

CONFERENCE ABSTRACT

Rapid Recovery Therapy Program - Integrated Intensive Rehabilitative Care in the Community

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Introduction

The Rapid Recovery Therapy Program (RRTP) is a well-established program in Waterloo-Wellington, which has been proven to reduce in-patient length of stay by up to 2 weeks.

The COVID-19 pandemic created an increased need to further expand this program to address health system pressures and support patients in attaining timely access to rehabilitative care services. The RRTP expansion focused on the creation of a virtual integrated care team consisting of hospital and home and community care staff. The strengthened relationships between the community and hospital staff improved transitions for patients and earlier/increased identification of patients who would benefit from program.

Aims Objectives Theory or Methods

Based on feedback from patients and staff regarding transitions of care from hospital to community, and to increase patient flow in hospital, health system partners identified a desire to increase the utilization of the Rapid Recovery Therapy Program (RRTP). The RRTP expansion focused on increased interdisciplinary and inter-organizational collaboration to reduce the demand for in-patient rehabilitative care and associated ALC days; while maximizing functional independence of patients.

The program expansion was designed to support transfer of knowledge/experience and build relationships between hospital and community staff - identifying more patients for the program and creating a more streamline transition for patients.

Highlights or Results or Key Findings

A formal evaluation of the Rapid Recovery Therapy Program (RRTP) was conducted in 2016 by Optimus-SBR. The evaluation demonstrated improved patient and system flow (reduced in-patient length of stay up to 2 weeks), rehabilitative care outcomes in alignment with patients goals and demonstrated through improvements in patient's self-performance status using the ADL-Long Form scale, positive patient experience through patient survey feedback and more cost-effective care compared to in-patient rehabilitative care.

During the COVID-19 pandemic, WWLHIN Home and Community Care, Grand River Hospital and CBI Health were able to collectively increase the number of referrals to RRTP by 67% (65 referrals from December 2020 - May 2021 vs. 37 referrals from June - November 2020) and a 83% increase in referrals from January - May 2021 compared to same time last year.

Patient experience evaluation is being planned and results will be ready to share prior to the conference in October.

Conclusions

The Rapid Recovery Therapy program has demonstrated significant success across the quadruple aim. The increased utilization of the program during the COVID-19 pandemic has been critical in helping to address health system pressures and ensure patients receive the rehabilitative care they need.

Implications for applicability/transferability sustainability and limitations

Lessons learned from the RRTP expansion are currently being applied to other Waterloo Wellington hospitals. Broader applicability and transferability can also be applied to improved team integration and communication across organizations for other patient populations.