North Manchester General Hospital

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A study to assess the effectiveness of adapting Physiotherapy working patterns on an Orthopaedic Trauma Ward.

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Purpose

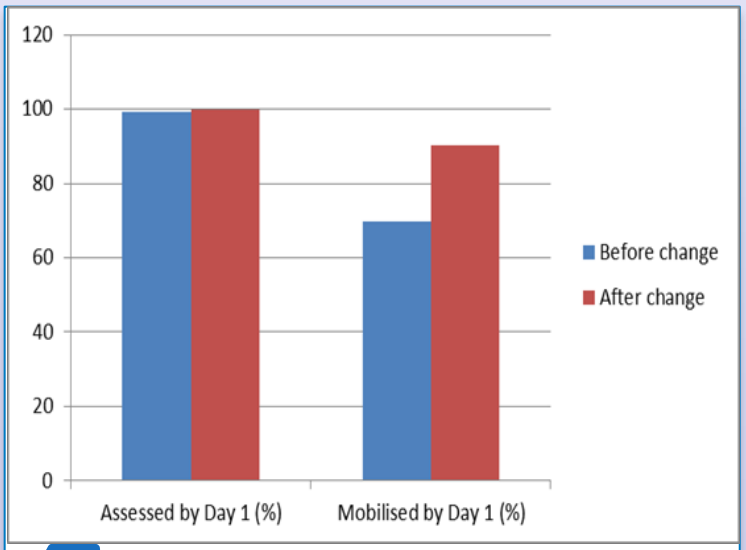
Within Elective Orthopaedics there have been effective examples of moving Physiotherapy working hours to later in the day to facilitate mobilisation of patients on the day of surgery following lower limb joint arthroplasty.

Conversely, our Physiotherapy team working within Trauma Orthopaedics felt that an earlier start time may allow our team to routinely engage Hip Fracture patients in functional activity at the start of their first post-operative day; such as sitting out in a chair to eat their breakfast or assisting them to get out of bed for toileting purposes.

This would have the consequent effect of achieving the following National Hip Fracture Database (NHFD) performance measures in a manner which is purposeful for the patient:

- 'Assessed by Physiotherapist on day of, or day after, surgery' (Assessed by Day 1)
- 'Mobilised on day of, or day following, surgery' (Mobilised by Day 1)

Results



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Methods

It was decided that two of the six members of our Orthopaedic Physiotherapy Team would move their start times forward to 06.30, with the other four continuing to begin their shift at 08.00.

Assessment of the effectiveness of this change was achieved through measuring our performance against the NHFD measures above over a one year period.

Results

- For the six months immediately prior to the change of working hours (145 patients in total):
  - Assessed by Day 1: 144/145 **(99.3%)**
  - Mobilised by Day 1: 101/145 **(69.7%)**
- For the six months immediately following the change of working hours (164 patients in total):
  - Assessed by Day 1: 164/164 **(100%)**
  - Mobilised by Day 1: 148/164 **(90.2%)**

Conclusions

The project results indicate an uplift in our performance in relation to the NHFD standards since the alteration of the team's working hours.

This change has now been adopted as a standard working pattern for the team; with ongoing monitoring of its effectiveness.

References

1) Brusco, N.K. and Paratz, J. (2009) - The effect of additional physiotherapy to hospital inpatients outside of regular business hours: A systematic review. *Physiotherapy Theory and Practice. An International Journal of Physical Therapy: 22 (6); 291 – 307*

2) Okamoto T., Ridley R.J. and Edmondston S.J. (2016) - Day-of-Surgery Mobilization Reduces the Length of Stay After Elective Hip Arthroplasty. *The Journal of Arthroplasty: 31 (10); 2227 - 2230*

3) *The National Hip Fracture Database* – www.nhfd.co.uk