FunkyFab Therapy

Andreya Kelly
Allied Health/Outpatients Manager

&

Jill Hall
Physiotherapy Manager
The Movie

- F:\1 WAR MEMORIAL FOR REAL LIFE - Large.m4v
The Beginning

- COAG Funding
- Health Intensity Programs
- What will we do?
How will we use the funding and who will we include?

Our clients are frail and elderly, the average age is 83.8 with a FIM admission score of 78, how can they participate in a group setting?

How can we get everyone exercising sufficiently and still gain benefits?

How can we do this? We are already seeing our patients – we don’t have time to do more?

This will change the way we deliver care to our patients – how can we make it work?
Where are we now?
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>8.00 – 9.00</td>
<td>Breakfast Club</td>
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<tr>
<td>9.00 – 11.00</td>
<td><strong>Lite &amp; Easy</strong></td>
<td><strong>Individual physiotherapy</strong></td>
<td><strong>Coffee Club</strong></td>
<td><strong>Community Access Group</strong></td>
<td><strong>Individual physiotherapy</strong></td>
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<td>11.00–12.00</td>
<td><strong>Lite &amp; Easy</strong></td>
<td><strong>Hydrotherapy</strong></td>
<td><strong>Lite &amp; Easy</strong></td>
<td><strong>Lite &amp; Easy/Hydro</strong></td>
<td><strong>Funky Friday Circuit Group/Wii</strong></td>
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<tr>
<td>12.00</td>
<td>Lunch</td>
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<td>1.00 – 2.00</td>
<td><strong>Fitness And Balance Group</strong></td>
<td><strong>Slips, Trips &amp; Broken Hips!</strong></td>
<td><strong>Fitness And Balance Group</strong></td>
<td><strong>Fitness And Balance Group</strong></td>
<td><strong>Fitness And Balance Group</strong></td>
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<td>3.00 – 4.00</td>
<td><strong>Hydrotherapy</strong></td>
<td><strong>Tai Chair</strong></td>
<td><strong>Hydrotherapy</strong></td>
<td><strong>Hydrotherapy</strong></td>
<td><strong>Hydrotherapy</strong></td>
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Occupational Therapy OOS v's Occupational Therapy OOS + ITP Group OOS

- Total IP OOS
- Tot OOS P/M

Bar chart showing the comparison of Total IP OOS and Tot OOS P/M from January to November.
OT OOS v's OT OOS + ITP Individ OOS

![Bar chart showing comparison between OT OOS and OT OOS + ITP Individ OOS across months. The chart displays Tot IP OOS and Tot OOS P/M for each month from January to November.](chart.png)
Individual Physiotherapy OOS
- Length of stay
- Functional Independence Measure
AusTOM’s OT

**Improvement Averages**

- Impairment Improvements
- Activity Limitation Improvements
- Participation Restriction Improvements
- Distress/Wellbeing Client Improvement
- Distress/Wellbeing Carer Improvement
Initial TUG

- 0-15s: 7%
- 16-30s: 30%
- 31-45s: 15%
- 46-60s: 11%
- 61+: 37%
Final TUG

- 0-15s: 28%
- 16-30s: 58%
- 31-45s: 10%
- 46-60s: 1%
- 61+: 3%
FunkyFabulous Therapy??
Rate of Perceived Exertion

Client

RPE

Avg RPE
100% of returned questionnaires stated YES OT intensity groups increased patient activity on the ward?

“Adult learning theories strongly support learning through sharing knowledge in groups – group work”

“Groups were interesting, stimulating for the patients. More groups the better, not just sitting in their rooms”

“Patients loved going to coffee club. Often the first time they left the ward and did a ‘normal’ activity”
Patient Feedback

- “The falls information was invaluable”
- “I enjoyed the outings to Charring Cross and the coffee shop”
- “The Funky Friday group was a terrific experience”
- “Coffee group gave me more confidence”
- “Lite & Ezy was a great opportunity to be active”
- The groups were great as we got to talk with other people”
References


References cont


References cont

19. AROC Summary Report for Financial Year 2010 – 2011; War Memorial Hospital