South West Healthcare

Bridging The Gap

Transitioning from Hospital to Community Services

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Introduction

Warrnambool

- Population of 35,000.
- Located 3 hours west of Melbourne.
- Overall health statistics compare poorly to national averages.
  - 61.4% of population overweight or obese.
  - 5.5% or 1800 have a diagnosis of type 2 diabetes.
  - Ageing population, 13% over age of 70 years old. Higher incidence of falls in this population.
- Poor health statistics lead to increased demand on acute and subacute hospital services.

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Introduction

Our project

- Develop appropriate community based exercise classes for transitioning clients from South West Healthcare (SWH) specialised classes to community based classes.
- Ensure a smooth pathway exists between SWH and community services.

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Introduction

Objectives

- Reduce acute and subacute hospital admissions.
- Maximise access to our program.
- Educate and provide clients with the tools to make sustainable lifestyle changes.
- Monitor success of community transitions.

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Barriers

Barriers

- Lack of suitable exercise options in the community.
- Affordability of community classes.
- Reluctance to move onto unfamiliar environment.
- High turnover of staff in community gyms.
- Lower staff:patient ratio.

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SWH Exercise Class

General Exercise Class (GEC)

- 12 weeks, twice weekly.
- Approx. 15 clients per class.
- Average age 60 – 70 years old, majority of participants present with range of chronic conditions.

Program goals

- Develop independence with individualised program.
- Self management and taking responsibility for their own health.

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SWH Exercise Class

Balance classes

- Beginner, intermediate and advanced levels.
- Between 6 – 8 clients per class.
- Educational component available where appropriate.

Program goals

- Decrease falls risk, improve confidence.
- Determine factors that may be contributing to falls.
- Develop independence with individualised program.

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Community Class

Conducted at Aquazone (Warrnambool City Council gym)

General exercise class

- 3 x weekly sessions.

Balance classes

- 1 x weekly beginner and intermediate classes available.

Class details

- Affordable at $5.60 per class.
- Referral only from SWH giving us control of class numbers, content and participants.
- Not time limited.

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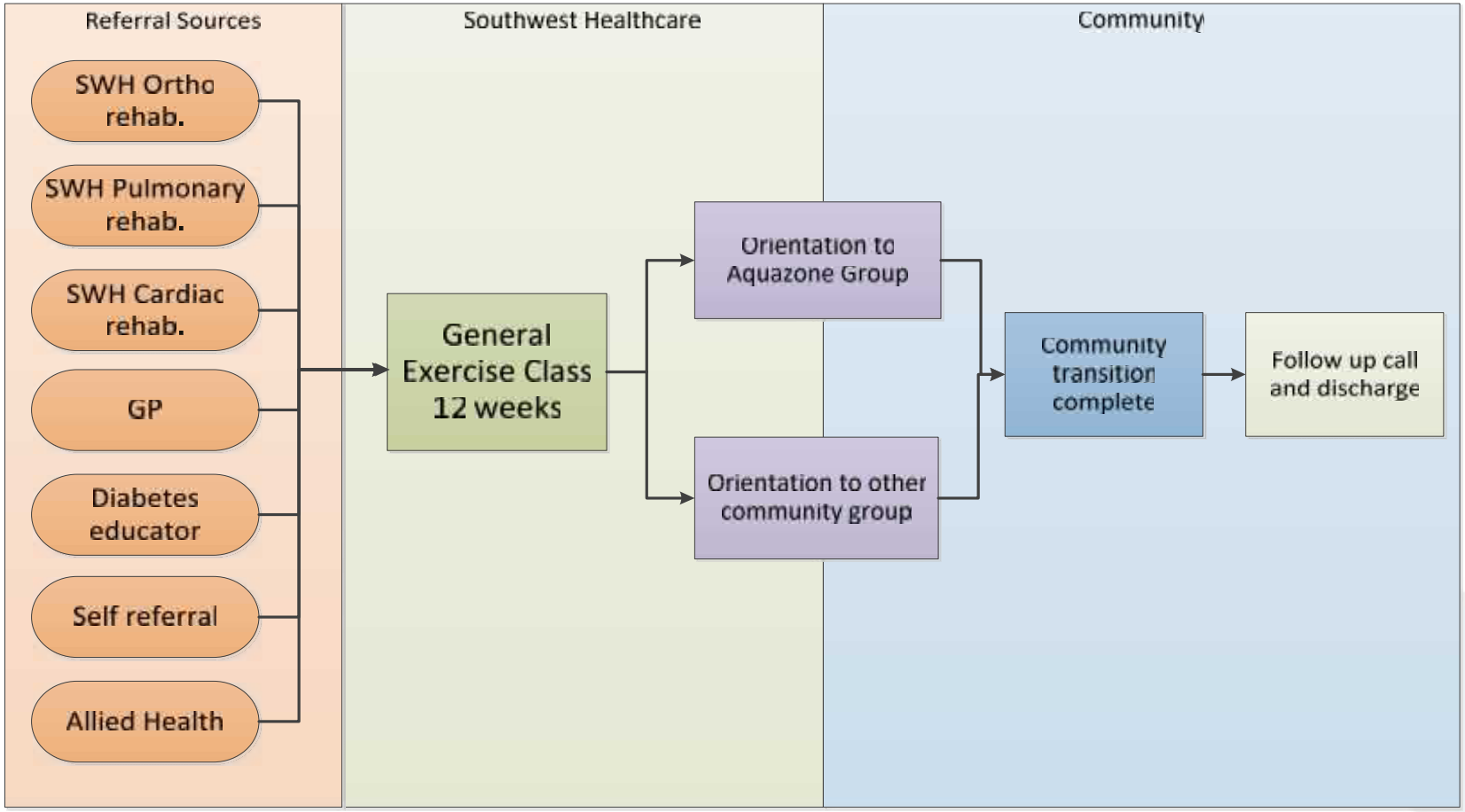
Hospital to Community



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Keys to Success

Why it works

- Clients have a clear pathway.
- Orienting clients to community classes assist with anxiety associated when attending a new environment.
- Referrals and exercise programs are created for each client.
- Communication.
- Clients enjoy social aspect of group.

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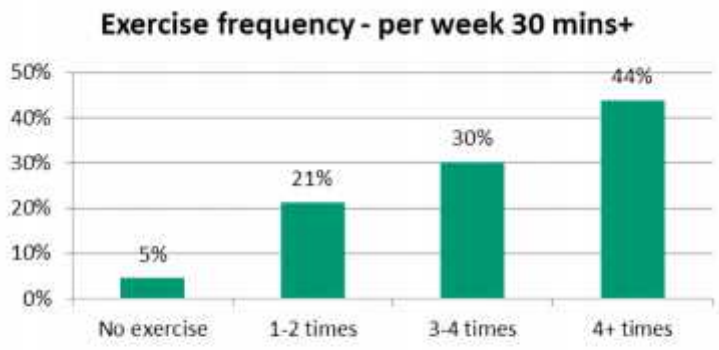
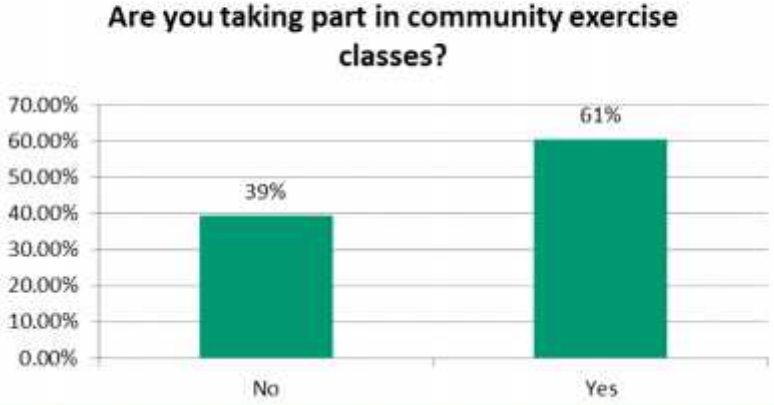
Data

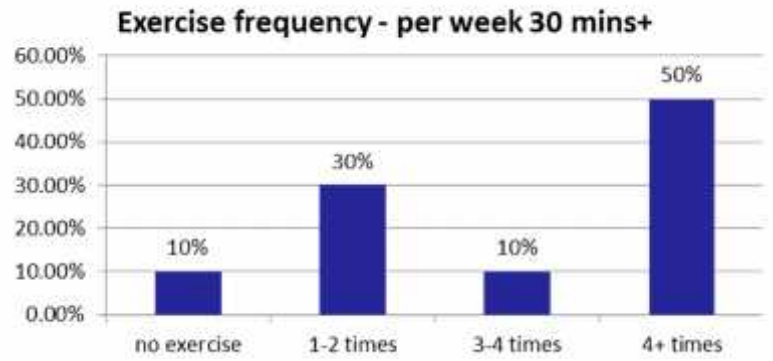
Community transition follow up call (two month post D/C)

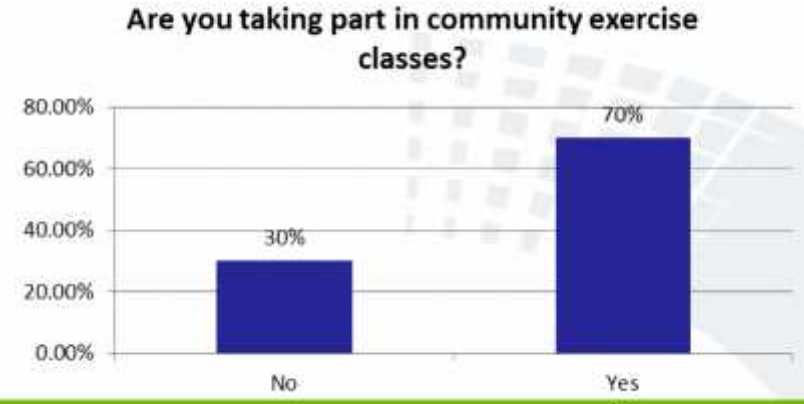
GEC





Balance





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Future areas

- Encourage independent use of community facility.
- Use feedback from follow up calls and visits to continue improving community transitions.
- Expanding program into other organisations.
- Encourage community staff to attend hospital classes.

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Conclusion

- For a successful hospital to community transition there must be a smooth and clear pathway.
- Clients need to be nurtured and coached through process.
- Recognizing a clients barriers and breaking these down is essential for successful long term lifestyle changes.
- Developing and maintaining strong relationships with community organizations is vital for community programs to prosper.
- On track to achieve our objective of reducing acute and subacute hospital admissions.