



RITHOM

Rehabilitation In The Home

Review of the Ten Year Service

Repatriation General Hospital
Daw Park, SA
Claire Morris - Manager

Outline

- Aims
- History/Development
- Service Now
- Entry Criteria/Process
- Staffing
- Evaluation Now
- The Future

AIMS

- To provide high quality, intensive home-based rehabilitation as a replacement or adjunct to inpatient rehabilitation
- To provide a patient-centred package of care with appropriate supports
- To facilitate early discharge and a smooth transition from hospital to community

HISTORY

1997

- **ESPRIT (Early Supportive Discharge and Rehabilitation Trial)** Home or Hospital for stroke rehabilitation? Results of a randomized controlled trial Anderson et al Stroke 2000;31:1032-1037

1998

- **Fractured Neck of Femur trial** Early discharge and home rehabilitation after hip fracture achieves functional improvements: a randomized controlled trial. Crotty, M et al Clin Rehabil 2002, 16(4): 406-13

2005

- **STAR trial (Study of Techniques in Ambulatory Rehabilitation)** Home versus day rehabilitation: a randomised controlled trial Crotty, M et al Age and Ageing Advance Access 2008

RITHOM SNAPSHOT

- Service provided
- Area
- Funding
- Staffing
- Structure
- Admissions
- Referrals/Diagnoses

ENTRY CRITERIA

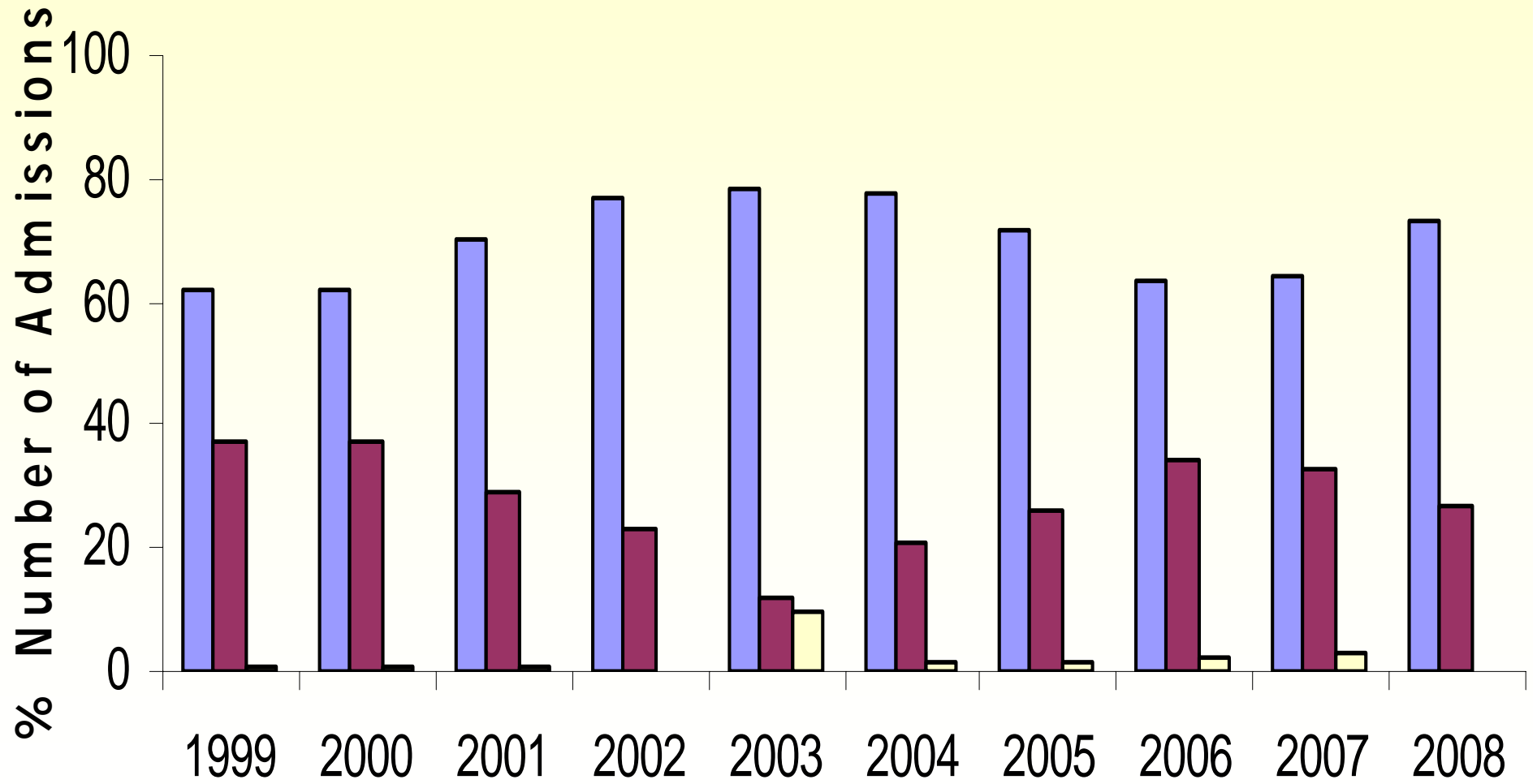
- Requires and is motivated to have rehab
- Patient and home suitable and safe
- Recent hospital admission
- Medically stable
- Lives Adelaide's southern metro region
- Patient and carer consent
- GP
- Telephone

ENTRY PROCESS

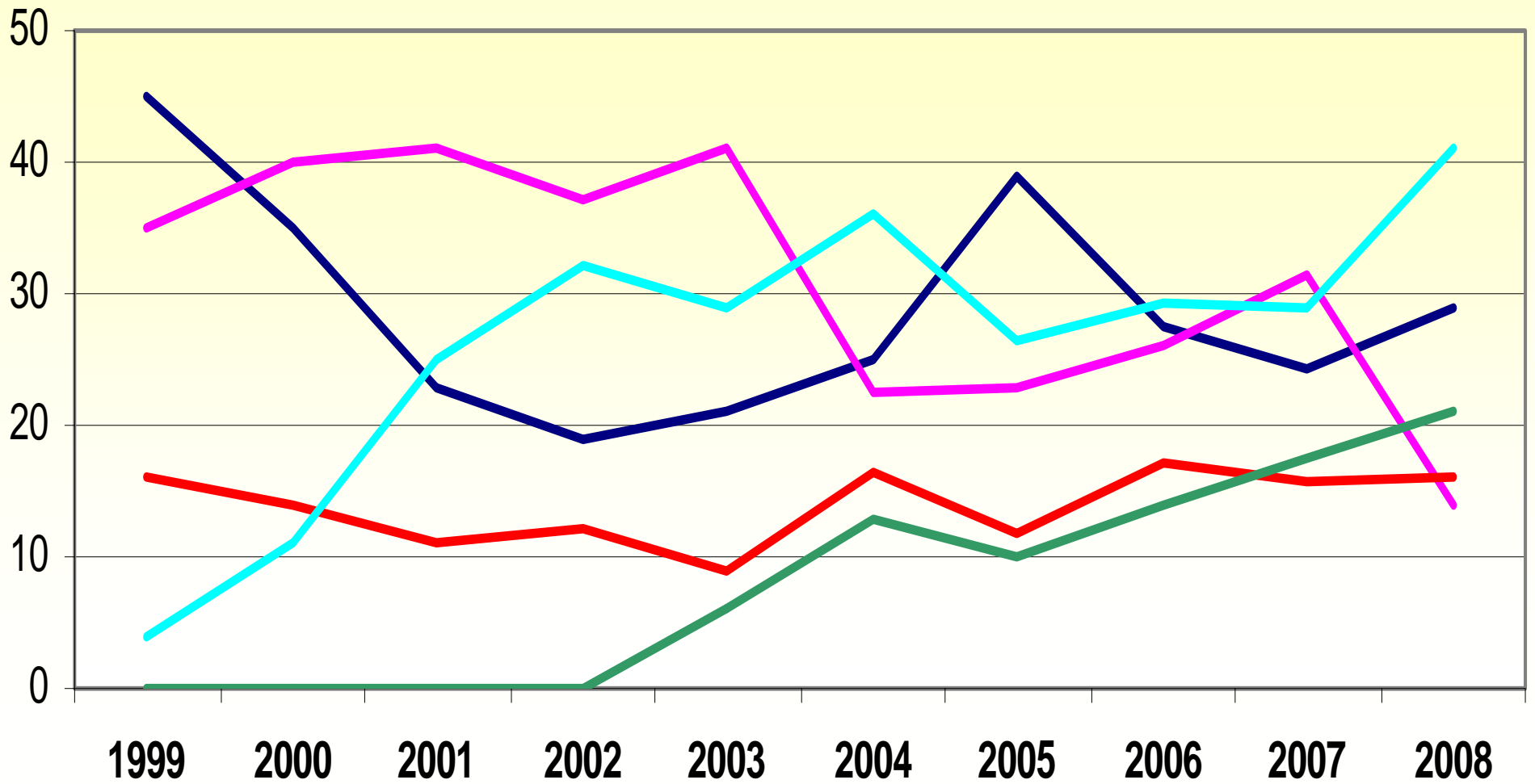
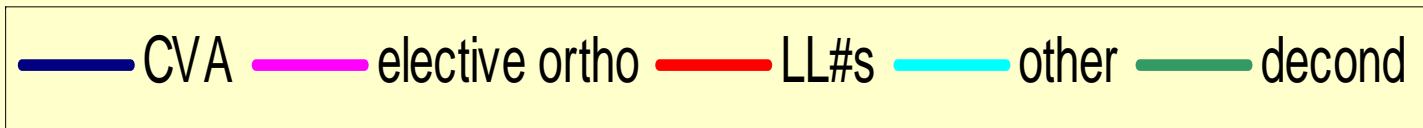
- Referrals/Triage
- OT take home
- Patient-centred team approach, goal setting
- Case notes
- Weekly case conference

Referral Source

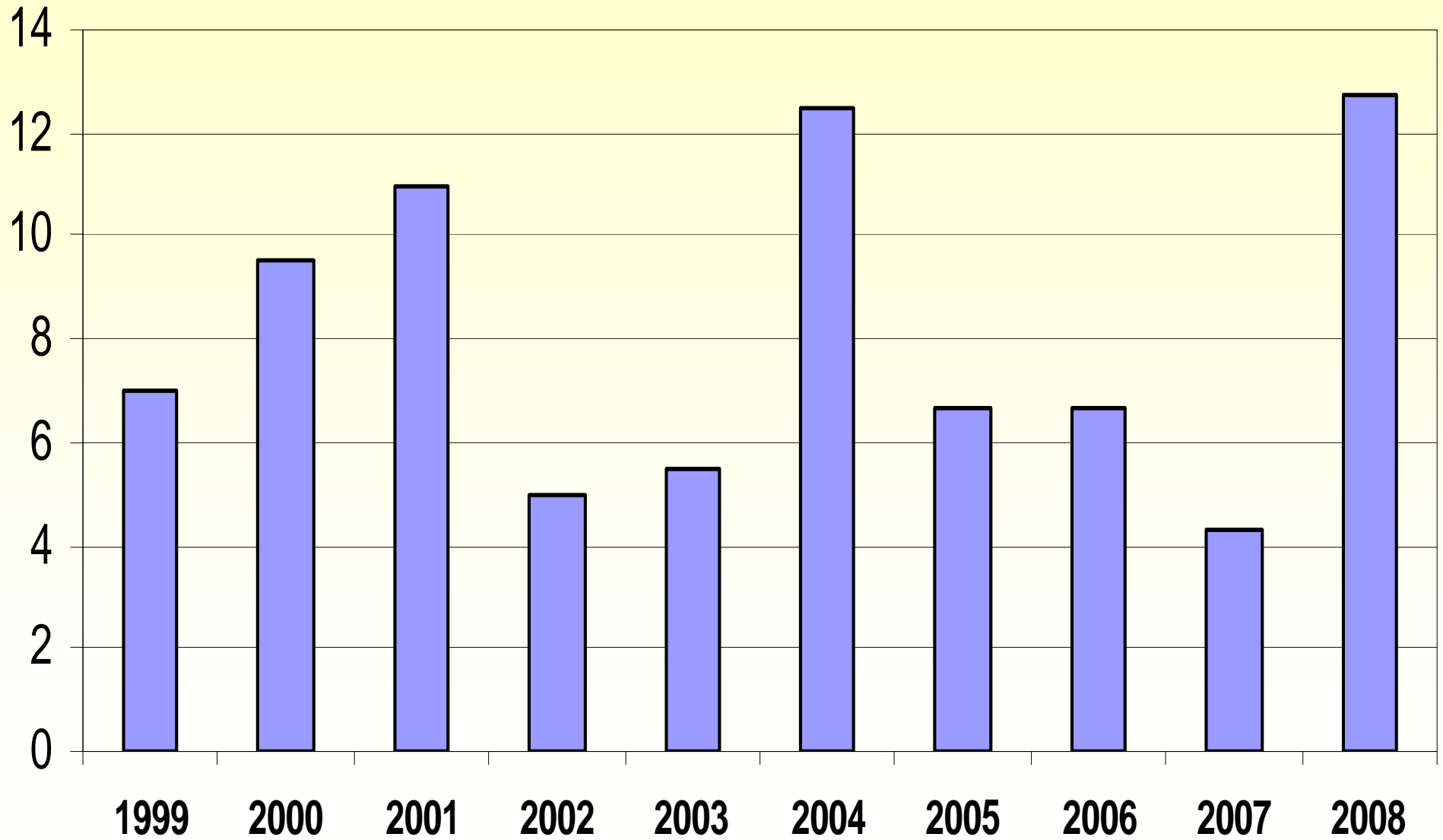
■ acute ■ rehab □ other



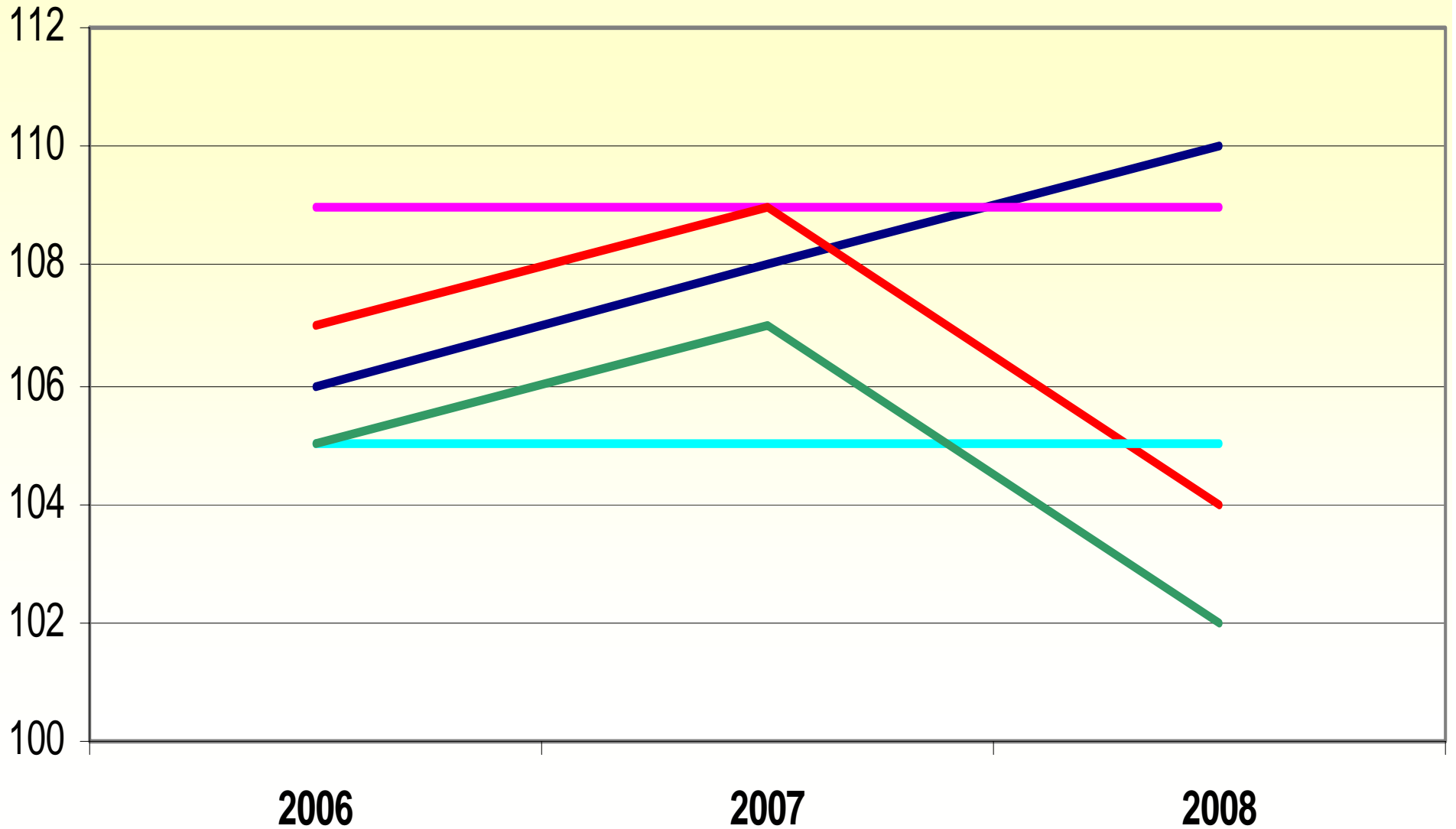
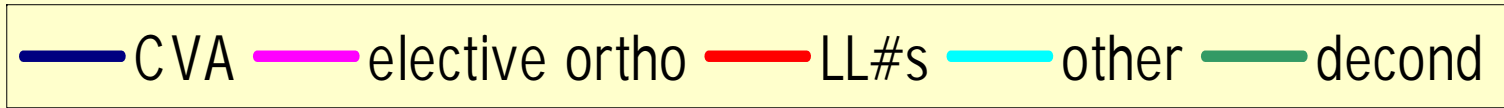
Percentage Admissions per Diagnosis



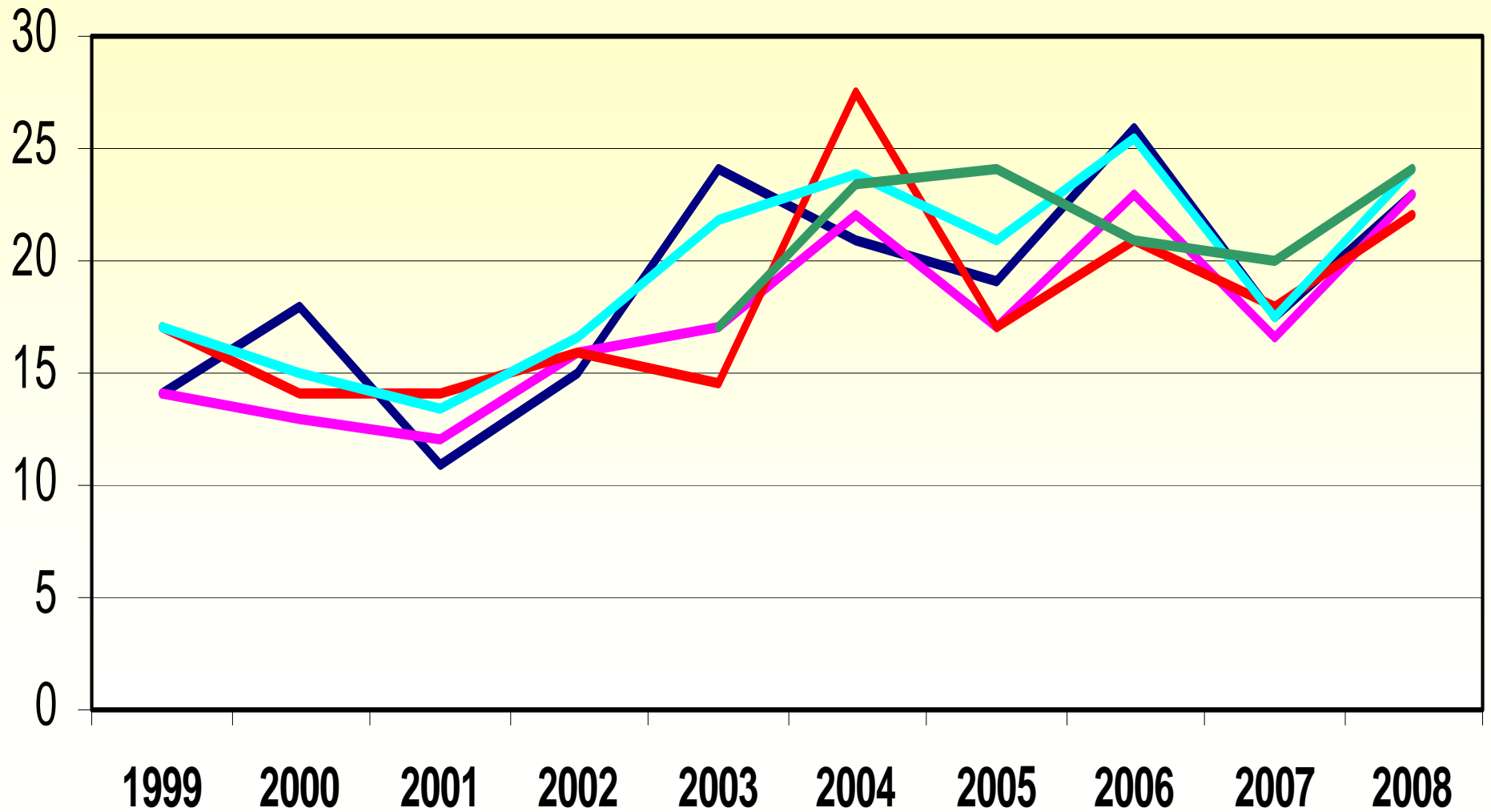
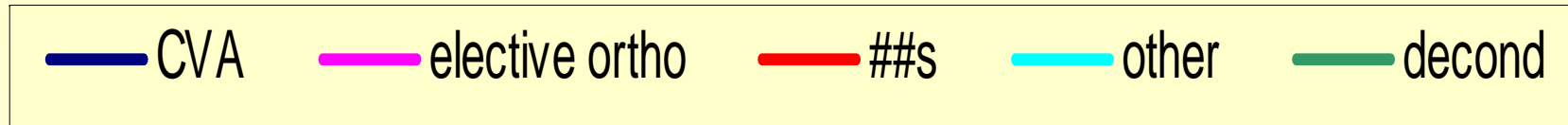
Percentage Readmissions



Median Entry FIM Scores per Diagnosis



Median Length of Stay per Diagnosis



WHERE NOW?

- Outcome measures – what works?
- Carer focus and support groups
- On-going information/promotion programme
- Introduction of EP

WHERE NOW?

- Challenges of expansion
- Support networks

SUMMARY

- RITHOM is valid, effective and accepted service
- Increasing complexity of patients
- RITHOM exists within a framework of supporting services
- Importance of the maintenance of strong links to acute setting

There's No Place Like Home



RGH October 2008