

Walking With A STAR!

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Background of the problem

Prolonged immobilization of patients results in functional decline, increases the risk of hospital acquired infections and length of stay. It was found that patients in SGH Ward 58 who require assistance in mobility have reduced ambulation rate. Staff culture on mobilization was not established. Patients and families have reduced awareness on mobilization. Only 9% of patients reported they were walking to the toilet despite being medically stable. Patients will rely on urinals, bed pans, diapers and commodes instead of walking to the toilet. Staff also reported lack of walking aids available in the ward to assist patients with walking.

Mission Statement

To increase the percentage of patients who walk in the ward after Physiotherapy assessment from 9% to 80% within 2 months without increasing fall rate.

Methodology

Brainstorming sessions, staff surveys and patient feedbacks were conducted to investigate the causes of reduced ambulation rate in the ward.

Root causes of reduced ambulation rate in the ward:

1. Lack of walking aids in the wards
2. Lack of training of ward staff to assist patients during walking
3. Lack of awareness from patients on the importance of walking in the ward

Patient recruitment criteria:

1. Medically stable
2. Follow instructions
3. Able to walk at least 10m
4. Only requires minimum and supervision assistance in mobility (independent ones are not recruited)

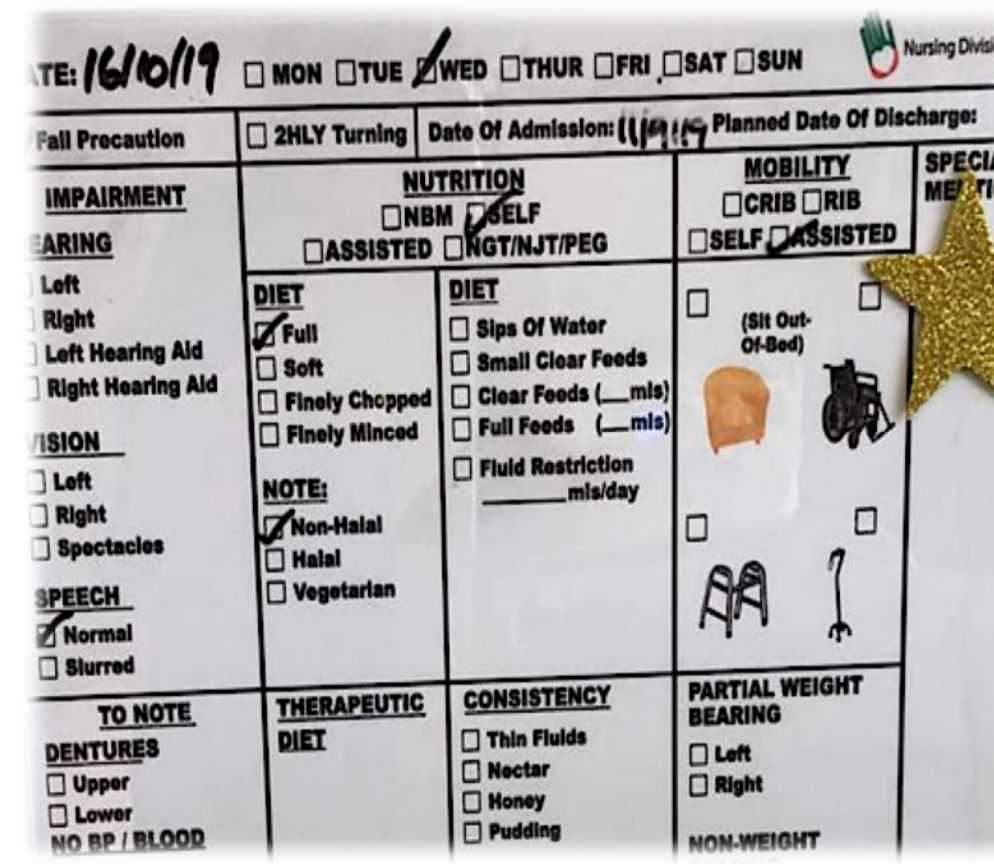
A group of 23 patients were recruited as the control group and received routine physiotherapy without interventions. ESTHER interventions were implemented for another group of 23 patients.

Interventions / Initiatives

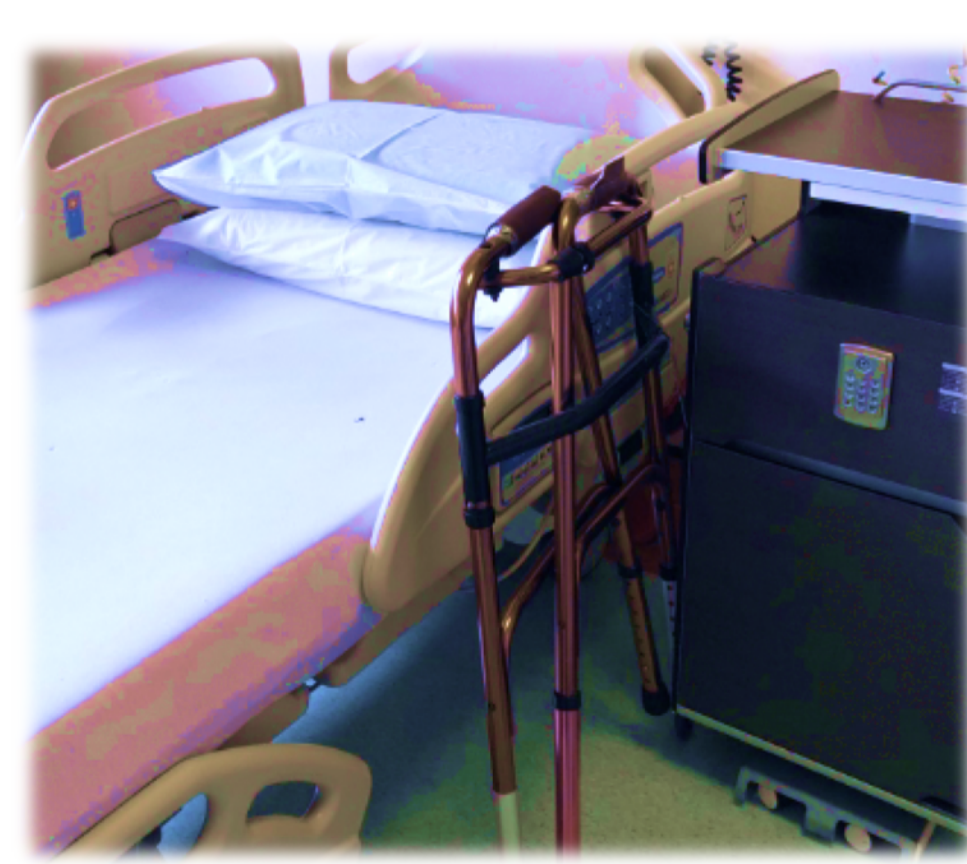
1. Training and briefing sessions for ward staff (Picture 1)
2. Communication of patient's level of assistance needed during walking via Citrix
3. Placement of star label onto Slot-O-Vision at patient's bedside for easy identification (Picture 2)
4. Increase the walking aids within the wards and place at patient's bedside (Picture 3)
5. Caregiver training to patient's family in assisting patient with walking in the ward



Picture 1



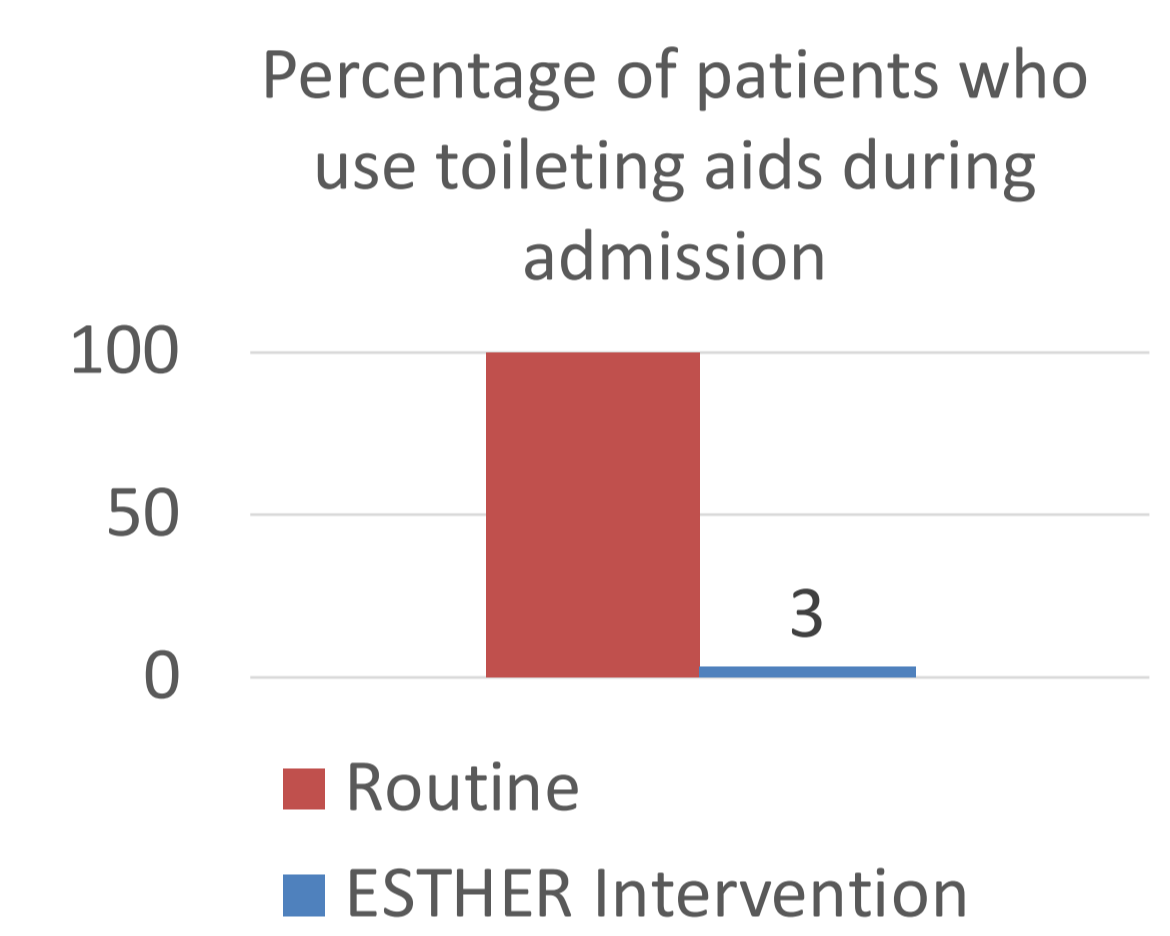
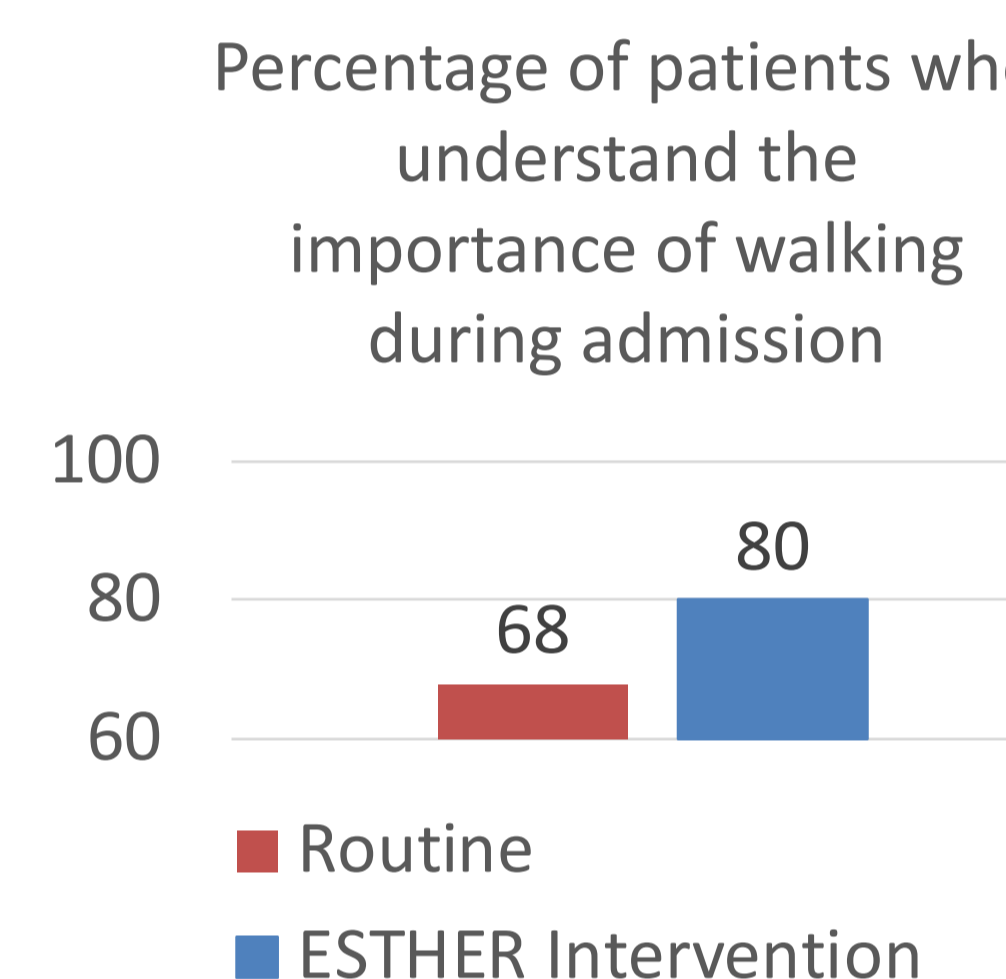
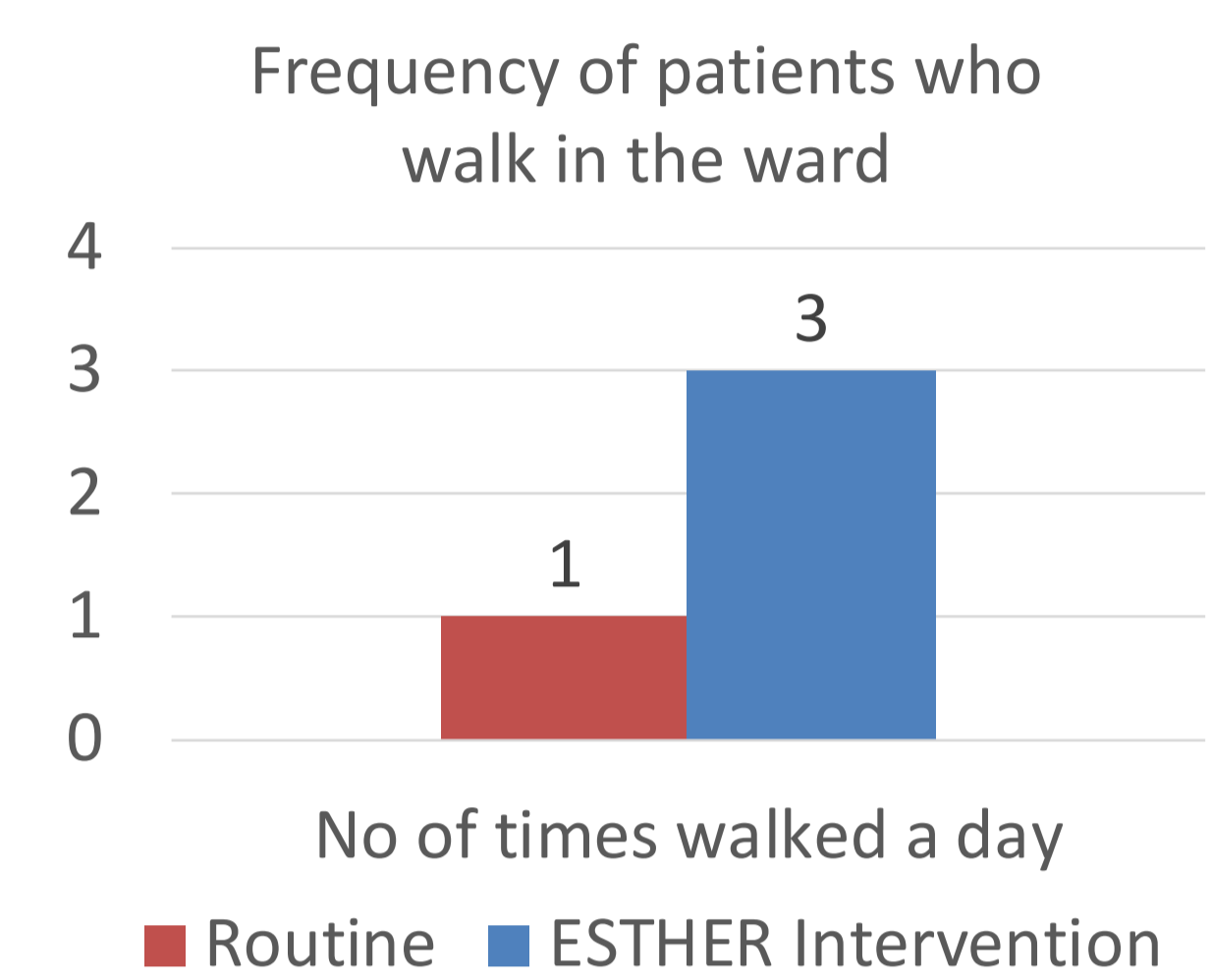
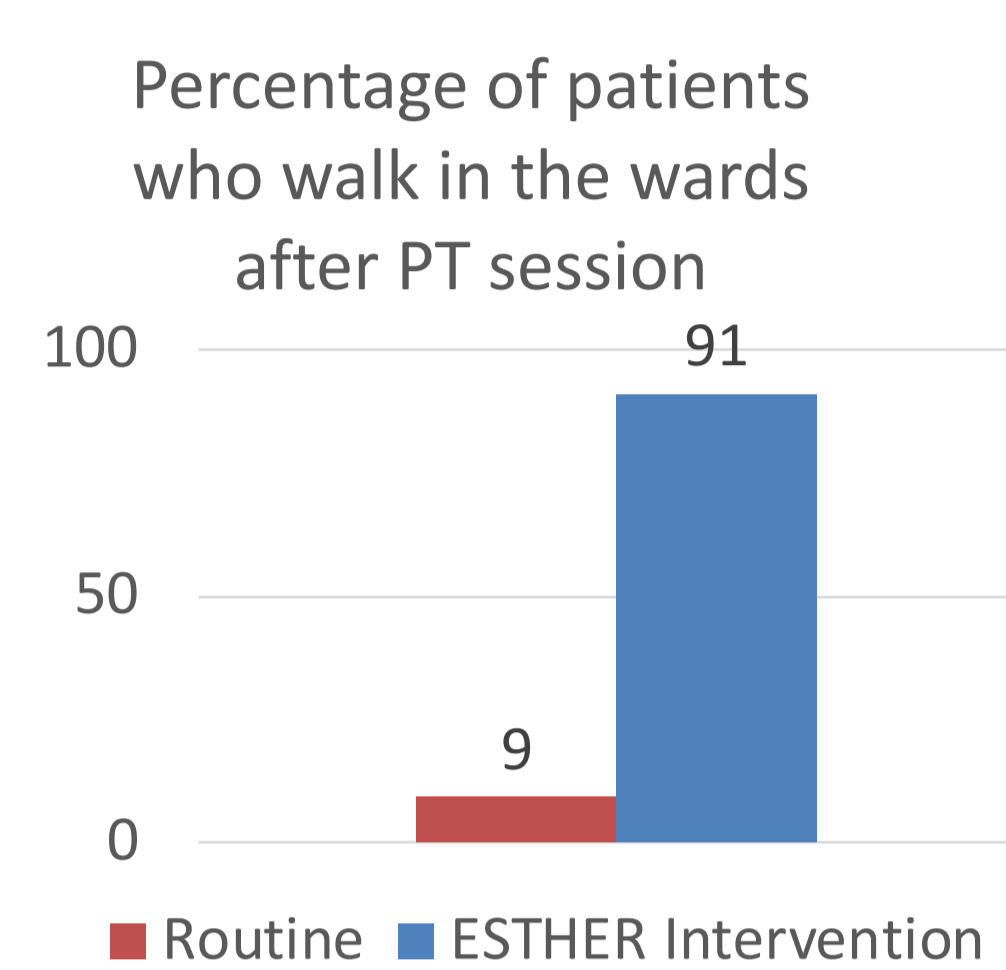
Picture 2



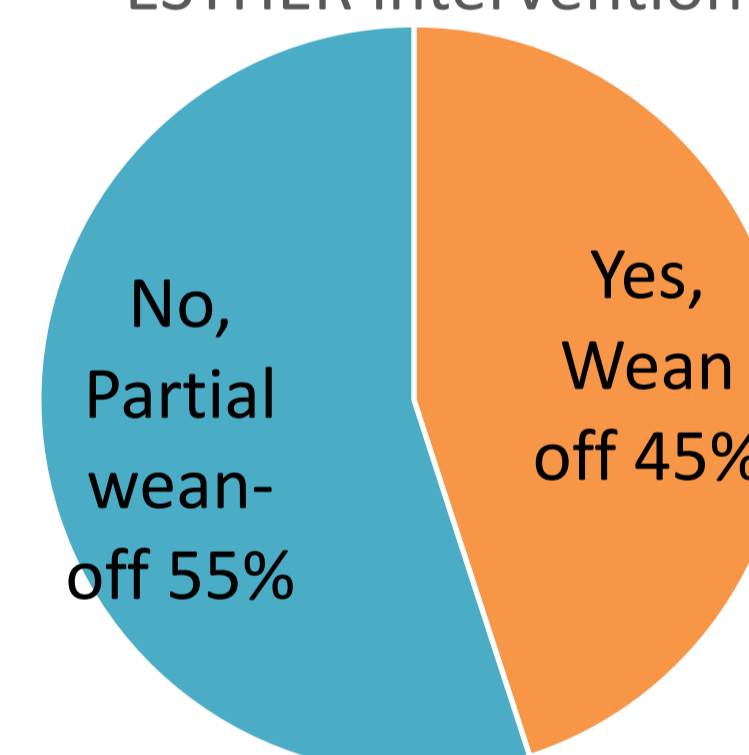
Picture 3

Results

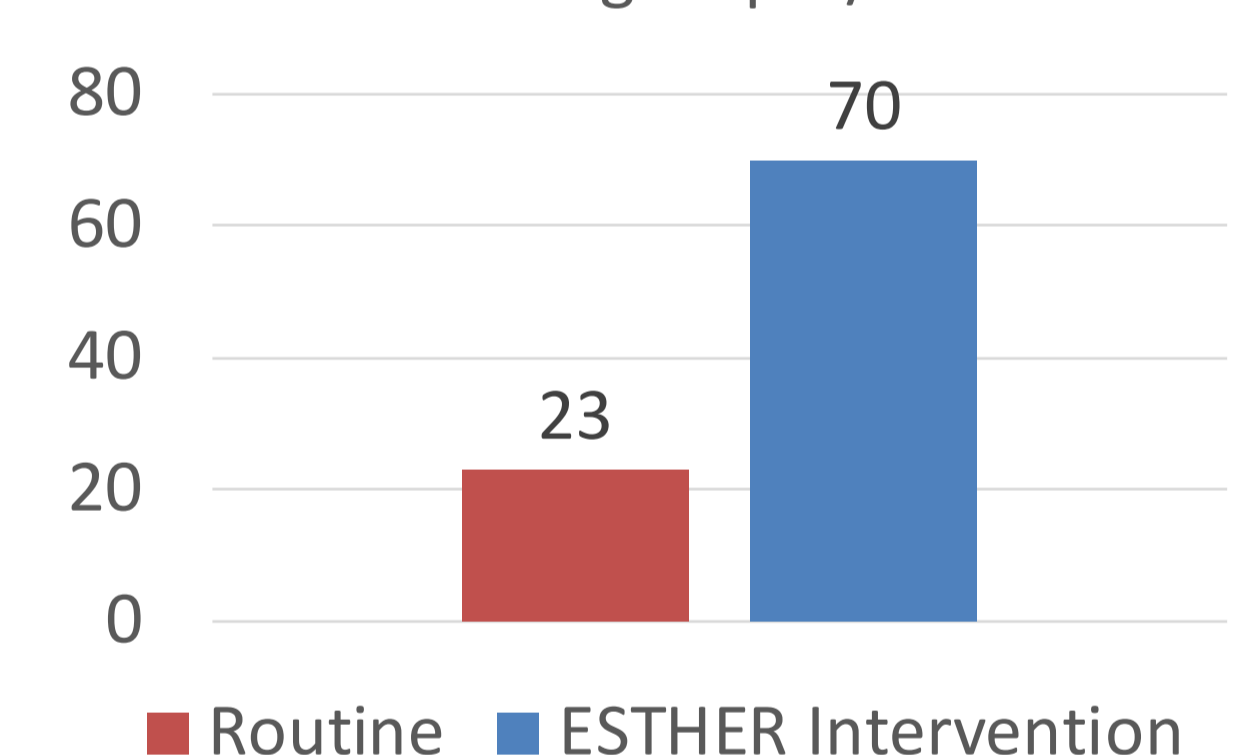
The percentage of patients walking in the ward after Physiotherapy assessment exceeded the project target of 80% at 91%. Significant improvements were also noted in the percentage of patients using toilet aids, such as urinals, diapers, bed pans and commodes, during patient's hospital stay from 100% (routine group) to 3% (ESTHER intervention group). Most patients were able to wean off diapers partially or totally. Patients in the ESTHER intervention group also have no post-discharge complications and majority were able to return to pre-morbid mobility status.



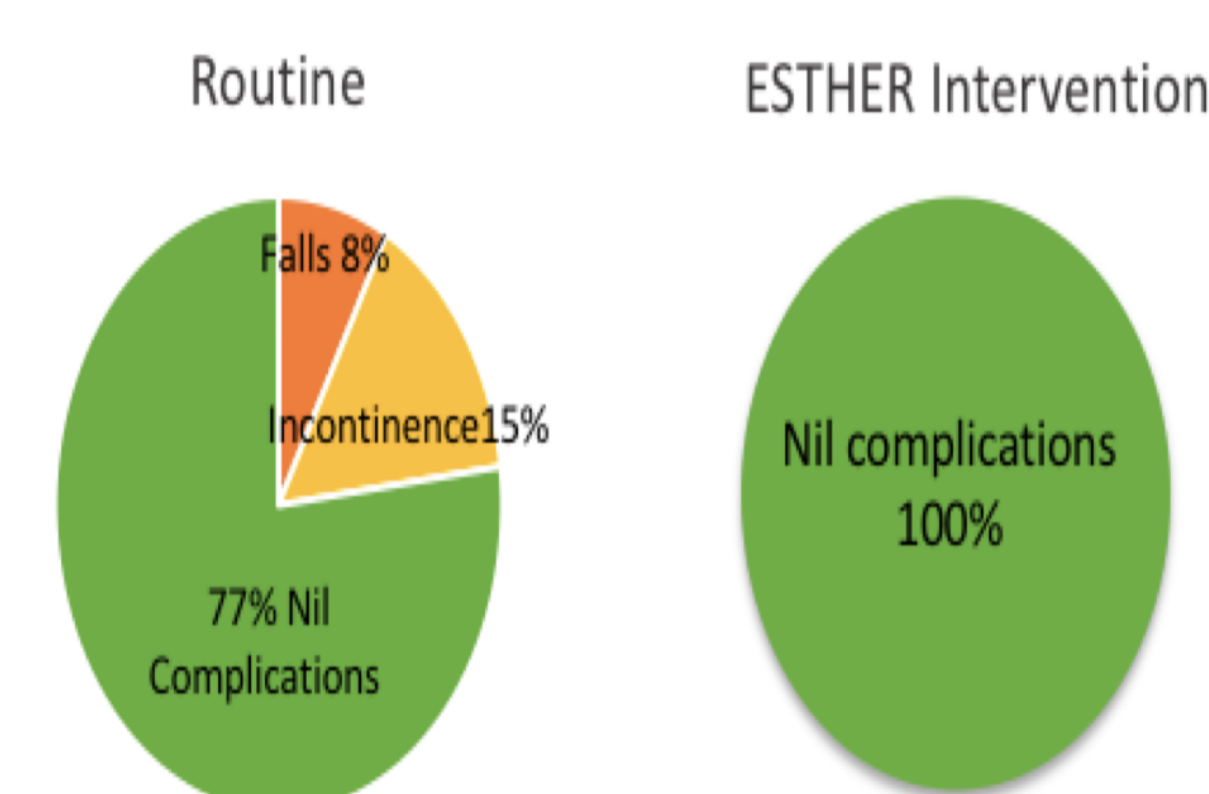
Percentage of patients who wean off diaper during admission with ESTHER intervention



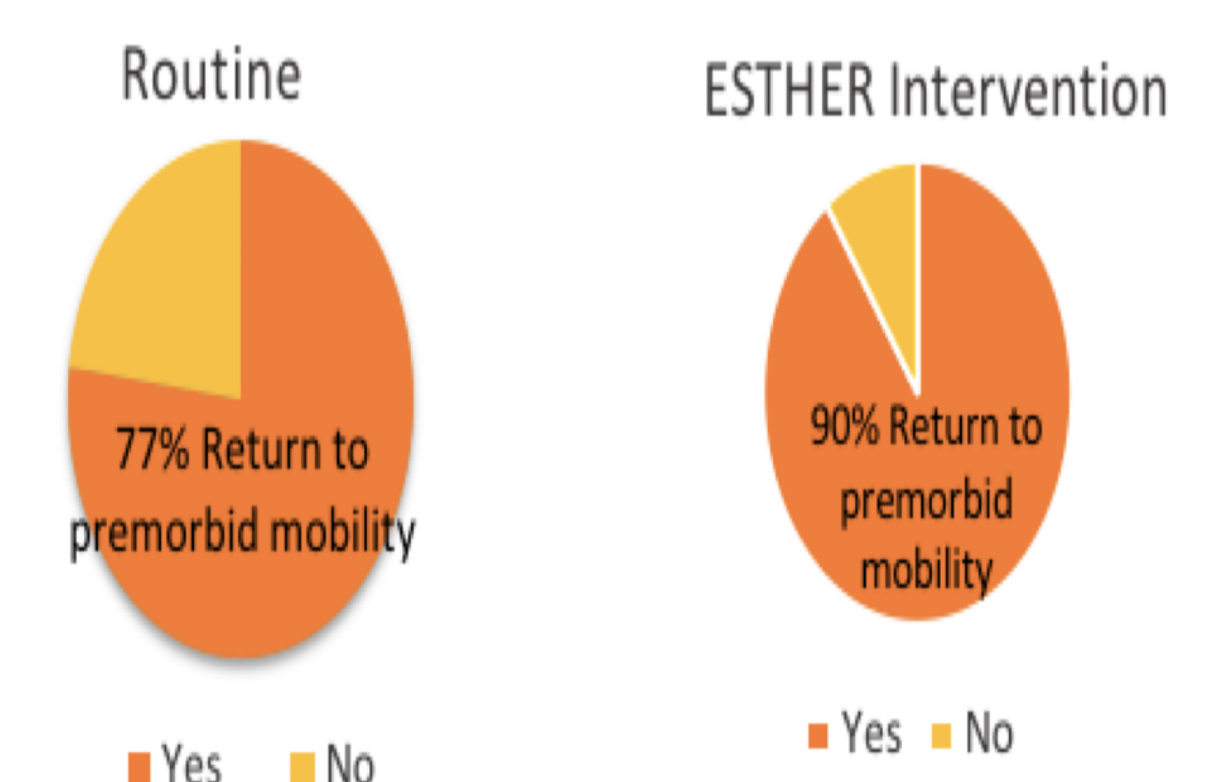
Percentage of patients who understand the importance of weaning diaper/urinal



Complications post discharge



Percentage of patients who can return to pre-morbid mobility



Conclusion

With the additional walking aids in the wards, more patients will ambulate more frequently to stay physically active. This will improve functional outcomes and recovery, prevent further functional decline, reduce rate of complications related to immobilization, decrease length of stay, lower cost of care, and improve patient satisfaction and engagement in care. With better mobility, patient will rely lesser on diaper and urinal use. This will also reduce the complications from prolonged use of diaper. The walking aids has also helped nursing staff to be more confident and comfortable in assisting the patients in ambulation while ensuring patient safety. This will foster a culture of empowering and engaging patients to stay functional and mobile. Project has expanded to various DIM wards (Ward 73, Ward 64, Ward 53, Ward 54D).