

ASU Rehab Group Therapy

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Background/Aims

Rehabilitation after a stroke is vital to improve function and quality of life in patients. This project aims to increase efficiency by increasing patient rehabilitation sessions. The Acute Stroke Unit (ASU) is a cohorts of stroke patients. ASU provides a suitable environment for a multidisciplinary group therapy programme.

Methodology

Currently, therapists in ASU work with 10 to 12 patients a day. The therapy sessions are uni-disciplinary with little to no relatedness between sessions. The ASU group therapy programme consists of group exercises and activities that strive for holistic functional improvements through multidisciplinary rehabilitation. We use the plan-do-check-act method to implement the project.

Act

1. Revise inclusion and exclusion criteria
2. Modify therapeutic interventions

Plan

- Provide multidisciplinary group therapy in ASU to improve clinical efficiency

Check

1. Therapist clinical efficiency
2. Patient satisfaction surveys

Do

1. Identify group interventions
2. Identify appropriate neurological patients
3. Create group therapy forms
4. Obtaining consent from ASU team



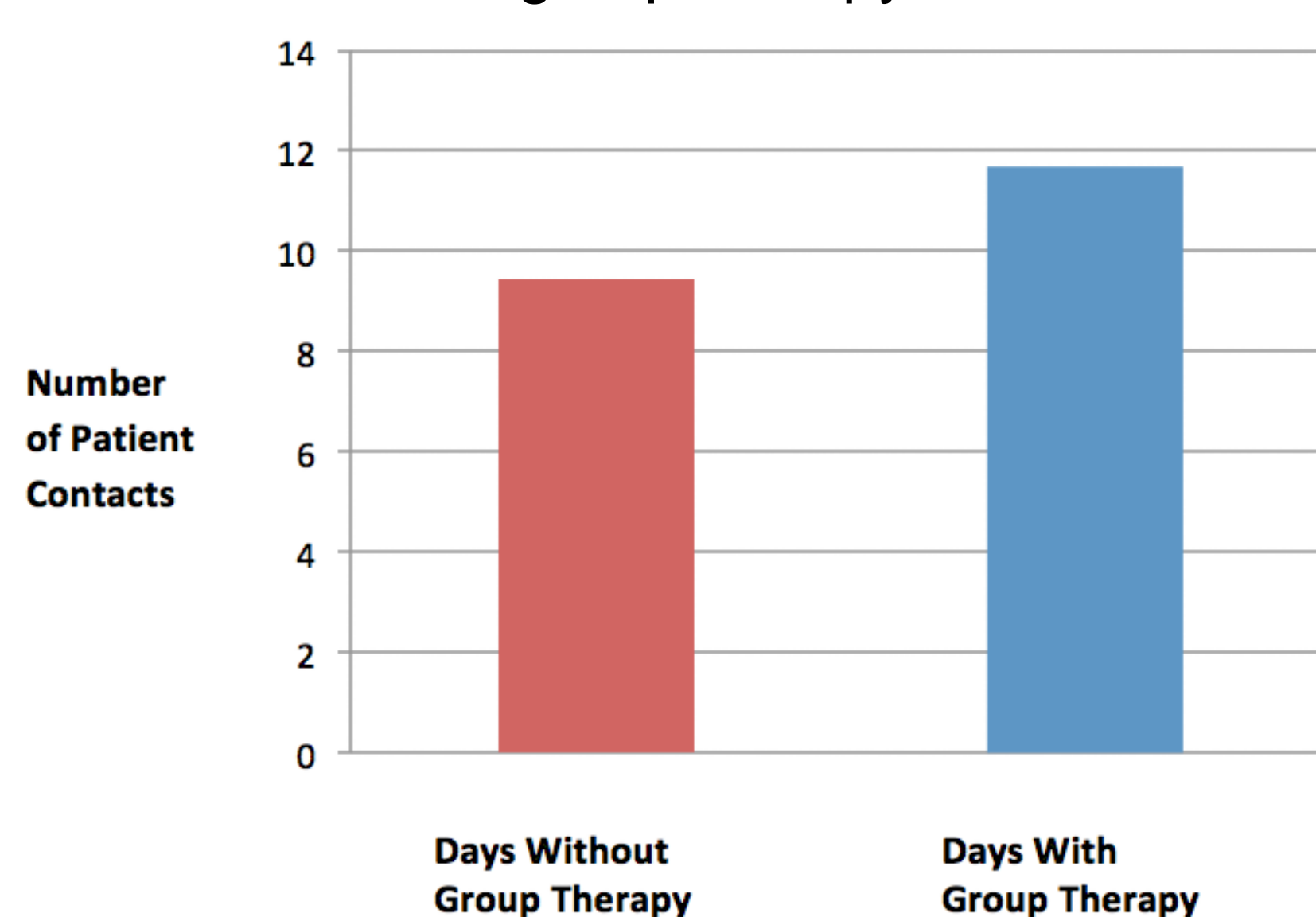
Picture 1: Group Therapy with Occupational Therapist



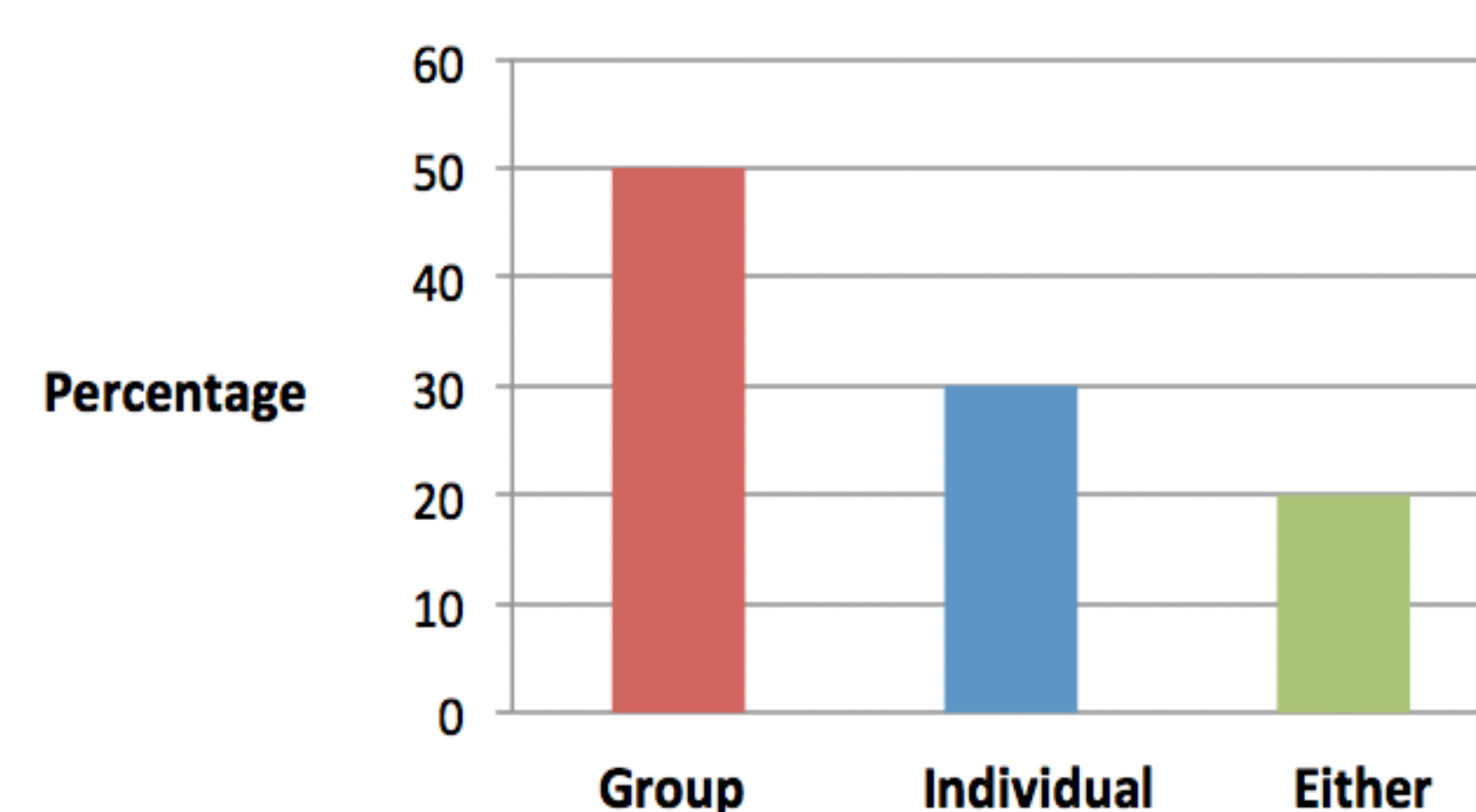
Picture 2: Group Therapy with Physiotherapist

Results

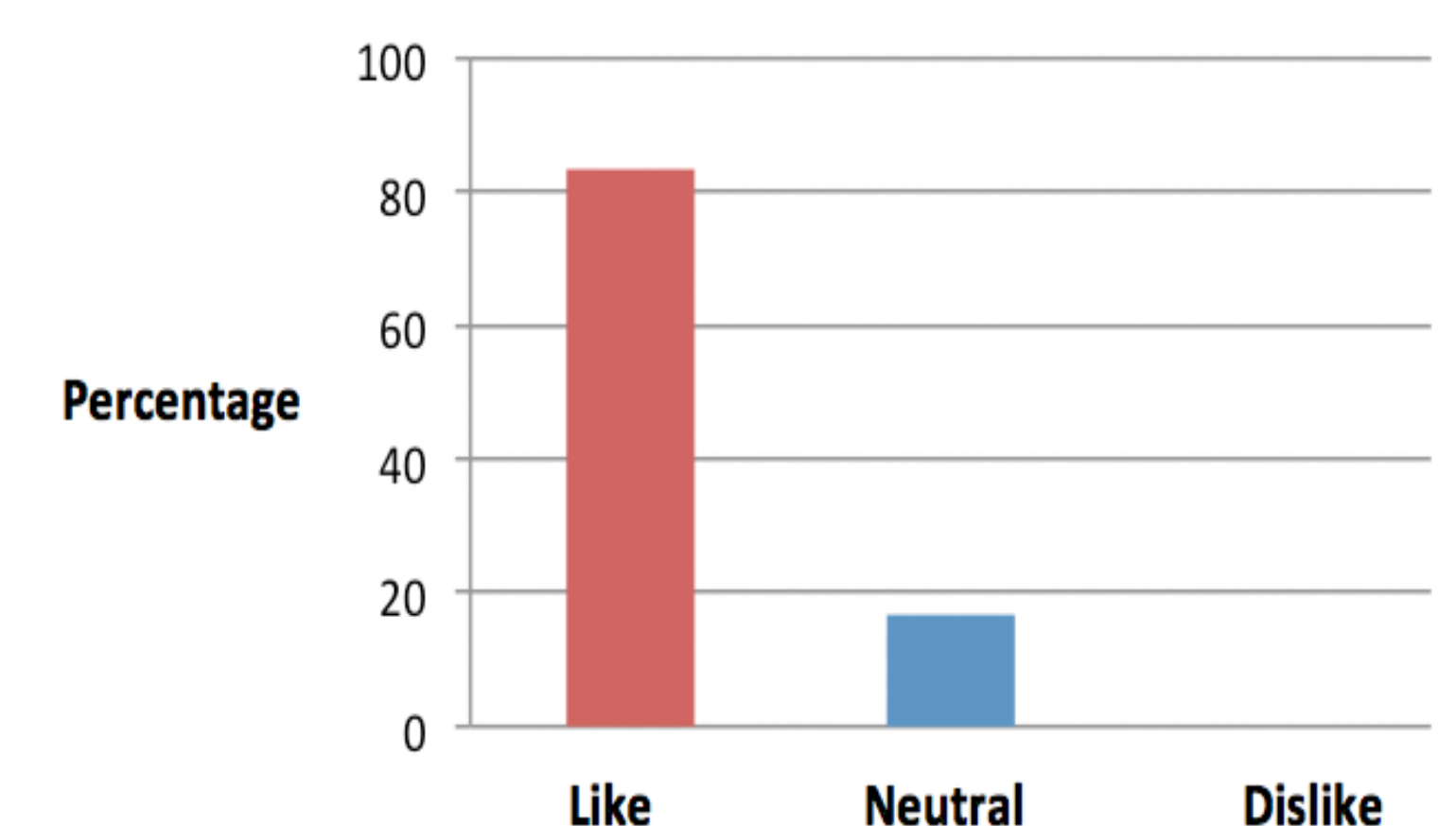
Over 4 months, 11 group therapy sessions were conducted and the results were as follows.



24.5% increase in number of rehabilitation sessions provided on days with group therapy.



50% of participating patients preferred group therapy sessions.



83.3% reported to have enjoyed the group therapy sessions.

Project Impact

The ASU Rehab Group Therapy Project was successful in its aims of increasing therapist productivity. The group therapy demonstrated improved satisfaction and increased social interaction for ASU patients.

Conclusion

In conclusion, the multidisciplinary group therapy sessions in ASU have improved clinical productivity and patient satisfaction.

Sustainability and Follow Up

Patient and therapist feedback are used to enhance the service. We can consider to include suitable patients from outside ASU. A future study can be done to ascertain the feasibility of extending this program.