

“Setting Our Patients Up for Success-Ensuring a Smooth Transition Home”

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Disclose

- Nothing to Disclose

Objectives

- Understand the Role that RT's play in successful DC planning
- Describe 3 tools that can be utilized to ensure successful DC planning
- Describe 2 key aspects of emergency preparedness in ensuring patients and caregivers are ready if disaster hits

Why is this an important topic to ALL of us

- Complexity of Needs
- Everyone wants to be home
- Quality of Life
- Getting patients back to their life
- Healthcare providers play a huge role in transitional care
- Improve Outcomes
- Caregiver Burnout



US World Report

- Not adequately prepared to go home
- Follow Up
- Empathy training-Two way discussions vs lectures
 - Seek to find barriers and worries of patients and families
- Treat the whole patient
- Empowering Patients
- Proactive

Many Pieces to the Puzzle

- EMT/ED/Surgery
- Acute Care
- Post Acute Care
- Long Term Care
- Outpatient Services
- Home Health Care
- DME Providers
- Community



Teamwork Makes the Dream Work

- Patient
- Family
- Respiratory Therapy
- Vendors
- Community Partners
- Occupational Therapy/ Physical Therapy
- Speech Therapy
- Recreational Therapy
- Psychology/Peer Support
- Physicians/Nursing
- Social Work/Case Managers/Pt Financials
- Maintenance Staff



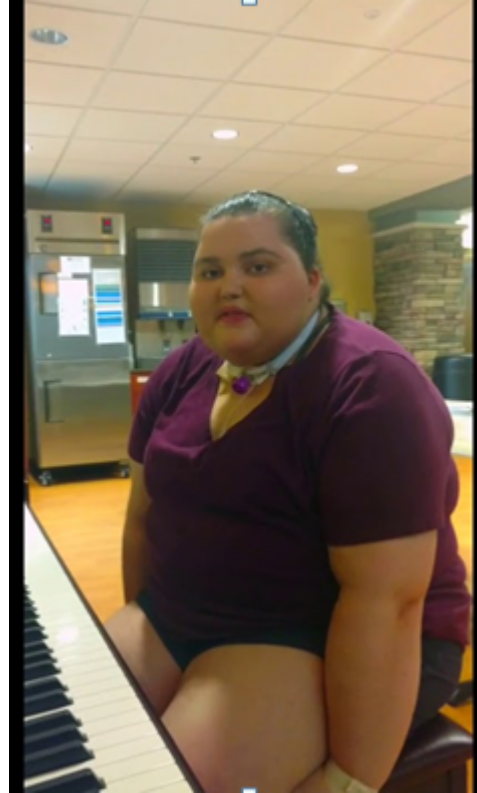
Case Study

- C2 SCI from riding lawn mower roll over
- Trauma Hospital
- Post Acute Care
- Home Health
- Age at Onset
- Ventilator Dependent
- Working at a lumber yard
- Rural town
- Previously healthy
- Home access
- Family support



Barriers

- Community/System Barriers
 - Access to services-Nursing/HH
 - Accessibility of home and transportation
 - DME/vendor access
 - Specialty Consultants
 - Flow of Information
- Social Barriers
 - Location
 - Caregiver availability
 - Support
 - Social Participation/Adjustment
 - Language barriers
- Financial Barriers
 - Insurance/funding barriers
 - Work Re-entry
- Patient Barriers
 - Outcomes-Cognition, Physical, Emotional
 - Follow Up Plans and Medical Adherence



Overcoming Barriers

- Communication
 - Patient/Family # 1
 - What are their barriers? Worries
 - Next Level of Care/Vendors/DME
 - Build Relationships!
 - Interdisciplinary Teams
 - Help knock down barriers
 - DC planners/Social Workers
 - Knows resources
 - Set up Interpreters
 - Co-workers
 - All need to be on the same page
 - MD's

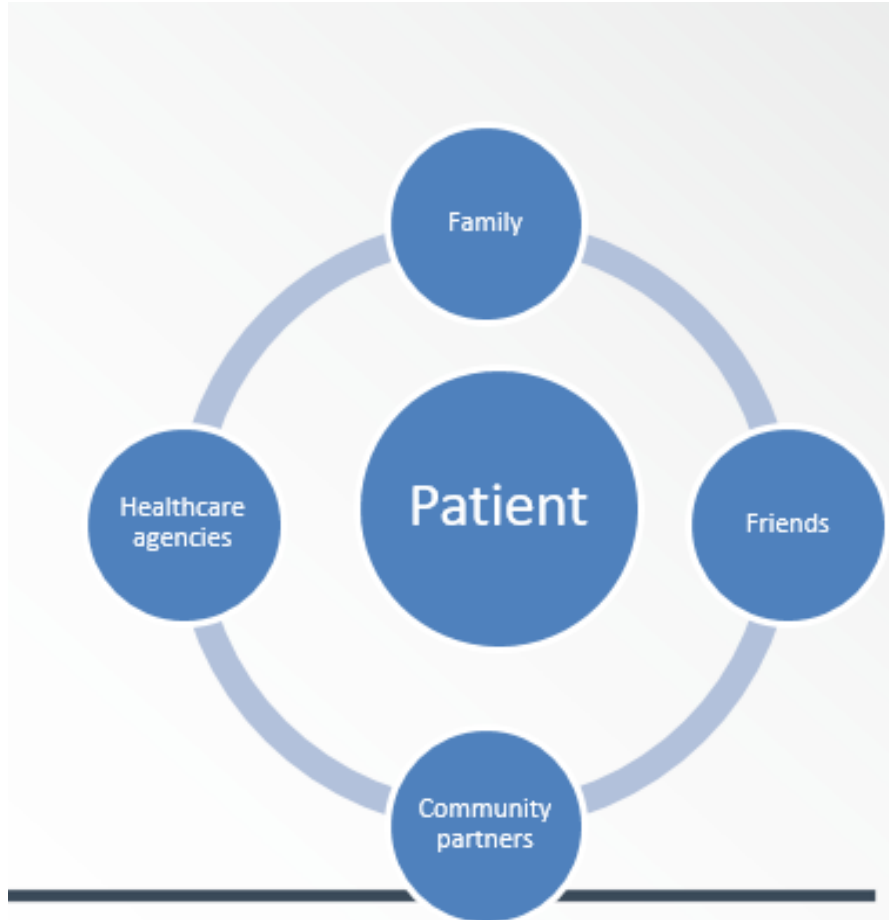


Education to Patient/Caregivers

- Medication Management
- Disease Management
- Oxygen
- Equipment
- Vent
- Trach
- BIPAP/CPAP
- And beyond.....



Circle of Support



Tools

- Self advocacy training to effectively direct care
 - Encouraging patient participation in decision making and health care management- they are the most consistent person in their care!
 - Understanding their rights and how to communicate them



Tools

- Interdisciplinary caregiver checklist
 - Family needs to understand early in their stay what they need to learn and decisions to be made
 - Needs to be an organized team effort with clear expectations
- Follow up! Does your hospital have any case management/ discharge planner follow up?



Tools

- Personal Health Profile
 - Easily accessible
 - Hard to remember things in an emergent situation
 - App
 - Paper/Envelope
 - Flash Drive
 - Wallet Card
 - Quick reference in case of ER visit or evacuation



Tools

- Caregiver manual (Interdisciplinary)
 - Consistency in care- Private duty, HHC, Respite, family
 - Ease of setting up expectations when hiring caregivers
 - Improvement in training efforts
 - Reference to identify early decline- When to call the doctor, the number to call, etc.

Caregiver Manual

- Self-Cares
 - Preferences
 - Self-feeding
 - Self-care Techniques
- Transfers
 - Ceiling Lift Transfer Technique
 - Mechanical Lift Transfer Technique
- Positioning
 - Positioning in Bed
 - Positioning in Wheelchair
- Skin Care
 - Skin Care Information
 - Skin Check Log
- Bowel and Bladder Management
 - Bowel Care Procedure
 - Foley Catheter Procedure
- Range of Motion Exercises
 - Upper Extremity Exercises
 - Lower Extremity Exercises
- Wheelchair
 - Wheelchair Instructions & Troubleshooting
- Equipment
- Assistive Technology
- Pulmonary Health
 - Home exercise program
 - Equipment instructions

Banda abdominal

- Mientras está acostado sobre un costado, poner aproximadamente la mitad de la banda abdominal debajo del costado de la persona. Secuencie este paso durante otras tareas de vestido para minimizar la cantidad de veces que tiene que girar a la persona. Este es beneficioso para reducir el trabajo de la persona que cuida y para minimizar la incomodidad de la persona.



- Pase el resto de la banda cuando está acostado sobre la espalda. Tire apretadamente y asegúrelo con las cintas de Velcro. La banda debe estar sobre la parte inferior del abdomen y las caderas y debe estar sujetado apretadamente para lograr una gestión óptima de la presión arterial.



Individual's Preferences for Morning Routine

[personalize to your individual's preferences]

- Complete breathing treatment, suctioning/cough assist
- Place Passy Muir Valve
- Lift transfer from bed to commode chair
- Bowel cares in commode chair-- preferred
 - Bowel cares can be completed in bed to decrease burden of care
 - Complete sponge bathing in bed for hygiene following bowel cares
- Shower in commode chair or lift transfer back to bed for sponge bathing
- Dressing tasks: brief, pants, shirt, ted hose, shoes
- Lift transfer to wheelchair
- Grooming tasks: brushing teeth, brushing hair, shaving
- Suction if necessary

Pediatric Pulmonary Education Checklist

I. Respiratory Anatomy and Physiology	Date Complete	Initials
A) Principles of ventilation and oxygenation		
B) Anatomical structure and function		
1) Upper airway		
2) Lower airway		
C) Impact on respiratory function		
II. Tracheostomy Tube	Date Complete	Initials
A) Location of trach tube in the airway		
B) Parts of the trach tube		
1) Trach hub		
2) Trach cuff/Pilot balloon		
3) Flange		
4) Inner/Outer cannula		
5) Trach shaft		
C) Insertion and Removal of trach tube		
1) Proper demonstration on Trach Tom		
2) Proper demonstration on patient		
D) Trach cuff inflation/deflation		
1) Proper demonstration on Trach Tom		
2) Proper demonstration on patient		
E) Trach tube cleaning Procedures		
1) Shiley/Tracoe (with/without inner cannula)		
2) Bivona/Arcadia		
F) Routine trach cares		
1) stoma cleaning		
2) trach dressing placement		
3) trach tube ties		

<i>Bowel and Bladder Care:</i>		
Bowel Care and Adaptive Equipment	Nsg/OT	
Catheter irrigation (foley or suprapubic)	Nsg	
Catheter cares (emptying/cleaning site)	Nsg	
Straight Cathing (ISC)	Nsg	
<i>Respiratory Care:</i>		
Trach care	Nsg/RT	
Suctioning	RT	
Assisted Cough	OT/PT/Nsg/ RT	
Ventilator Education (in-depth with Respiratory)	RT	
Pulmonary Hygiene (positioning in bed, breathing exercises/devices)	RT, PT, OT, Speech	
Pulmonary Management Tools (peak flow, incentive spirometer)	RT/Speech	
<i>Wound Care:</i>		Nsg
List wound sites:		
<i>Nutrition:</i>		
Diet Restrictions (Thickener, level of diet, etc)	Speech	
G-tube care	Nsg	
Tube feeding/flushing	Nsg	
<i>Medication Administration/Self Meds</i>		Nsg

Pediatric Caregiver Checklist

Name of Caregiver: _____

EXERCISES AND MOBILITY

	<u>Skill</u>	<u>Date Started</u> <i>First try, keep it up!</i>	<u>Dates Practiced</u> <i>Practice make better!</i>	<u>Date Completed</u> <i>Congratulations!</i>	<u>Team Member initials and Comments</u>
	Arm exercises and home program				
	Leg exercises and home program				
	Bed mobility/turning				
	Bed transfer				
	Toilet transfer				
	Shower transfer				
	Vehicle transfer				
	Floor transfer				
	Stairs				
	Walking or wheelchair mobility				

Family To Do List

Patient/Family TO DO LIST

<u>TASK</u>	<u>NOTES</u>	<u>MARK WHEN COMPLETED</u>
1.Introduction of team members	Social worker: Case manager: OT: PT SLP: Counselor: Nurse Therapist:	
2. Tentative discharge date	Date:	
3. Discharge location		
4. Home visit: zoom or paper pencil form given	Date:	
5. Identify Primary Caregiver(s)and schedule caregiver training *training schedule provided	Caregiver(s): Dates scheduled:	
6.Work with your OT/PT for final equipment decisions		
7. Choose equipment vendor (wheelchair, bed, commode etc)	Vendor:	
8.Schedule Family meeting with Social Worker	Family mtg date:	
9.Schedule Transitional Living Experience with Social Worker	TLE dates:	
10.Decide on method of transportation at discharge to get home, community access/follow up appointments		
11.Identify: - primary care physician -pharmacy -vendor for supplies (catheters, etc)	PCP: Pharmacy: Supply vendor:	

Questions for the team/Notes ie, plan of care/goals

Transition Planning

- Transitional Living Experience
 - Room in for 24-48-72 hours
 - All caregivers on deck and participating
 - Real life before leaving the hospital
 - ? Burden of Care-Expectations
 - As home like as possible
 - Equipment, Supplies, Meds, etc.
 - Identify continued barriers
 - What are we missing or haven't thought
 - Not pass or fail



Follow Up

- What is the follow up post discharge look like? DC Planner/Care Navigator
 - Did they get their equipment?
 - Meds?
 - Transportation to appts
 - Any barriers?



Emergency Preparedness



Can Your Patient Answer These Questions?

- Can you direct your care?
- Do you have an updated portable health profile for others to reference?
Or an Emergency Health Card?
- What would you need if you had to leave your home today? Or your power went out?
- Who are your equipment vendors?
- Is all of your equipment labeled?

2 Key Aspects of emergency preparedness

- Knowledge of community resources
- Effective planning



Community Resources

- Work with community agencies or medical facilities for back-up shelters and consider accessibility needs
- Contact EMS and utility providers prior
- Alternative transportation options
- Respite Organizations
- Consider caregiver needs



Effective Planning

- Develop a plan for evacuation as well as shelter in place
- Information accessible to EMS
- Consider an alternative power source or generator
- Caregivers are aware of emergency plan
- Plans for service animals



What can YOU do to help!

- Get involved in your local emergency planning committees to advocate for individuals with complex medical needs
- Get to know community partners
- Collaborate and educate others- electrical companies etc.
- Empower your patients to be good self advocates



Case Study

- Home 10 years
- 3 hospitalizations-None for pulmonary reasons
- Survived Midwest derecho
 - 9 days on generator
- Family/Community Support
- Advocacy! Advocacy! Advocacy!





Resources

- [About Us – Help Medical Equipment Rental & Long-Term Care Planning \(helpequipment.org\)](http://helpequipment.org)
- [Equipment Loan Program | Methodist Health System | Omaha, Council Bluffs, Fremont \(bestcare.org\)](http://bestcare.org)
- **Assistive Technology Partnership** <http://www.atp.ne.gov/>
- [Project Austin - Children's Hospital & Medical Center \(childrensomaha.org\)](http://childrensomaha.org)
- <http://www.agrability.org/>
- <https://www.youtube.com/watch?v=nqdxAtvMtEA>

Resources

- Ventusers.org
- Easter Seals <https://www.easterseals.com/>
- <https://www.caregiver.org/>
- State Specific Assistive Tech Programs
- <https://www.christopherreeve.org/>
- www.disabled-world.com/disability/emergency/
 - Disability, Disaster and Climate Change Emergency Planning
- www.flash.org/peril_inside.php?id=42
 - Federal Alliance For Safe Homes
 - Floods and people with disabilities
- <http://www.portlight.org/>
 - Inclusive disaster strategies

Resources

- <https://www.ready.gov/>
 - Official website of the Department of Homeland Security
 - Plan ahead for disasters
- <https://www.ready.gov/individuals-access-functional-needs>
 - Individuals with disabilities
 - Building a kit – special considerations for individuals with low vision, mobility impairments, communication difficulties
- www.phe.gov/
 - U.S. Department of Health & Human Services
 - Sheltering in place and evacuation checklist

Resources

- American Red Cross www.redcross.org or www.prepare.org
- Federal Emergency Management Agency www.fema.gov
- National Organization on Disability www.nod.org
- [Smiths Medical adult home care trach guide-Spanish](#)
- [Smiths Medical adult home care trach guide-english](#)
- VTA Application on mobile phone
- [Med Wish](#) Low cost supplies and equipment
- <https://www.medicaid.gov/medicaid/long-term-services-supports/pace/programs-all-inclusive-care-elderly-benefits/index.html>

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