Home Health Care & Therapy

McLaren Homecare Group
2013
Therapy Process

• Evaluate and Treat
  – SOC OASIS done first
    • RN or PT
    • PT: OASIS and evaluation done in 1 visit
      – OT evaluation done in subsequent visit
    • RN: OASIS
      – PT evaluation done in subsequent visit
      – OT evaluation done in subsequent visit
PT Evaluation

• Systems Review
  – Oculomotor
    • Gaze stability/instability
    • Visual acuity static/dynamic
  – Balance
    • Dynamic/static
    • CNS vs. PNS origin of deficits
    • Coordination
  – Musculoskeletal
    • Strength
    • ROM
PT Evaluation

- Sensory
- Functional
  - Gait analysis
  - Transfers
  - Movement disorders
- Special Tests
  - Ortho
  - Neuro
  - Gait
  - Balance
  - Geriatric
  - Pediatric
  - Sports
  - Women's
PT Evaluation

- Common Home Care Special Tests
  - TUG
    - General screen for fall risk assessment
    - Not discipline specific
    - >14 seconds is cut off for fall risk
    - Demo
    - Handout
## PT Evaluation

<table>
<thead>
<tr>
<th>Time to Complete Test</th>
<th>Mobility Impairment Category</th>
<th>Falls Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 10 seconds</td>
<td>Independent</td>
<td>NO</td>
</tr>
<tr>
<td>10-20 seconds</td>
<td>Mostly Independent</td>
<td>YES, if &gt; 14 seconds</td>
</tr>
<tr>
<td>20-30 seconds</td>
<td>Moderately Impaired</td>
<td>YES</td>
</tr>
<tr>
<td>&gt; 30 seconds</td>
<td>Severely Impaired; probable ADL dysfunction</td>
<td>YES</td>
</tr>
</tbody>
</table>
PT Evaluation

- Gait Speed
  - Correlates with overall morbidity
  - Sometimes used by other disciplines to gauge how well a patient is doing functionally
  - Distance/Time = Gait Speed
  - PT can impact this
PT Evaluation

• BPPV Testing
  – For dizzy patient with vertiginous symptoms
  – Homecare therapists at MHG have advanced training in managing peripheral vestibular dysfunction; competent in differential diagnoses and management.
PT Treatment

• Standing Balance Activity
PT Treatment

• Dynamic Standing Balance Exercise
PT Treatment

• Treatment for BPPV: we can do this in the home!
PT Treatment

• Modalities
  – Ice
  – Heat (US, infrared, moist)
  – Electrical Stimulation
  – Manual Therapy

• PT focus….improve movement dysfunction to facilitate independence in mobility in a variety of situations.
OT Evaluation

• Systems Review
  – Muscle Strength (UE focus)
  – Muscle ROM (UE focus)

• Home Safety Assessment

• Functional Movement Assessment
  – Transfers

• ADL Assessment
  – Bathing
  – Dressing
  – Grooming
  – Meal Preparation
  – Household Chores
OT Evaluation

- Cognitive Assessment
- Manual Dexterity
- Balance (Static and Dynamic)
- Functional Visual Assessment

OT focus.....improving physical performance to allow a patient to care for themselves as independently as possible.
OT Treatment

• Home Modification to improve independence with step negotiation for pt. with low vision.
OTR Treatment

• Before OTR Intervention….
OTR Intervention

• After OTR Intervention; safer environment for patient with visual impairment
PT & OTR Treatment

- Treatment:
  - Goal Setting
    - Based on functional measures of improvement
  - Frequency
    - Based on clinical presentation
  - Duration
    - Based on clinical presentation
  - Home Care Guidelines
    - VSOC requirement
PT & OTR Treatment

- Evidenced Based
- Goal Driven
- Patient Specific
- Done in the Home Setting
  - Indoors
  - Outdoors
  - Basement
  - Kitchen
  - Stairs
  - Bathroom
  - Shaggy Rugs
Therapy Treatment

• Overall Goal
  – Improvement in stability and mobility under various conditions
    • Pain reduction
    • Muscle strengthening
    • ROM improvement
    • Balance Reeducation
    • Gait training
    • Transfer Training
    • Caregiver education
    • Dizziness resolution/minimization
    • Compensatory training of intact systems
    • Home Safety/adaptive techniques
Therapy & Healthcare Continuum

• Homecare Goal
  – Provide cost effective care in the home setting
    • Multidisciplinary
    • Specialty Programming
      – Telehealth
      – Feed 485
      – CHF/COPD
      – Joint Express
      – Maximum Mobility
      – Stroke Care
      – Senior Sight
PT & Healthcare Continuum

• Homecare Goal
  – Reduce hospital readmissions
  – Keep patients safe and independent in the home setting
  – Current MHG Hospital Readmission Rates
## MHG Hospital Readmission

<table>
<thead>
<tr>
<th>Location</th>
<th>Readmission %</th>
<th>National Readmission %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay City, MI</td>
<td>17%</td>
<td>17%</td>
</tr>
<tr>
<td>Davison, MI</td>
<td>17%</td>
<td>17%</td>
</tr>
<tr>
<td>Lansing, MI</td>
<td>19%</td>
<td>17%</td>
</tr>
<tr>
<td>Sterling Heights, MI</td>
<td>16%</td>
<td>17%</td>
</tr>
</tbody>
</table>
MHG

• Handouts
  – TUG
  – Integrating Fall Prevention into Practice
  – Fall Risk Checklist

• Questions