

# 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.



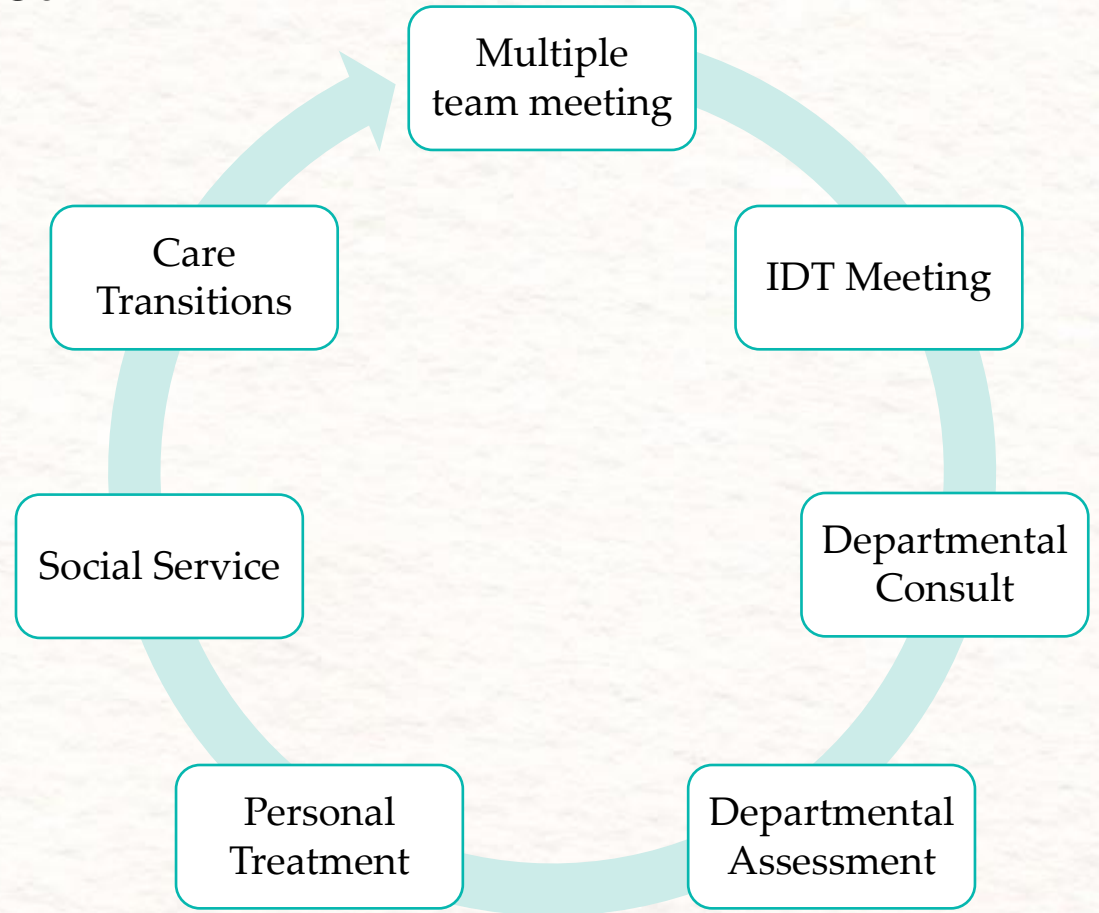
# Introduction to the Swing bed Program

- 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.



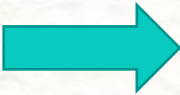
# Whole System Approach to our Swing Bed Program and Team

- 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



**Room #** **Phone #**

Today's Date: S M T W T H F S

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Healthcare team

Nurse: Nurse Assistant:

Charge Nurse: Admitting Physician:

**Plan of Care**

**Precautions:**  
☐ Falls ☐ Skin  
☐ Alarms:  
☐ Other:

**Activities:**

**Diet:**  
☐ Nothing By Mouth  
☐ Thicken Liquids  
☐ Assistance with Meals  
☐ Fluid Restriction

**Pain Management is OUR Goal!**

NO PAIN MILD PAIN MODERATE PAIN SEVERE PAIN WORST PAIN POSSIBLE

0 1 2 3 4 5 6 7 8 9 10

Pain Level: Current: Goal:

Pain Med Last Given: : AM PM

Next Dose Available: : AM PM

Today's Goals / Plan:

Discharge Goals:

Anticipated Discharge Date: / /

Therapy Schedule:

Patient Safety Rounding: (Please Initial)

7 AM	8 AM	9 AM	10 AM	11 AM	12 PM
1 PM	2 PM	3 PM	4 PM	5 PM	6 PM
7 PM	8 PM	9 PM	10 PM	11 PM	12 AM
1 AM	2 AM	3 AM	4 AM	5 AM	6 AM

Patient / Family Notes:

Vital Signs: R R/P O2 Sat

CAUTION: PLEASE DO NOT TOUCH

WASH YOUR HANDS

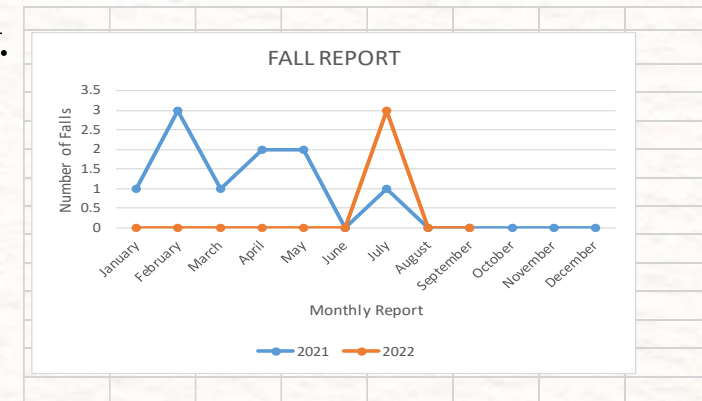
DATE:	TCHS REHAB DEPARTMENT
Therapy Team: PT: _____ OT: _____ ST: _____	Therapy Times:
SAFETY PRECAUTIONS:	
TODAY'S GOALS/PLANS:	

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# 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.



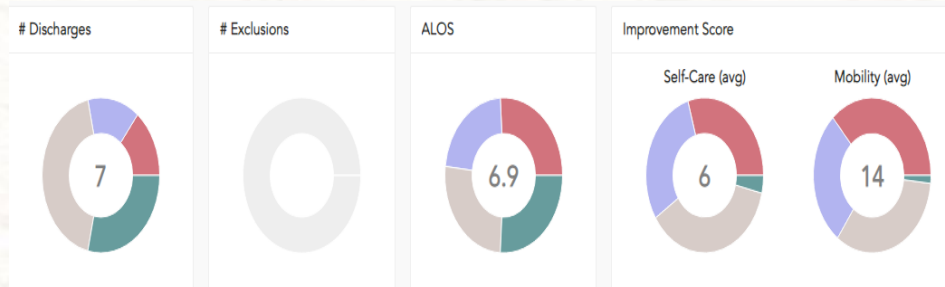
# Optimal Discharge Planning

- Creation of Discharge Focus Group.
- Creation of Transitions of Care process.
  - Transition of Care calls to patients within 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.

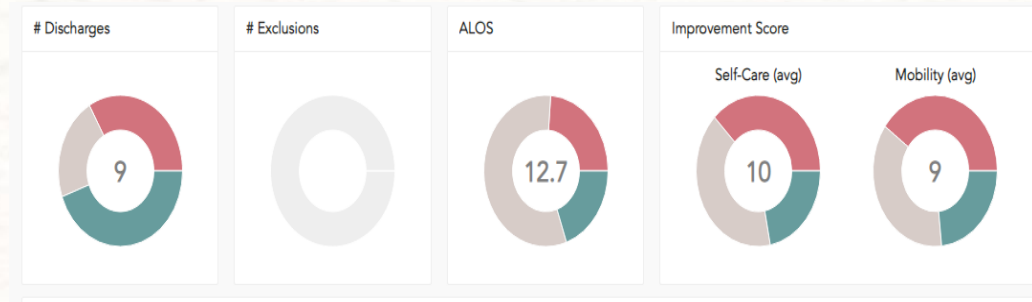
# Results

- 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????