

Early Supported Discharge6 months on

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Team

Background

- National Stroke Strategy
 - Quality Marker 10: High-quality specialist rehabilitation
- NICE (Stroke)
 - Quality Statement 7: Intensity of therapy
- Healthcare for London Stroke Rehabilitation Guide
- ESD services set up in Lambeth and Sutton & Merton
- Cochrane review

Referral Criteria

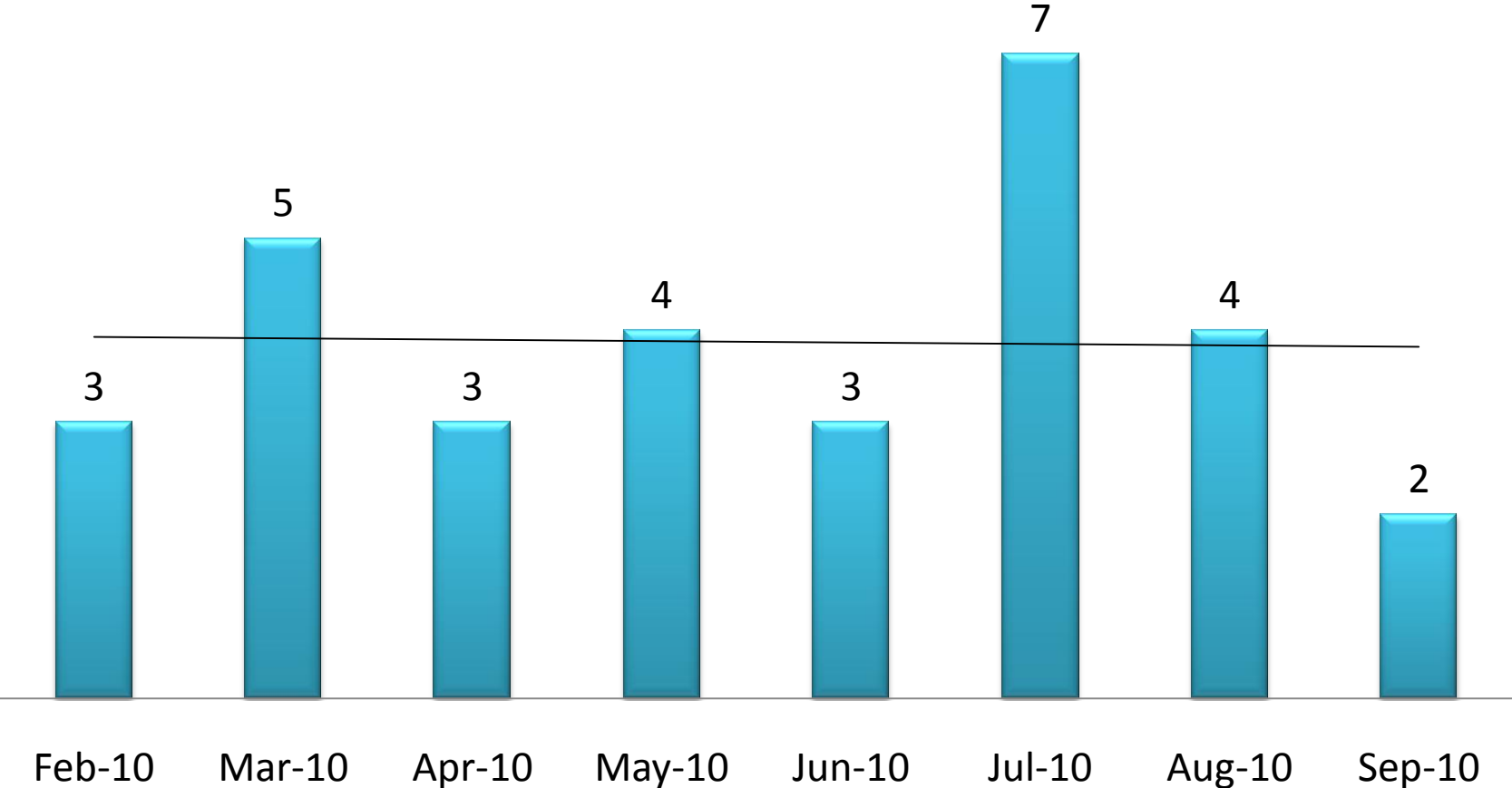
- Registered with a GP within Wandsworth.
- Confirmed diagnosis of new stroke (either from scan or Consultant diagnosis)
- Medically stable and fit for discharge
- Deemed to have adequate cognitive ability to be safely at home with or without care and to have appropriate level of communication/ ability to gain help in an emergency if lives alone (*i.e. pendant alarm in place and able to use*)
- Able to transfer with assistance of 1 (nurse/carer) ± equipment
- Achievable rehabilitation goals can be identified.
- Referral to facilitate discharge and client requires intensity of rehab (3hrs 45mins of each therapy a week)
- The patient and their family/carer are agreeable to rehabilitation at home and intensity level.

General information

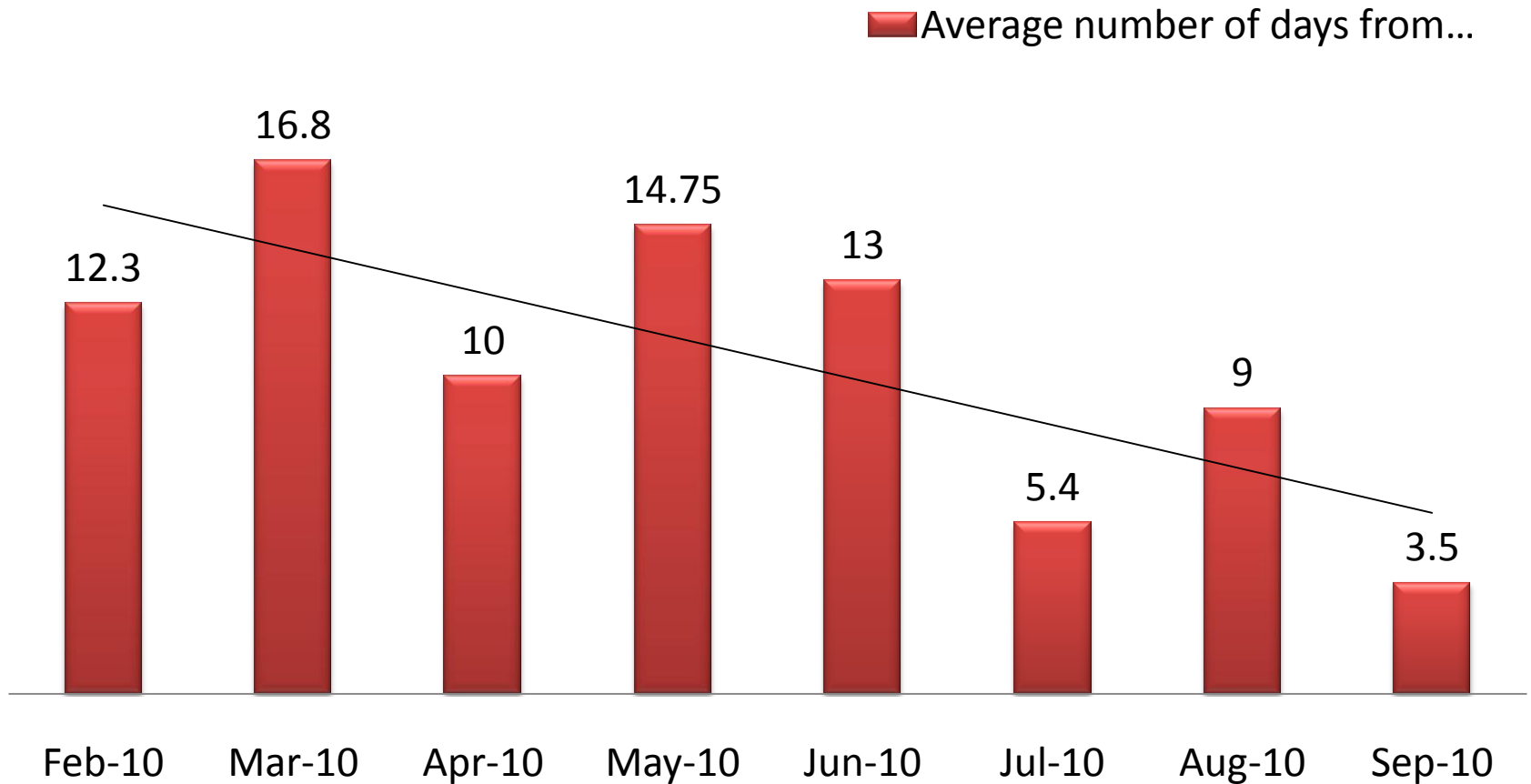
- **31** referrals to Wandsworth ESD service since 1st February 2010
 - 28 St Georges Hospital
 - 2 St Thomas' Hospital (since June 2010)
 - 1 Chelsea and Westminster Hospital (since April 2010)
- East :West = 18:11
- Therapy required
 - Normally OT and PT or unidisciplinary SLT
 - 2 full MDT cases (1 including MHN and Neuropsychology)

Number of referrals to Wandsworth

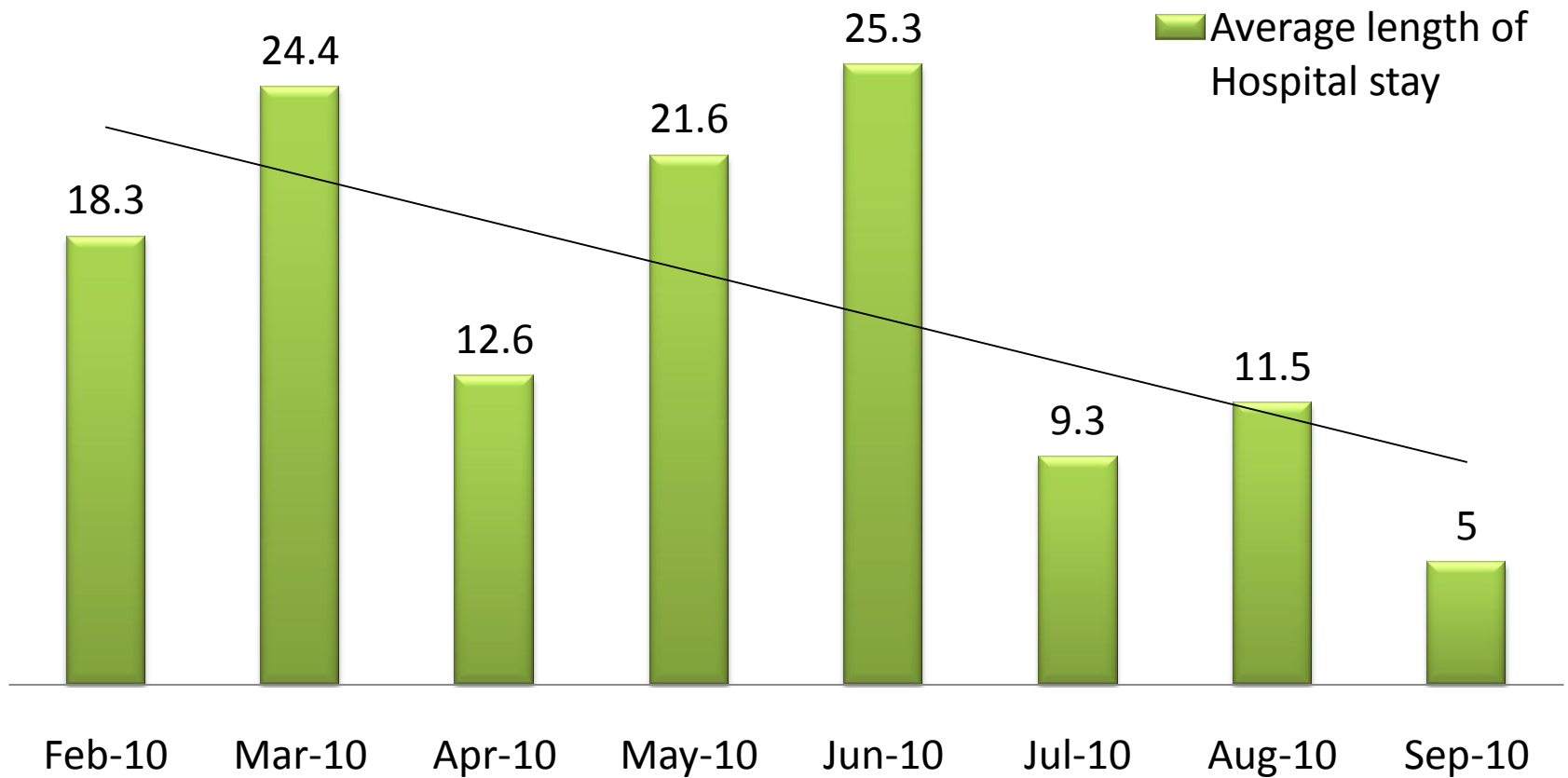
■ Number of referrals



Average number of days from Hospital admission to ESD referral



Average length of Hospital stay



ESD information

Summary	Target	High	Low	AVERAGE
No. of days from Hospital admission to ESD referral				10.64
No. of days from referral to inpatient screen	2	2	0	1.4
Total stroke bed days	21	49	3	15.6
Number of days from D/C to first ESD appointment	1	8*(4)	1	2 (1.6)
Total number of weeks ESD input	6	8	1	4.75
Total number of sessions		37	1	16.1
Initial Barthel score		20	11	16.4
Discharge Barthel score		20	16	18.6

Outcomes

- Weekend discharges
 - None until June 2010
 - Since June half patients are Discharged on Fridays (8/16)
 - Unable to commence input until Monday or Tuesday if bank holiday
 - Do these patients need ESD?
 - Unable to analyse yet as patients still open for rehab
- Patients referred
 - 3 declined ESD input (1 declined any therapy input)
 - 2 went to stay with family out of borough
 - 1 required equipment only
 - 1 emotionally attached to CNT, difficult to reduce intensity

Patient Outcomes

- 80% achieved their goals as anticipated
- 13.3% exceeded their goals
- 6.7% did not quite meet their goals

* Using Goal Attainment Scaling (GAS)

* Data not complete

Future Plans

- 6 month reviews
- Network comparisons