

#*FabChange19*

Tell us all about it!

The background... the issue...

Following surgery a lot of people lose their ability to manage general everyday activities. This might be due to reduced exercise tolerance, deconditioning or simply a lack of confidence. Many people then rely on care packages to support them with these activities. Waiting in hospital for these care packages can increase a patient's length of stay.

Aim

To increase patients' independence in everyday activities, increase exercise tolerance, increase confidence and increase self-belief. To reduce the need for intermediate care or a care package and to reduce the length of stay in hospital.

Method... what we did

We realised that the new visitor/family rooms on the wards could also be used by the Occupational Therapists for rehabilitation of the patients. We attended the 'listening into action' meetings and put our proposal forward to the executive members and ward managers. We produced a list of equipment required and a price list. We applied for funding through charitable funds. We liaised with estates to get a locked cupboard in each kitchen for storage of our equipment.

The result

We now have rehabilitation facilities in four kitchens in the hospital. These are used to aid the rehabilitation of surgical, medical, stroke and neurological patients. This has enabled us to improve patient outcomes and get patients home faster.

And the best bits....

Seeing patients growing in confidence, outdoing their own expectations and regaining their independence.

Trust name:

Liverpool Heart and Chest Hospital

Your name and role:

Sharon Hill and Julie Adam