



Rehabilitation Medicine

Inpatient Rehabilitation Units and
Community Rehabilitation Programs

2012 RESEARCH REPORT

REHABILITATION MEDICINE

Inpatient Rehabilitation Units and Community Rehabilitation Programs

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Rehabilitation programs include inpatient units at Peter James Centre and Angliss Hospital, along with Community Rehabilitation programs based at a number of Eastern Health sites. Primarily, the rehabilitation programs focus on clinical research related to enhancing patient care in rehabilitation. There are currently several research projects nearing completion, and further projects are being developed under the guidance of the recently established Rehabilitation Research Committee. This group's aim is to oversee the future research directions of the rehabilitation programs and to foster a positive environment for conducting clinical research in rehabilitation. The group has strong links with the Eastern Health Allied Health Clinical Research Centre, La Trobe University, St Vincent's Health and the Victorian Stroke Clinical Network.

INVESTIGATIONS IN PROGRESS

Investigations successfully progressing across the year have included:

Do additional allied health services for rehabilitation patients reduce length of stay without compromising patient outcomes?

Lead investigators: **Taylor N**, Brusco N, **Watts J**, **Shields N**, **Sullivan N**, **Kennedy G**, **Teo K**, **Farley A**, **Peiris C**, **Lockwood K**, **Radia-George C**. This is a prospective randomised clinical trial aimed at establishing the cost effectiveness of providing additional Saturday allied health services to rehabilitation inpatients. The project hypothesis is that provision of additional Saturday allied health services will reduce the total cost of care by reducing patient length of stay without compromising discharge outcomes for patients receiving intensive rehabilitation compared to those receiving usual care. The project is a partnership between Eastern Health and La Trobe University and has received NHMRC funding.

The impact of a leisure activity area on patients' physical activity and leisure participation levels in an inpatient rehabilitation unit

Lead investigators: **Rice K**, **Kennedy G**, **Taylor N**. This project is investigating the effect of the set-up of a leisure activity area in the rehabilitation unit on patients' activity levels during their inpatient rehabilitation stay. An appropriately set-up leisure activity area may increase patients' physical activity and leisure participation levels, increase patient satisfaction and decrease length of stay.

Efficacy of a community walking program at improving falls efficacy and reducing falls incidence in patients admitted to inpatient rehabilitation with a fractured hip

Lead investigators: **Snowdon D**, **Williams K**, **Taylor N**. Patients admitted to East Ward at Peter James Centre with a diagnosis of a fractured hip will be randomised to receive either (1) a community walking intervention or (2) standard care. Patients must be able to ambulate with supervision to be eligible for participation. The purpose of this study is to investigate whether participation in the community walking program improves participants' falls efficacy and reduces falls incidence post discharge.

INVESTIGATIONS COMPLETE

Investigations successfully completed during the course of the year have included:

Length of stay and functional outcomes for patients with stroke admitted to a rehabilitation centre following the introduction of a neurorehabilitation unit

Lead investigators: **Vasudevan V**, **Kennedy G**, **Harding K**. A neurorehabilitation unit was established at Peter James Centre in 2008. The aim of this study was to determine whether there have been any changes in the length of stay (LOS), functional outcome and discharge destination of patients with a primary diagnosis of stroke since the introduction of the unit. An audit of case histories of stroke patients admitted during the 2009-10 financial year was compared to a similar audit of stroke patients admitted from July 2005 and July 2007. There was a statistically significant reduction in the median time spent in the acute hospital (13 to 10 days) and also in rehabilitation (31 to 24.5 days). There was no statistically significant difference in functional outcome between the two groups.

IN CONCLUSION

With several projects now underway and many more in development, Eastern Health rehabilitation programs are exhibiting a greater focus on conducting clinical research, and aim to influence wider rehabilitation practices through future publication and presentation of study outcomes. The development of the Rehabilitation Research Committee will facilitate this aim into the future. Further work is underway to develop larger research projects which span the continuum of rehabilitation.

PUBLICATIONS**In press**

Kennedy G, Brock K, Lunt AW, Black SJ. Factors influencing selection for rehabilitation after stroke: A questionnaire using case scenarios to investigate physician perspectives and level of agreement. *Archives of Physical Medicine and Rehabilitation* (in press).

CONFERENCES INCLUDING PROCEEDINGS, PAPERS, POSTER International

Rice K, **Kennedy G**, **Taylor N**. Patients on a neurorehabilitation ward are inactive for a large part of each day. 7th World Congress for Neurorehabilitation. Melbourne, May 2012.

Vasudevan V. Length of stay and functional outcomes for patients with stroke admitted to a rehabilitation centre following the introduction of a neurorehabilitation unit. 7th World Congress for Neurorehabilitation. Melbourne, May 2012.



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Accessing program reports

Eastern Health is committed to building a culture of research and ensuring such research is embedded in everyday clinical practice. Eastern Health contributes to local, national and international research activity.

The 2012 Eastern Health Research Report forms part of the broader fifth annual Eastern Health Research Report reflecting the high-calibre research, commitment and strength of research programs across Eastern Health. The complete 2012 Eastern Health Research Report including clinical program reports is available in hard copy by contacting The Office of Research & Ethics on 9895 9551 or via download from www.easternhealth.org.au

Readers note: Where projects are collaborative with our respective research partners, Eastern Health staff names are in bold.

Clinical program reports available include (list not exhaustive):

- Eastern Health Clinical School
- Medical student programs
- Research division
- Eastern Clinical Research Unit (ECRU)
- Eastern Clinical Research Unit – Translational Division (ECRU-TRD)
- Turning Point Alcohol & Drug Centre
- Allied Health
- Breast oncology
- Cardiology
- Emergency medicine
- Endocrinology
- Haematology
- Integrated renal and obstetric medicine services
- Intensive care medicine
- Mental health programs
- Neuroscience
- Nursing and midwifery
- Palliative Medicine
- Pharmacy
- Post Graduate Education Unit
- Respiratory and sleep medicine
- Rehabilitation programs
- Rheumatology