



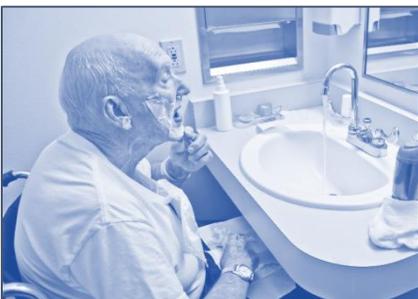
The Impact of Occupational Therapy in the Targeted Therapy Acute Rehabilitation Program (TtARP)

Introduction

Alfred Health TtARP was a multidisciplinary rehabilitation program staffed by a full-time occupational therapist, physiotherapist and allied health assistant. TtARP provided increased intervention to acute inpatients with the aim to facilitate discharge directly home and reduce length of hospital stay.

Method

A multi-method service evaluation was conducted over a 5 month period in 2018. Data was collected on admission and discharge to the TtARP program, and included patient demographics, discharge destination and patient functional status. The Functional Autonomy Measurement System (SMAF) was used to measure functional outcomes. The type of TtARP occupational therapy intervention was recorded for each patient and coded against the domains of the SMAF. Staff satisfaction was collected from occupational therapy



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Results

384 patients were referred to the TtARP program of which 206 (54%) were female with a mean age of 71 (SD 17) years and mean acute length of stay of 13 [SD 17] days. 269 (70%) patients were discharged home (see Figure 1).

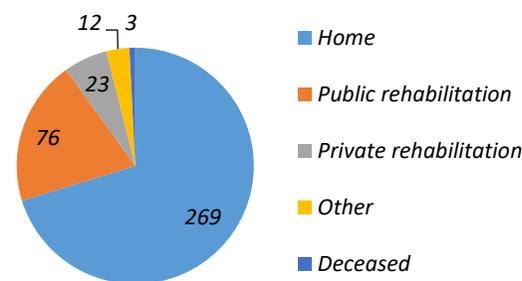


Figure 1. Discharge destination (number)

Admission and discharge SMAF scores were available for analysis from n=165 participants. SMAF data showed improvements in functional ability from admission to discharge, mapped to the same areas of occupational therapy intervention, suggesting that TtARP therapy improved patient independence levels.

Functional Task Performance: SMAF	Groups		Difference within group End of TtARP minus Baseline
	Baseline	End of TtARP	
ADL Subscore (-21 to 0)	-4.4 (3.1)	-1.2 (2.4)	3.2 (95% CI 2.6 to 3.7), p=0.0001
Mobility Subscore (-18 to 0)	-5.6 (3.4)	-1.6 (2.8)	4.0 (95% CI 3.4 to 4.6) p=0.0001
Communication Subscore (-9 to 0)	-0.2 (0.6)	-0.2 (0.8)	0.0 (95% CI -0.09 to 0.15), p=0.633
Cognition Subscore (-15 to 0)	-0.8 (1.8)	-0.5 (1.4)	0.3 (95% CI 0.1 to 0.5), p=0.0001
IADL Subscore (-24 to 0)	-5.1 (5.9)	-2.5 (4.6)	2.6 (95% CI 1.7 to 3.4), p=0.0001

Table 1. Mean (SD) SMAF scores at admission and discharge, and change scores demonstrating improvements in function

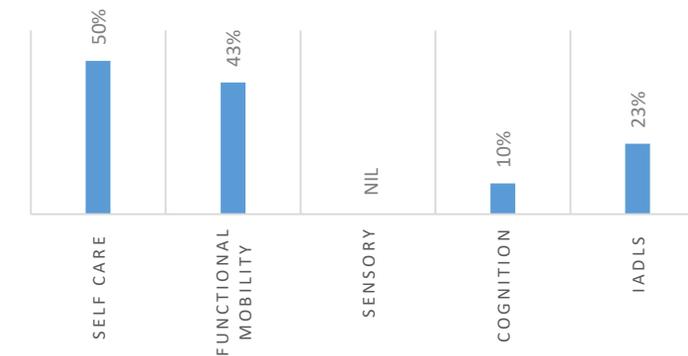


Figure 2. Percentage of occupational therapy intervention across SMAF domains

Program evaluation

10 staff (50%) complete the survey. Overall results were positive with staff agreeing TtARP occupational therapy intervention assisted facilitating discharge (4.3 mean response where 1 is 'strongly disagree' and 5 is 'strongly agree') and targeted agreed upon goals (4.2 mean response, where 1 is 'strongly disagree' and 5 is 'strongly agree').

Key Points

- TtARP program supported the majority of patients to be discharged home thus avoiding a sub-acute admission.
- Occupational therapy TtARP intervention improved functional outcomes.
- Most occupational therapy intervention delivered in TtARP were targeted at the self care domain.
- Acute rehabilitation is a feasible way to reduce subacute admissions in a comprehensive hospital network.