

Project Title

Walking in the Ward with a Star

Project Lead and Members

Project lead: Ms Wong Lok Lin Amber, Principal Physiotherapist

Project members:

- Low Weng Harng, Physiotherapist
- Ye Lizhen, Nurse Clinician
- Song Ning, Senior Staff Nurse
- Magdalene Ng Kim Choo, Assistant Director Nursing
- Eleanor Chew Shuxian, Senior Principal Physiotherapist

Organisation(s) Involved

Singapore General Hospital

Project Period

Start date: Jun 2019

Completed date: Mar 2021

Aims

To increase the ambulation rate and to establish changes to the culture and processes in mobilising patients in the ward

Background

See poster attached/ below

Methods

See poster attached/ below

Results

See poster attached/ below

Lessons Learnt

Ensuring training, workflow and guidelines for patient ambulation are in place will allow patients to have good outcomes during their inpatient stay. It is important that staff are engaged in the data analysis, recognizing the problem, determining the cause, and preparing strategies to address them.

If I were to start the project over again, I will also collect outcomes on patient's psychological status, such as depression, anxiety and patient's comfort as we believe that this solution impact's patient's mental well-being.

Conclusion

See poster attached/ below

Additional Information

It is important that the ward staff has the knowledge of the impact of immobility, importance of mobility, strategies to implement mobility successfully, financial implication of immobility to the organization, and its effect on patient and family members' satisfaction.

Feedback from staff who participated in providing care to the patients include personal fulfilment and satisfaction.

Project Category

Care & Process Redesign

Keywords

Care & Process Redesign, Healthcare Training & Education, Informal Workforce, Quality Improvement, Internal Medicine, Nursing, Ancillary Staff, Physiotherapy, Singapore General Hospital, Patient Care Attendants, Mobility, Ambulation, ESTHER Intervention

Name and Email of Project Contact Person(s)

Name: Amber Wong

Email: wong.lok.lin@sgh.com.sg

Walking With A STAR!



Singapore
General Hospital
SingHealth

Amber Wong Lok Lin, Eleanor Chew Shuxian, Ye Lizhen, Low Weng Harng, Song Ning
Physiotherapy Department

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)

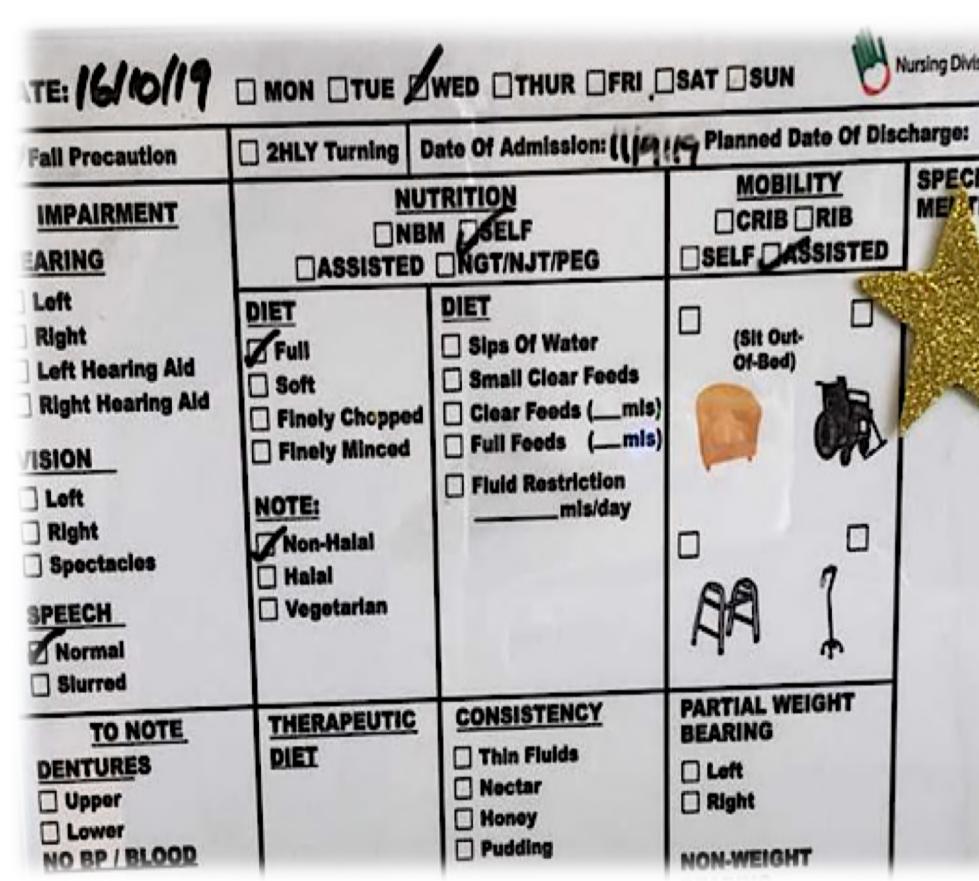
A group of 23 patients were recruited as the control group and received routine physiotherapy without interventions. ESTHER interventions were implemented for another group of 23 patients.

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



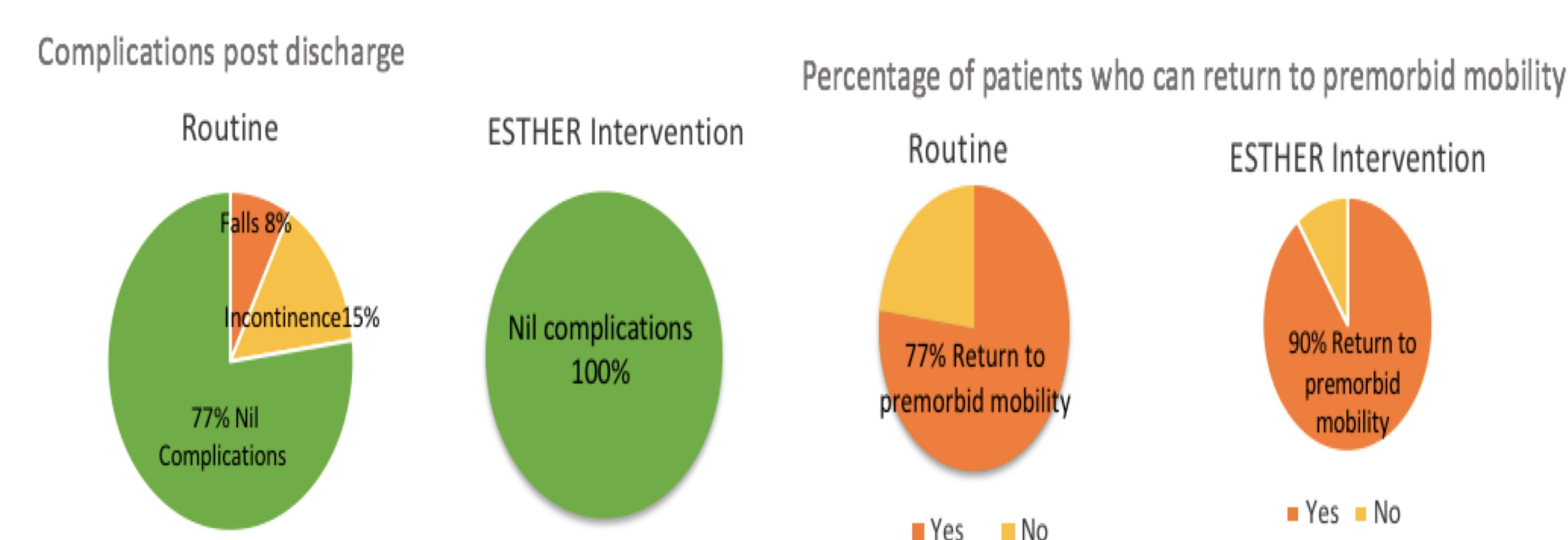
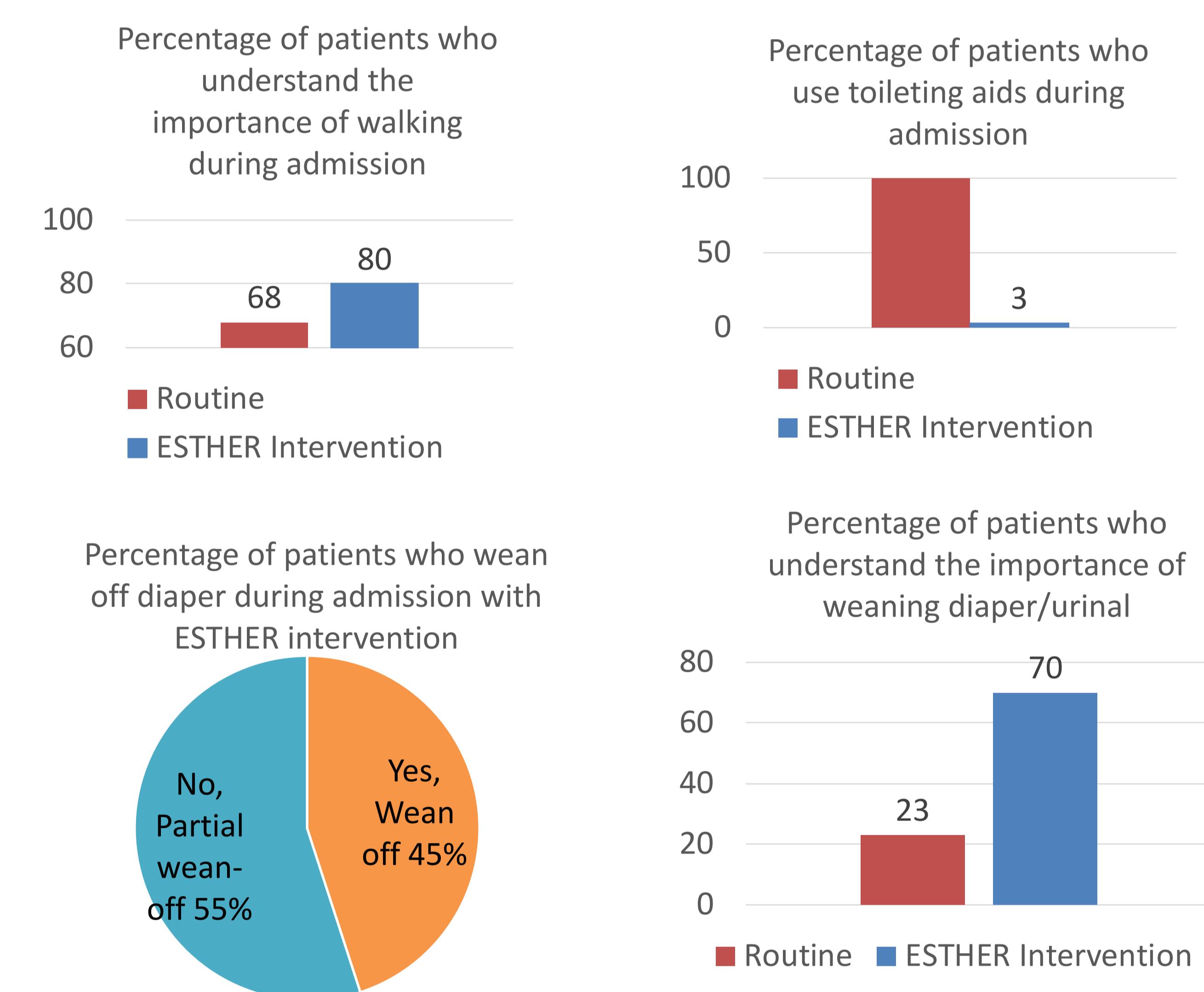
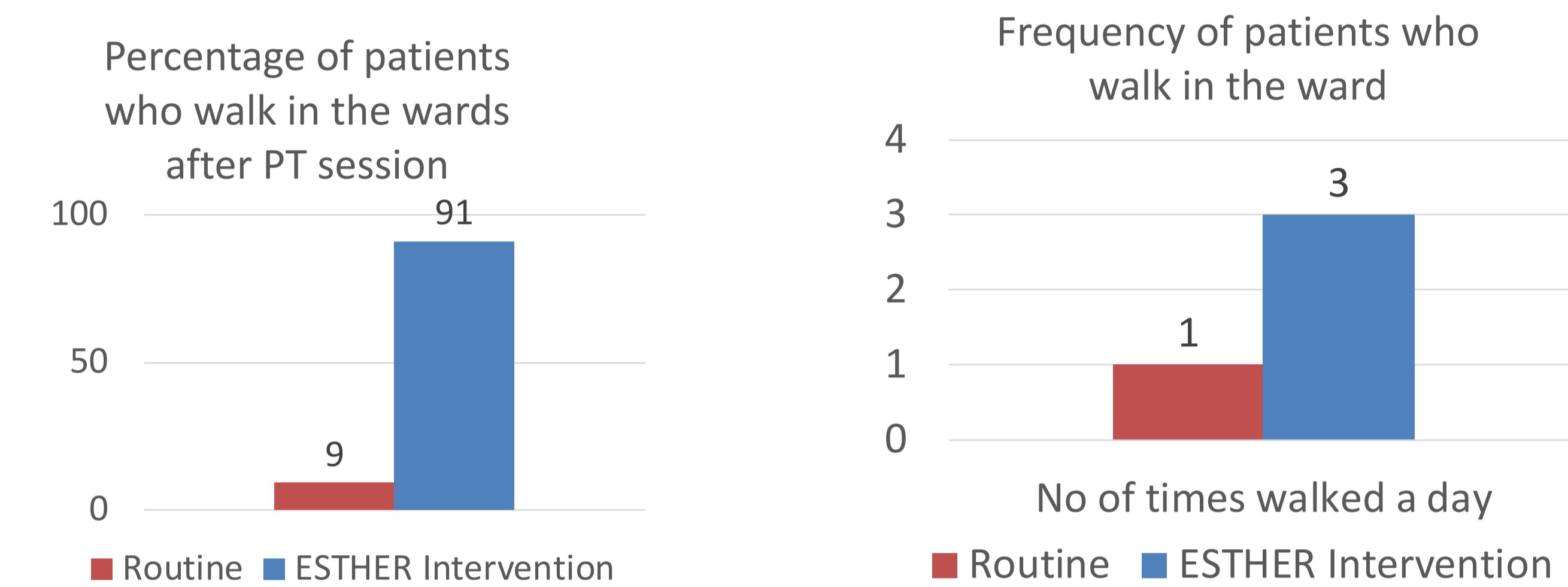
Picture 2



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.



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).