

The impact of a Rehabilitation Outreach Team (ROT) upon Acute Orthopaedic Physiotherapy Team performance for the management of patients with Hip Fracture.

Purpose

The acute hospitals trust in which we work has a clinical pathway for the management of patients presenting with hip fracture, and describes the 'acute' phase as lasting up to Day 4 post-operatively.

Clear performance measures exist for the Physiotherapy management of this patient group during the acute phase; as referenced within The National Hip Fracture Database (NHFD):

- '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) – Reference #1

Our Acute Orthopaedic Physiotherapy Team is set up with the primary function of managing patients during this acute phase, and has a clear action plan for achievement of the NHFD measures above.

However, due to department staffing shortages, the Rehabilitation Outreach Team (ROT) – which manages patients with hip fracture in their 'sub-acute' phase of post-operative rehabilitation (Reference #2) – was required to temporarily discontinue.

This consequently required our Acute Orthopaedic Physiotherapy Team to be responsible for managing patients over a much greater scope of the post-operative pathway.

The ROT has now been re-established, and so this project sought to assess the impact of the presence of a ROT upon Acute Orthopaedic Physiotherapy Team performance in relation to the above NHFD measures.

Method

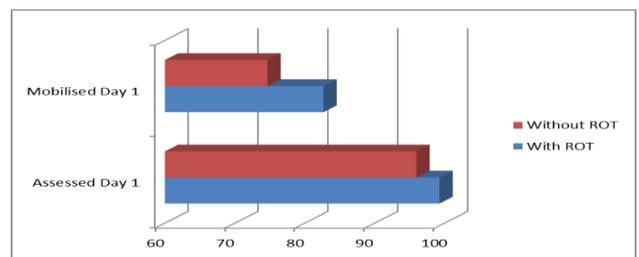
Data regarding performance for these NHFD measures was retrospectively collected for two patient sample groups:

- 150 consecutive patient admissions for surgical management of a hip fracture during the phase when there was no ROT
- 150 consecutive patient admissions for surgical management of a hip fracture from the date that the ROT was re-established

Results

With reference to the NHFD measures above:

- Assessed by Day 1 increased from 96% to 99.3% with the re-introduction of the ROT
- Mobilised by Day 1 increased from 74.7% to 82.7% with the re-introduction of the ROT



Conclusions

The project results clearly reinforce the positive impact that the presence of a ROT has upon our Acute Orthopaedic Physiotherapy Team performance for the management of patients presenting with hip fracture

Impact and Implications

The ROT is now firmly re-established; and this project highlights some of the great value and impact of its support to our service.

All information above has been shared with relevant stakeholders for reference.

References

- 1) The National Hip Fracture Database – www.nhfd.co.uk
- 2) National Institute for Clinical Excellence. Hip Fracture: Management – Clinical Guideline 124 (2017)

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