Care setting 3: Ambulatory care – Day hospital

Overview of scope of services

- Intensive multi-disciplinary outpatient program for patients that requires two or more therapy appointments
- One-on-one therapy and/or group therapy treatment session

Outcomes for the rehabilitation patient journey

- Access to intensive treatment across numerous disciplines in one ‘outpatient session’ over a half day or one day session of therapy. Many day hospitals now operate half day sessions. This contributes to the efficiency of the model and patient satisfaction
- Motivating social environment while patient continues to remain in usual place of residence
- Facilitates earlier discharge from hospital

Implications for implementation

- Admission and discharge criteria will be required to describe eligible patients who require and will benefit from Day Hospital rehabilitation services
- Protocols regarding adequate workforce provision to rehabilitation services will assist to ensure patient care and intensity of therapy aligns with best practice
- Infrastructure: adequate space and equipment for a day hospital will be required to provide rehabilitation services
- Patient transport and/or parking is required to facilitate program uptake and continuation
- Ambulatory care can be provided in a range of settings. Ambulatory care should be delivered in the most appropriate setting dependant on patient need and availability. Consideration should be given to the type/s of ambulatory care setting/s that will be provided by one rehabilitation service or across the same LHN. Ambulatory care services should work in concert across settings to promote continuity of care for patients and avoid siloed care

The case study below provides an example a model of care in a day hospital setting.
Case study 1: Day hospital

Referral & Services:

- Referrals come from private and public hospitals, private and public sub-acute facilities, specialist private clinics, community GPs.
- Services run 5 hours/day 5 days/wk for group of approximately 12 patients per day
- Clients attend 1+ days/week for 6 week duration

Baseline assessment on admission:

- Geriatrician/ Rehabilitation physician
- Allied Health team

Activities include:

- Gym session with Physiotherapist and/or Therapy Aids and/or one-on-one
- Occupational Therapy group/one-on-one
- Speech Pathology sessions
- Hydrotherapy groups
- Communal dining with Dietician supervision and session
- Diversional therapy activities including Wii games and Tai Chi

Goal setting and review:

- Goal setting is reviewed weekly with Case Manager
- Client is discussed at least monthly at a Multidisciplinary Team Case conference (including physician)

Referral & follow-up:

- Comprehensive GP discharge summary, support service contact, carer/family information handouts, Patient Information handouts
- Phone follow-up 2 weeks post-discharge