

## *Early Supported Discharge Orthopaedic Service (ESDOS)*



*Buckinghamshire Healthcare Trust*

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## Purpose of ESDOS

- To provide intensive, multi-disciplinary rehabilitation in the home environment, for up to 4 weeks
- This intervention follows seamlessly and immediately from the rehabilitation received in the acute ward
- To facilitate early discharge from hospital for T&O patients who are medically stable but have ongoing rehab needs



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## Acceptance Criteria



- Patient is registered with a GP
- Patient is medically fit
- Rehabilitation potential has been identified by the MDT with specific functional / rehab goals (achievable within 4 weeks)
- Patient, family or carer are agreeable to intensive rehabilitation at home and transfers can be managed

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## Referral Process



- A member of ESDOS team attends DFM on wards 1 & 2 regularly where potential new patients are highlighted.
- New patients are also referred straight from inpatient therapy team. Referral forms are completed.
- New patients are assessed by ESDOS team whilst on the ward and medical information is collected. Patient information folders are issued to the patient on their consent to the service. Relatives or care homes are contacted as necessary
- Patients are contacted within 24 hours of discharge

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## Who To Refer – Change of Culture

We support EARLY discharge for patients of **all ages** and **all degrees of severity**

We provide rehab at home with the same **intensity as the ward**

Discharge goals to get the patient home start pre discharge so we can take patients out **as soon as** they are medically stable with the appropriate support at home. Supporting a micro living environment initially.



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## ESDOS – What we provide

- Assessment and provision of equipment as necessary
- Opportunity to practice ADL at home – this assists in regaining independence and meaningful quality of life
- Advice and support for patients and family regarding their recovery pathway
- Continuous assessment and review of client centred goals
- Onward referral



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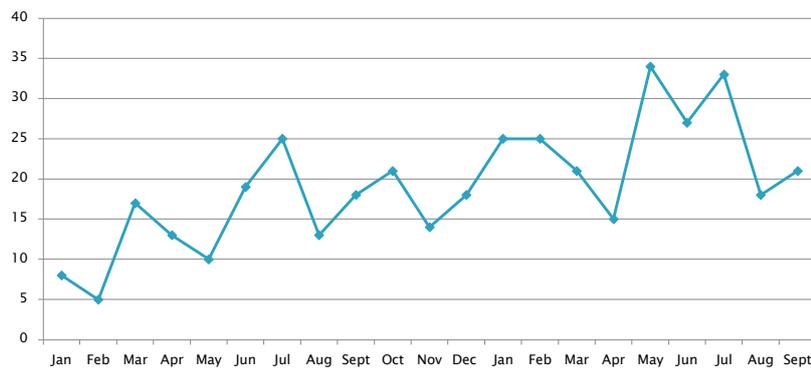
# Audit Collection

- Data is collected for every patient.
- Data details include patient condition, discharge date from ward, first visit by ESDOS, discharge date from ESDOS, number of visits per patient



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## Number of NP to ESDOS per month 2014 - 15



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## Advantages of ESDOS

- Specialists Therapists in Orthopaedics
- Can treat patients daily if required for period of 4 weeks (intensive service)
- Often first health professional to visit post discharge
- Work closely with the inpatient team
- Close relationships with nursing staff on wards to discuss any nursing issues
- Attend trauma meetings and can ask consultants directly any issues with patients

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## Advantages of ESDOS cont

- Can facilitate bringing fracture clinic appts forward if required
- Integrated Working
- All Assessments are done with a Qualified OT and PT on the first visit.
- Establishing good working relationships with Nursing and Residential Homes. They take patients much earlier with ESDOS.
- Therapy CSW are highly specialised in both OT and PT skills.

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## Advantages of ESDOS

- Responsive team ethos ie Step down beds(winter 2014)
- Saving Bed Days (even one can make an impact), often prevent pts transferring to community hospitals
- Able to address any outstanding equipment needs
- Evolving service

