

RECOVER



PROGRAM

REhabilitation and ReCOVERy in Survivors of Critical Illness

**Inpatient
Rehab**

RECOVER Program: A Patient and Family-Centred practice standard for follow-up care after critical illness and National ICU-outcomes educational program.

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Inpatient Rehab

Patients and family caregivers often say that going from the acute care hospital to inpatient rehabilitation programs can be confusing. This booklet offers you some basic information about what to expect during your stay in the RECOVER inpatient rehab program.

Inpatient rehabilitation is care that can help you restore, regain, keep, or improve abilities that you need for your daily life. These abilities may be physical, emotional, and cognitive (thinking and learning). A number of health care professionals are involved with this care including occupational therapists, physiotherapists, nurses, social workers, registered dietitians, speech language pathologists and rehabilitation doctors.

Inpatient rehabilitation is an important link in the RECOVER Program. The goal is to help you to achieve your greatest physical and mental health and to move towards independence and best quality of life as quickly as possible before moving to a community based setting/ your home.

Possible Ongoing Effects of Critical Illness:



You have recently experienced a critical illness and may be still feeling the effects on your body and mind. These effects vary among patients and may include:

- muscle weakness and/or fatigue
- difficulty swallowing
- changes in your breathing or weakness in your voice,
- changes in your memory or thinking
- changes in your mood
- sleep disturbance
- pain
- changes with your body.

You may have received rehab services (e.g. physiotherapy) during your hospital stay. The rehab services will continue during the RECOVER Program Inpatient Rehabilitation phase and may be intensified based on your needs and changing abilities. During rehabilitation you will receive ongoing medical attention.

The RECOVER inpatient rehab program helps you to recover some or most of the abilities you may have lost during your critical illness and before you go home or back to your community. The team helps you in a safe, supervised environment to encourage you to improve your physical and mental abilities on a daily basis. This may not be possible at home due to a lack of specialized equipment and dedicated rehab team.

Recovery does not happen in a straight line. The Rehab team along with you and your caregivers will adjust the goals to make getting better possible.

Going from Hospital to Inpatient Rehab:

Sometimes the transfer between the hospital and inpatient rehab can happen in a day and can feel quite overwhelming. Your healthcare team has decided you are able to benefit from the inpatient rehabilitation setting now.

During the first week post ICU discharge, the RECOVER team together with the medical team will assess your functional capacity and your level of independence to determine your need for rehabilitation.

Depending on the hospital ward you are on there may be a discharge planner (a social worker or a nurse) who will complete the application form for Inpatient Rehab.

What to expect when planning for transfer from hospital to Inpatient Rehab:

- **Transfer of Information:** The RECOVER Navigator will coordinate with the medical team and the social worker to provide information to the Inpatient rehab facility about the treatments and services you have received; prescribed medications and any other factors that affect continuing care.
- **Clothing:** You will need loose, comfortable, everyday clothes and shoes that are sturdy (running shoes) to participate in Physiotherapy or Occupational therapy sessions. Ask the rehab team if they have any special clothing requirements.
- **Bring in photos for your loved one to look at and it will assist the healthcare team to get to know what your loved one was like before they became ill. Music may be soothing and help to distract from discomfort associated with rehabilitation.**
- **Initial assessment:** Rehab staff will involve you in the assessment process on the first day. They want to assess your abilities and needs to create a tailored rehab plan for you to improve and or maintain strength, skills or mobility.
- **Factors that Affect a Patient's Rehab Progress**
 - Patient Participation
 - Relationships with therapists
 - Expectations
 - Mental Health

Inpatient Rehabilitation Program Includes:

Physiotherapy (PT)

Physiotherapists will teach you the proper and safe way to move. They will assist you in regaining strength and mobility after your critical illness. This may include exercise or training to recover the ability to walk, to move in and out of bed, to get in and out of a chair, or to climb stairs. Also, physiotherapists teach ways to improve your functional independence, muscle strength, balance, breathing and strategies to reduce pain. They will make recommendations regarding equipment to assist you with your functional independence.

Occupational Therapy (OT)

Occupational therapists evaluate your physical, mental, cognitive and functional abilities following a critical illness. They are skilled in helping you regain your ability to do all the things you need to do to take care of yourself in the community. This includes such tasks as bathing, dressing, meal preparation and basic housekeeping activities.

Social Work (SW)

Health problems can upset your life and cause you worry, fear, and stress. Social workers may assist you with planning and making choices, as you get ready to return home. They will help you with discharge planning, counselling and support, and community resource information.

Speech-Language Pathology (SLP)

Speech-language pathologists will see you and help with any communication/voice issue, swallowing problems that have resulted from critical illness, stroke or other neurological impairment and/or tracheostomy care.

Nutrition

Nutrition is a major part of healing and a factor in a healthy lifestyle. The registered dietitian will provide assessment, treatment and counselling to you for nutrition-related issues.

RECOVER Navigator

The RECOVER Navigator follows you from the beginning of your critical illness starting in the ICU, continuing to the ward, and helping to facilitate the transition into the Rehabilitation facility. The Navigator helps with continuity of care and educates you about the physical and emotional recovery process.

What to expect from RECOVER Inpatient Rehab Program



Rehabilitative services will be provided at either Toronto Rehabilitation Institute or Toronto Grace Healthcare Centre based upon your tolerance and specific needs. The goal of rehab is to reach highest functional capacity.

Toronto Rehab Institute	Toronto Grace
<ul style="list-style-type: none"> • High-tolerance, short duration (up to 4 weeks) • Rehabilitative Therapies: <ul style="list-style-type: none"> ○ PT, OT (2hrs/day, daily) ○ Nursing, Dietician, Pharmacist, Social Work • Multidisciplinary Rounds and Case Conference • Psychiatry Follow-up, Mindfulness Program (Patient/Caregiver) • RECOVER Navigator for ongoing educational and emotional support through follow-up visits and telephone monitoring 	<ul style="list-style-type: none"> • Low-tolerance, long duration (up to 12 weeks) • Rehabilitative Therapies: <ul style="list-style-type: none"> ○ PT, OT (30 min/day or per tolerance, 6 days/week) ○ RT, SLP, Recreation Therapy ○ Nursing, Dietician, Pharmacist, Social Work • Complex Continuing Care • Multidisciplinary Rounds and Case Conference • Psychiatry Follow-up, Mindfulness Program (Patient/Caregiver) • RECOVER Navigator for ongoing educational and emotional support through follow-up visits and telephone monitoring

Rehab staff will assess you the first day. They want to assess your abilities and needs to create a tailored rehab plan for you to improve and or maintain strength, skills or mobility.

Mindfulness Stress Reduction

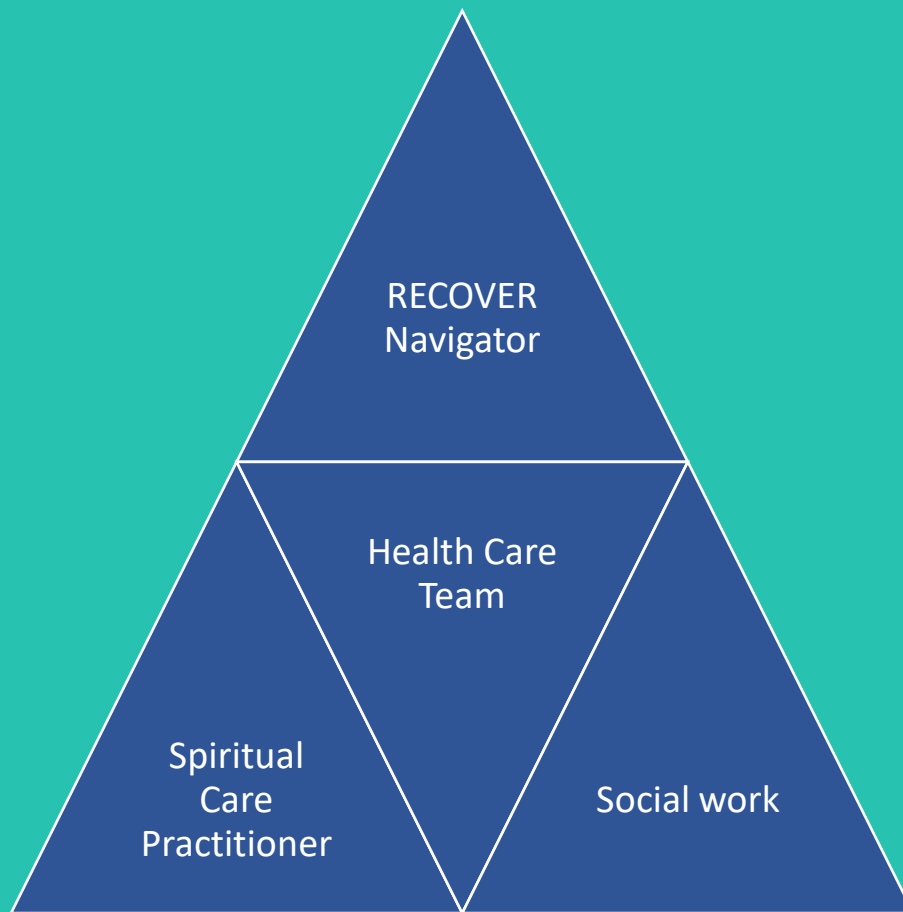


Mindfulness-Based Stress Reduction (MBSR) is a group program designed for the patients and caregivers to learn how to manage their stress more effectively. The program focuses on recognizing what physical and emotional stresses are, and learning a variety of techniques to cope with the challenges of recovery, rehabilitation and returning home.

The patient and caregiver Mindfulness-Based Stress Reduction (MBSR) group programs will take place for one hour each week at each of the Toronto Rehabilitation Institute and Toronto Grace Healthcare Centre



We are here to Help



If you are concerned about coping with the stress during rehab we are here to help. The RECOVER Navigator is able to help. The Rehab facility has dedicated Social Workers and Mental Health Professionals.