

ST. FRANCIS MEMORIAL HOSPITAL PREVENTING FUNCTIONAL DECLINE MOVE ON

TEAM MEMBER NAMES:

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AIM STATEMENT

- *By December 31, 2016, 80% of patients age 65 and older, in both active medical and complex/restorative continuing care units, will have the Barthel Index completed within 24 hours of admission and discharge.*

MEASURES

Outcome:

*% of patients with equal or improved function in ADL's and mobility on the Barthel Index admission vs discharge scores monthly.

Process:

*% of patients receiving Barthel Index assessment on admission and at discharge.

Balancing:

fall rates

Staff satisfaction

Please indicate with * the ones that sites will measure and report progress on

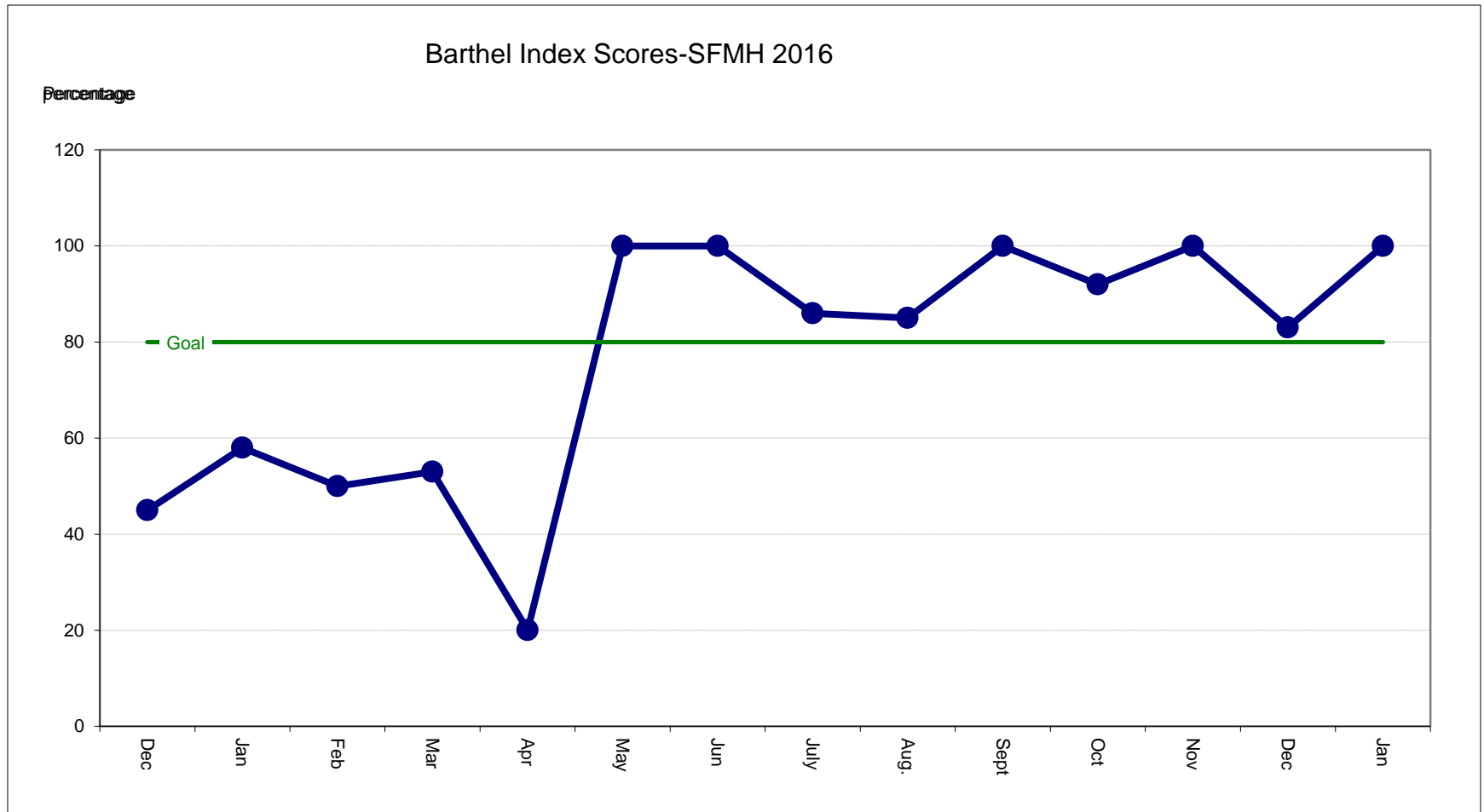
CHANGES

- *Aim Statement was too broad, simplified to use only one tool for data collection*
- *Adopted the “ABC” mobility tool*
- *Continuing to promote use of the bedside Whiteboards, to increase patient mobility and goals*

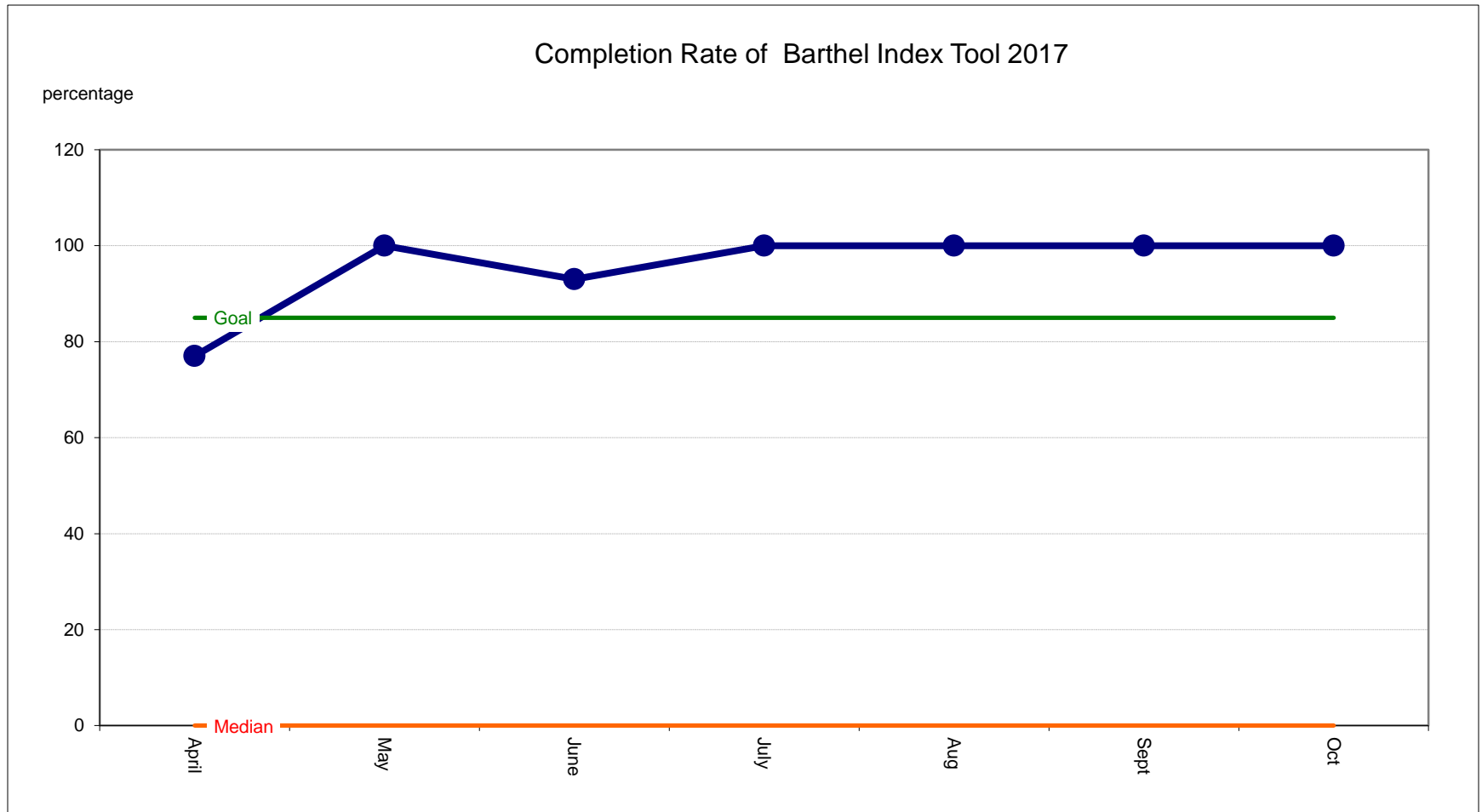
RESULTS

- *Observing an increase in patient mobility*
- *More patients up for meals and walking in hallways*
- *Increased use of bathroom vs commode for ambulatory patients*
- *Have maintained goal of over 80% completion rate for the Barthel Index for last 9 months*
- *High rate of increased function*

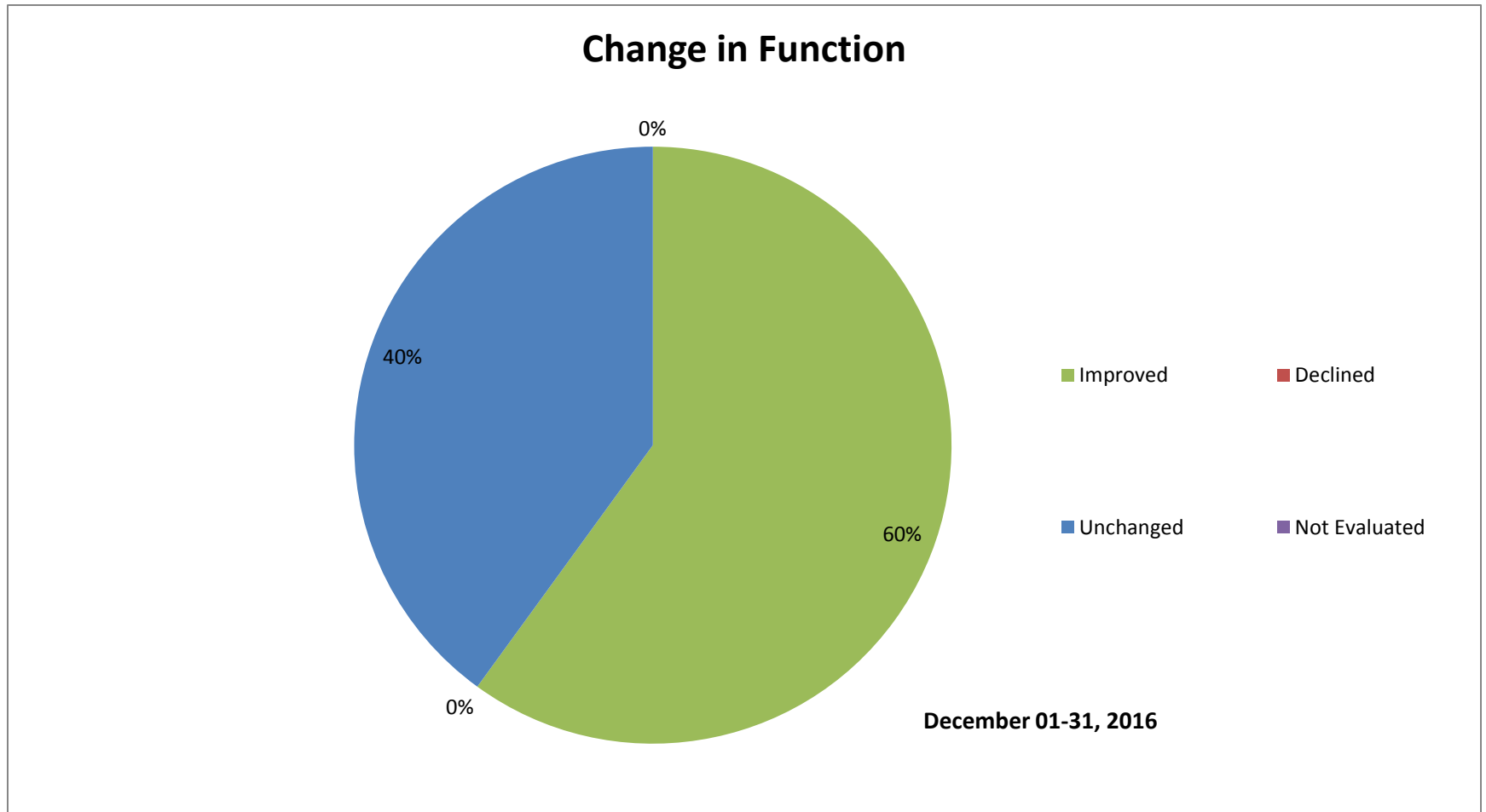
Barthel Index Scores



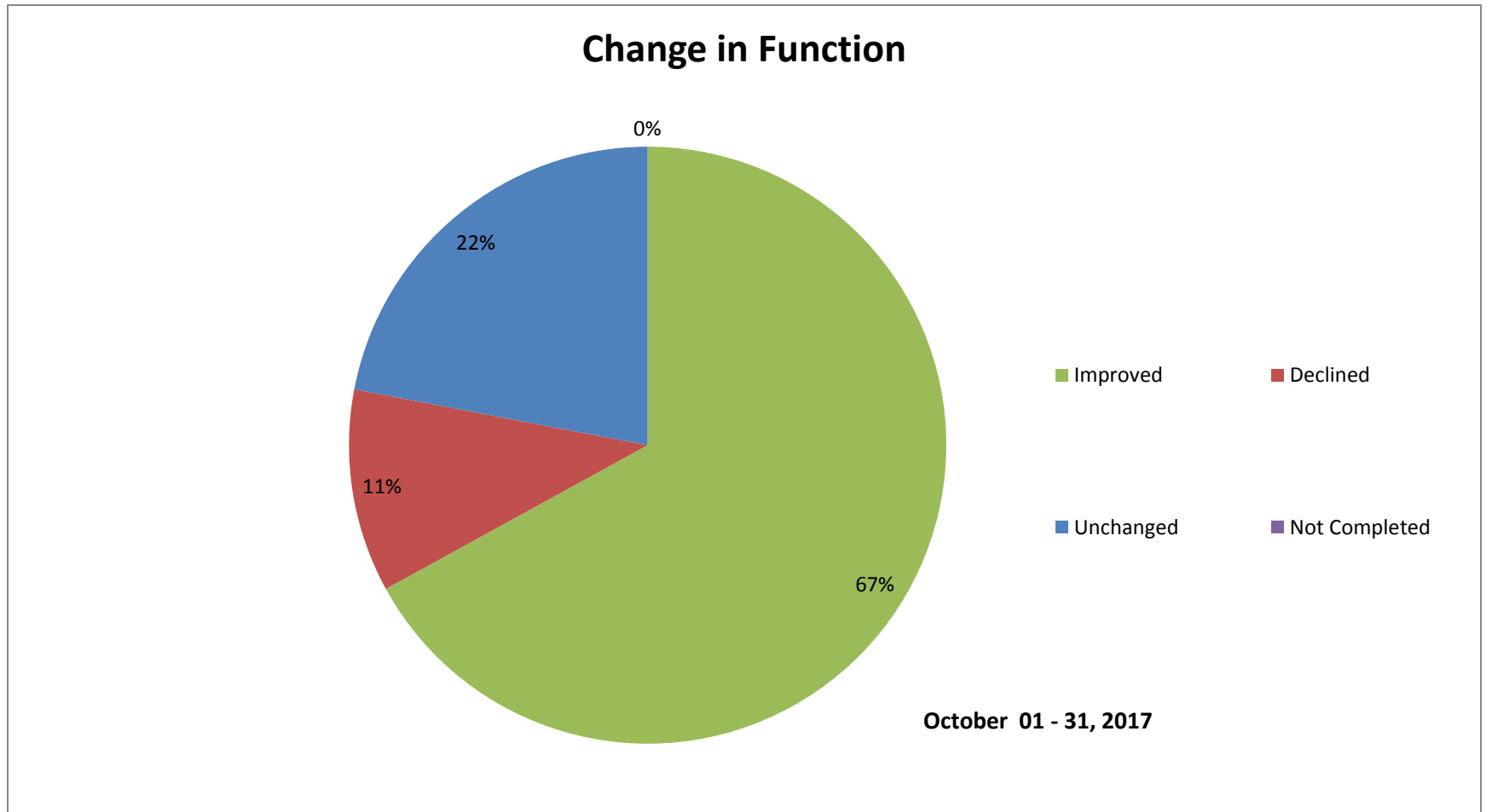
Barthel Index Scores



Change in Function



Change in Function



NEXT STEPS

- *Continued tracking Barthel Index scores*
- *Sustaining ABC tool and Whiteboard use*
- *Nutrition optimization as “fuel” for mobility*
- *Sleep optimization “rest to support endurance”*

LESSONS LEARNED

- *Narrowed scope of project to a more manageable task*
- *Smaller focus groups for PDSA cycles were helpful and easier to complete*
- *Frequent reminders and leadership presence to mentor and sustain change*

KEY CHALLENGES

- *Getting the whole team together at one time was an ongoing challenge*
- *Used smaller work groups and committees already in place to bring ideas forward*
- *Scheduling specific work days to focus on project was more productive than shorter meetings*

TIPS FOR OTHER TEAMS

- *Keep it simple*
- *Use one tool for data collection*
- *Champion staff to keep project and coworkers on track and engaged*

2017 Update

- Increased goal for Barthel Index completion rate to 85% to continue striving for improvement
- Developed Restorative Bed category on our Complex Continuing Care Unit to give a 30 day focus on improving function
- Continue with SFH initiatives- PFAC, N.O.D.D., Bedside Whiteboards, Safety Bullet Rounds