Improving Self Care and Mobility of Swing Bed Patients in a Rural Nebraska CAH

- Thayer County Health Services
  Hebron, NE
- St. Mary's
  Nebraska City, NE

Objectives

- Introductions
- Measuring for Success with Communication
- Whole System Approach to Swing Bed Program
- Optimal Discharge Approach

Thayer County Health Services

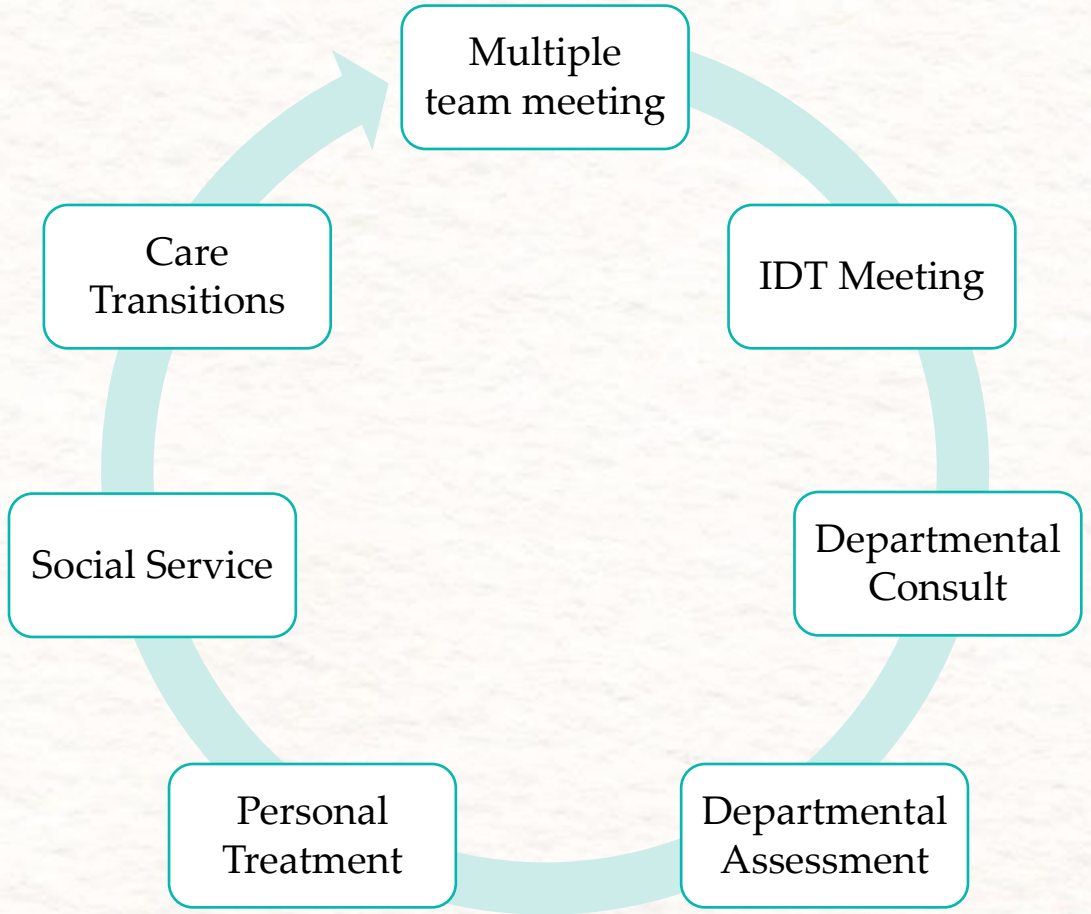
- 17 bed critical access Hospital with Emergency Room, Observation, Inpatient, Swing Bed, Labor and Delivery;
- Clinic and 3 satellite clinics in surrounding communities of Bruning, Davenport, and Deshler.

Introduction to the Swing bed Program

- 2020- Swing Bed Initiative led to focus group to enhance discharge process
  - Discharge Planning Focus Group
- 2021- Swing Bed Initiative led to focus group to improve patient safety
  - Fall Prevention Focus Group/ Fall Prevention Team
  - Swing bed Initiative at the end of 2021 continued to improve self care and mobility.
- 2022- Swing bed Initiative led to a focus on self care and mobility through improved communication.
  - Age Friendly Initiative to increase safe mobility while in the hospital and at home.

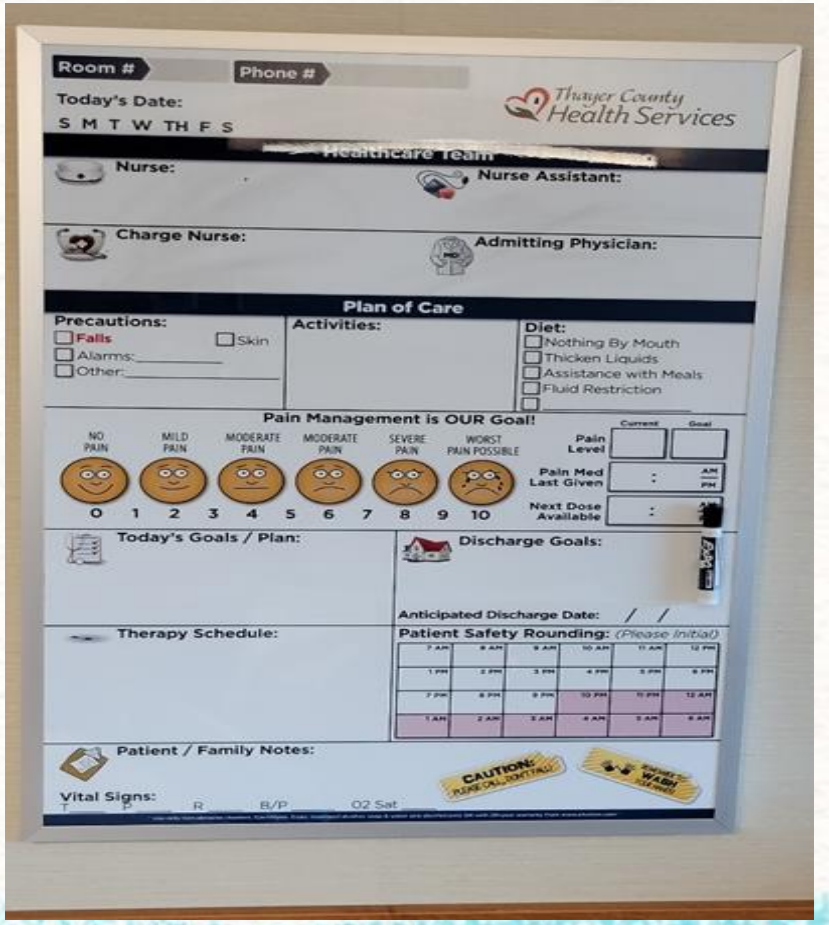
Whole System Approach to our Swing Bed Program and Team

- Multi-team engagement with morning meeting to communicate changes of patients.
- Inter-disciplinary Team Meetings to provide communication with all members.
- Departmental assessment to assess patient needs.
- Personal treatment to focus on specific areas of patient needs.
- Social Service Consult for discharge planning to evaluate needs to succeed at home.
- Care Transitions to assist with education and transition to home or other facility.



Measuring for Success with Communication

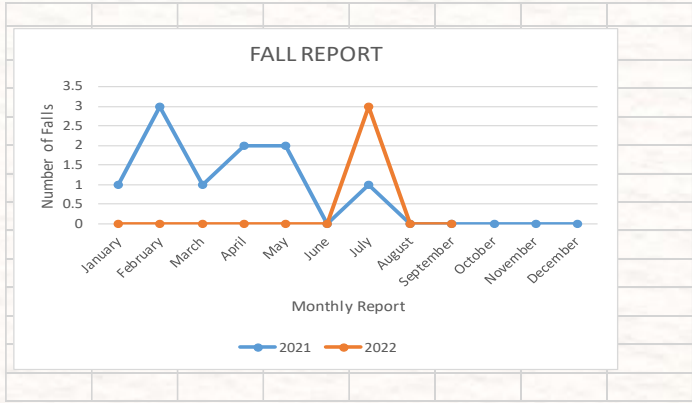
- Communication Boards



- Therapy Boards

Measuring for Success with Communication

- Audits were conducted to ensure compliance with communication/therapy boards.
- IDT meetings for all Swing Bed patients was initiated within 5 days of admission.
- Fall Prevention Team was created to improve communication with staff and patients for patient safety.
  - Create a fall scorecard to communicate with staff



- Improve interventions for patient safety with staff involvement– new equipment- walkers, non-slip mats, cushions

How does communication affect self care and mobility?

- Improves understanding between patient and therapist to meet goals and needs.
- Impacts expectation of patient and staff in completing cares.
- Sets realistic goals for the patient.
- Assist staff and family in encouraging the patient to meet goals.
- Ensures patient is ready for discharge with needed equipment/support at home.

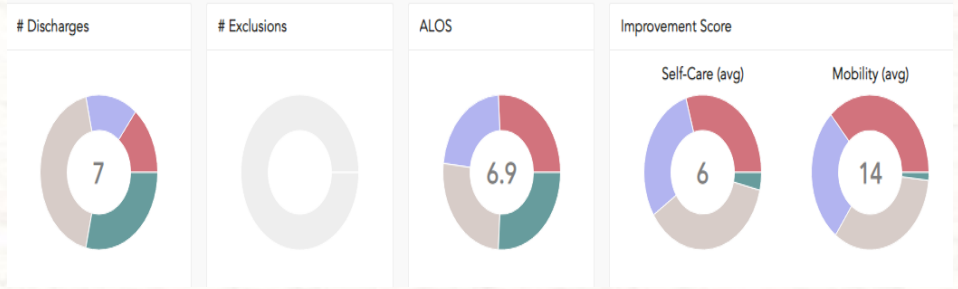
Optimal Discharge Planning

- Creation of Discharge Focus Group.
- Creation of Transitions of Care process.
  - Transition of Care calls to patients with in 5 day of discharge
- Completion of Home Safety Evaluations with therapies.
- Communication of needs for safe return to home through Patient Family Services.
- Decision by Facility to engage in Age Friendly for safer mobility, mentation, medications, and what matters to the patient.

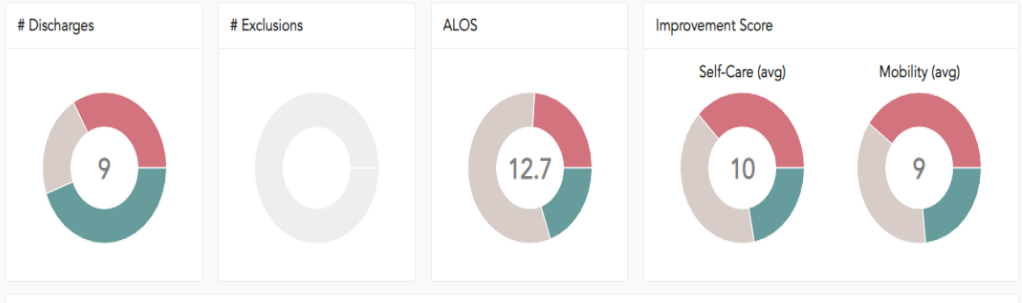
Results

- No measurable impact due to numbers of swing bed patients and types of patients. Population average age of 70-79. Note increase length of stay for patients and improved self- cares.

October,2021-December, 2021



July, 2022-September, 2022



- Noted impact on patient response to improved communication and understanding during transition of care calls.

Resources

- Stroudwater Analytics; https://www.stroudwater.com/service/data-analytics/

QUESTIONS????