

Ready 4 Rehabilitation in AHS



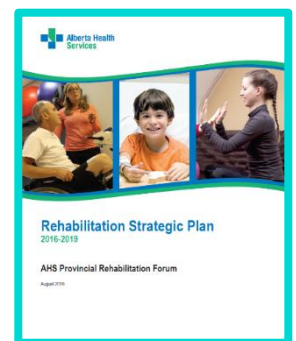
Ready 4 Rehabilitation in all Foundational Strategies:

1. Our Patients
2. Our People
3. Research & Innovation
4. Information Management & Technology



In 2016, AHS approved its very first **Strategic Plan for Rehabilitation**.

The plan commits to partnering with patients and families, care providers, students, and the community



to create innovative strategies and technologies for delivering effective and efficient high quality rehabilitation services in Alberta.

Background

Albertans want a health care system that engages patients and families as partners in their own care, helping them to get better when they need it most and assisting them to stay healthy. Together — Albertans, their Communities, and AHS — must create supports for people to take control of their own lives, manage their conditions and draw on our independent and collective resources to make this happen.

Rehabilitation’s unique and important contribution to the patient and the health system lies in its commitment to develop, maximize, and restore function to help people actively and meaningfully participate in their lives.

Ready for Rehabilitation in AHS outlines the principles and expectations of quality rehabilitation services, and offers guidance for planners and providers developing new, and improving, existing programs. **AHS Spotlights** show just a few of the quality rehabilitation programs providing high quality, evidence informed care to Albertans and how **Investing in Rehabilitation** improves patient outcomes, health system efficiency, and quality of life for patients and families.

What is Rehabilitation?

Rehabilitation focuses on abilities and facilitates health and wellness in areas such as functional independence, self-care and social integration. Rehabilitation is more than a service delivered by a therapist. Rehabilitation improves the outcomes of medical and surgical interventions, the health of the community at large, quality of life, efficiency of the health system, and productivity in society.

Rehabilitation works to shift the focus to the impact that disease and disability has on *function*. It aims to help people:

- Develop skills for the first time
- Recover from unexpected illness
- Manage long-term medical or neurological conditions
- Self-manage long-term conditions
- Recover and regain skills after a major trauma
- Maintain skills and independence when conditions progress
- Advocate for people who are vulnerable and need support

Quality Rehabilitation is ...



Part of Every Life

Rehabilitation plays an essential role at various times, supporting health, well-being, and quality of life.



Active and Inclusive

People are involved in all aspects of their own care - planning, practice, and learning.



Responsive

Services are adaptable, flexible, and relevant to the person's need.



Results Driven

Decisions about care are based in evidence, client and system goals and outcomes.



Focused on Function

Emphasis is on fostering potential, ability and participation in everyday life.



Embedded in Health Care and Community

Everyone in our health care system has responsibility, and the ability, to facilitate a person's rehabilitation journey.



Investing in Rehabilitation Decreases Length of Stay: Interdisciplinary teams of rehabilitation professionals can optimize the recovery of patients recovering from a variety of conditions by providing early and intensive treatment in hospital and at home.

- Early supported Discharge (ESD) programs provide intensive rehabilitation to patients in their own home. ESD programs have been found to be up to 30% less costly when compared to usual care and achieve similar clinical outcomes.^{1,2}

AHS Spotlight:

Medicine Hat Regional Hospital started the stroke ESD program in 2014 and have had incredible results. They have reduced the average length of stay from 13.8 days at MHRH to 8.1 days.³ Clients are able to access support within two days of connecting with the program and have received up to an average of two hours daily therapy.





Investing in Rehabilitation Gets People Back to Work

- Evidence supports the benefits of vocational rehabilitation for individuals with physical, psychological and mental illness. The return to meaningful employment and avocational activities can have a profound impact on one's recovery and quality of life. Prevocational strategies such as work hardening, work simulation, preparation for work integration, exploration of work problems, support and evaluation of work resumption have demonstrated positive outcomes.⁴

AHS Spotlight:

Northern Lights Regional Health Centre, Mental Health Services' interdisciplinary team of rehabilitation professionals supports individuals with mental illness whose goal is to return to work. The team provides interventions on avocational activities, and job skills training. They also connect people with community partners, such as CHOICES, for career counseling, computer skills, job placement and search strategies. Plans are underway to implement a 'Clubhouse Model' of psychosocial rehabilitation - an evidence based approach that uses restorative activities to focus on people's strengths and not their illness.



Albertans receiving quality rehabilitation will say:

- *I know where to go to find services.*
- *I am supported in my overall health, well-being, and quality of life.*
- *I have help to set goals based on my needs and my family's needs.*
- *I have an active role in all aspects of my care.*
- *The services I have are adaptable, flexible, and meet my needs.*
- *My rehabilitation plan is based on research and evidence.*
- *My services are connected and I can move easily between programs.*
- *I am progressing and I know the steps to achieve my goals.*
- *Through my rehabilitation experience, I feel capable and confident in my self-management abilities.*



Investing in Rehabilitation Reduces Hospital Admissions:

Interdisciplinary rehabilitation teams can prevent unnecessary hospital admissions and facilitate safe discharges into the community.

- Emergency Department (ED) visits cost the health care system around \$1.8 billion a year.⁵ Rehabilitation providers assess and treat a variety of functional issues, provide education, make recommendations on mobility and adaptive equipment and support safe discharges from the ED.^{6,7}

AHS Spotlight:

Rockyview General Hospital in Calgary has had an Occupational Therapist providing coverage in the ED since 2013. Preliminary data indicate that by providing equipment and community resources, OT contributes to more efficient and appropriate use of acute care resources and decreases the number of admissions to acute care.



Designing Quality Rehabilitation Programs

Rehabilitation is essential to achieving the AHS Vision and is fully aligned with its Mission, Values and Foundational Strategies: Patient First, Our People (including Professional Practice in Action), Research, Innovation, & Analytics, and Information Management / Information Technology. As well, The Alberta Quality Matrix for Health (Health Quality Council of Alberta, 2005) serves as a foundation with relevant policy, regulation and legislation.

Healthy Albertans.
Healthy Communities.
Together.
AHS Vision

The **Rehabilitation Conceptual Framework**⁷ provides guidance for planners and providers in AHS about how to conceptualize and deliver rehabilitation services for Albertans. It facilitates understanding and application of foundational elements of Rehabilitation service delivery. And, since Rehabilitation is ideally embedded in all aspects of health care, the Framework facilitates an integration of its philosophy, goals and services across a wide range of service settings.



"Once you set aside the acute phases that mark injury or disease, much of modern health care is indeed rehabilitation in one form or another."
Dr. David Naylor,
President, U of T,
2005-13

Investing in Rehabilitation Enables People to Participate in Life to the Fullest:



Rehabilitation is unique among the health disciplines in its focus on the long-term implications of development, injury, and disease.



With an intense interdisciplinary goal-oriented approach, patients advance in amazing ways that they and their families never thought possible.

AHS Spotlight:

The Glenrose Rehabilitation Hospital in Edmonton is the largest free standing tertiary rehabilitation hospital in Canada serving patients of all ages who require complex rehabilitation to enable them to participate in life to the fullest. Approximately 85% of inpatients are discharged home after coming into the facility with significant functional and/or cognitive impairments.



Rehabilitation providers are central to the delivery of quality rehabilitation services. AHS has a highly skilled professional rehabilitation workforce and strong allied health leadership, all committed to delivering excellent and innovative programs and services.

Rehabilitation most often occurs through the interprofessional collaboration of a patient with a wide range of disciplines. Providers and planners continuously reflect on individual and community wellness, health needs, and expectations in the context of ever-changing population demographics, health conditions, required standards of care, and impacts of innovation. These are just some of the factors that determine the mix of staffing, along with available resources, clinical perspectives, and provider and system requirements.



Investing in Rehabilitation Increases Quality of Life:

Rehabilitation plays an instrumental role in improving the health and quality of life for a wide range of patient populations across the lifespan.

- Collaborative teams can have a positive impact on patients in the area of cancer rehabilitation. Rehabilitative treatment goals are important throughout the entire cancer continuum, and may be preventative, restorative, supportive or palliative in nature and may change over time.⁹

AHS Spotlight:

CancerControl Alberta -

Cancer rehabilitation is a health care specialty that provides therapeutic intervention to assist patients, survivors and families in preventing or mitigating the physical and psychosocial impact of impairments and functional limitations imposed by cancer or its treatment.^{10, 11, 12, 13}



Investing in Rehabilitation Promotes Positive Outcomes for Children:

Positive childhood development is critical to establish a positive life course trajectory.

- The World Health Organization (WHO) has identified that healthy early child development is a social determinant of health.¹⁴ In Canada, it has been recognized that almost 1/5 children are not meeting their developmental milestones in physical, cognitive, language or social development. Eliminating the barriers to access to appropriate rehabilitation services is key in enabling positive long term outcomes for children and families.

AHS Spotlight:

In the Central Zone, Children’s Rehabilitation

Services (CRS) developed a Coordinated Intake Approach (CIA) to increase access to service, and to increase service user/provider satisfaction. A recent study of this approach found that a family centred intake approach offered by CRS positively increased efficiency, and child and family satisfaction of service.¹⁵



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