive exercises in bed Mechanical lift to chair daily

WHY MOVEMENT MATTERS

- A DECLINE IN MOBILITY CAN START WITHIN 2 DAYS OF HOSPITALIZATION
- IT IS ESTIMATED THAT EVERY DAY OF IMMOBILITY RESULTS IN 5% LOSS OF MUSCLE STRENGTH
- TO PREVENT DELIRIUM, FUNCTIONAL DECLINE, FALLS
- PROMISE SHORTENED HOSPITAL STAY BY 1.5 DAYS
- IMPROVES RETURN TO INDEPENDENT FUNCTIONAL STATUS
- DECREASES RATE OF DEPRESSION

WHAT IS THE PLAN FOR YOU?

- PROGRESSIVE, SCALED MOBILIZATION AT LEAST 3 TIMES A DAY
- NURSES WILL ASSESS YOUR MOBILITY WITHIN 24 HOURS OF ADMISSION TO HOSPITAL
- YOUR HEALTH CARE TEAM WILL DISCUSS YOUR MOVEMENT DAILY AT ROUNDS AND SHARE THE PLAN WITH YOU AND YOUR FAMILY
- DEPENDING ON YOUR MOBILITY LEVEL AND LIMITATIONS, YOUR MOVEMENT MAY INCLUDE:
 - BED EXERCISES
 - SITTING AT THE EDGE OF THE BED OR CHAIR
 - TRANSFERS
 - AMBULATING



LUNGS

- Better breathing
- Better able to fight infections

NUTRITION

- Better appetite
- Less risk of choking
- Less constipation

MUSCLES/BONES

- Less weakness
- Less pain in joints
- Less falls

BRAIN

- Better mood
- Better sleep
- Less dizziness
- Less confusion

HEART

- More stable blood pressure
- Better circulation

SKIN

- Less skin breakdown (bed sores)

A Message For Patients and Families

- Sit up for all your meals
- Sit up in a chair when you have visitors
- Walk around the unit either with help or by yourself
- Do bed exercises on your own throughout the day

If you are not sure what you are safe to do, ask a member of your healthcare team.

“Movement Matters” posters on 4 North and 5 CTU engage patients and their families to know why it’s important to mobilize!

1

Friday, May 11, 2018

Welcoming Natasha Back!

Natasha returns from KM&T

This week we have had Natasha re-join the SOP Team. Natasha is from KM&T and was working with SOP a year and a half ago leading the Standardized Unit project during the Med/Surg roll out. Natasha left to support a U.K. wide KM&T project with the NHS in General Practice. She is happy to be back local and close to home where she will eagerly support Patient Flow as we continue to move forward with the roll out.

If you haven't already, you will see her across both campuses over the next 12 months! Welcome back to WRH.



Have a great weekend!

The SOP Team

Future@wrh.on.ca