

Increasing patient activity on a stroke unit: Something for Everyone

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Background and aim

Patients can spend long periods of inactivity on the ward between physical rehabilitation sessions. There is little available to encourage patients to move about outside of these sessions. Our project aimed to find innovative ways to increase patients' physical activity while still on the ward.

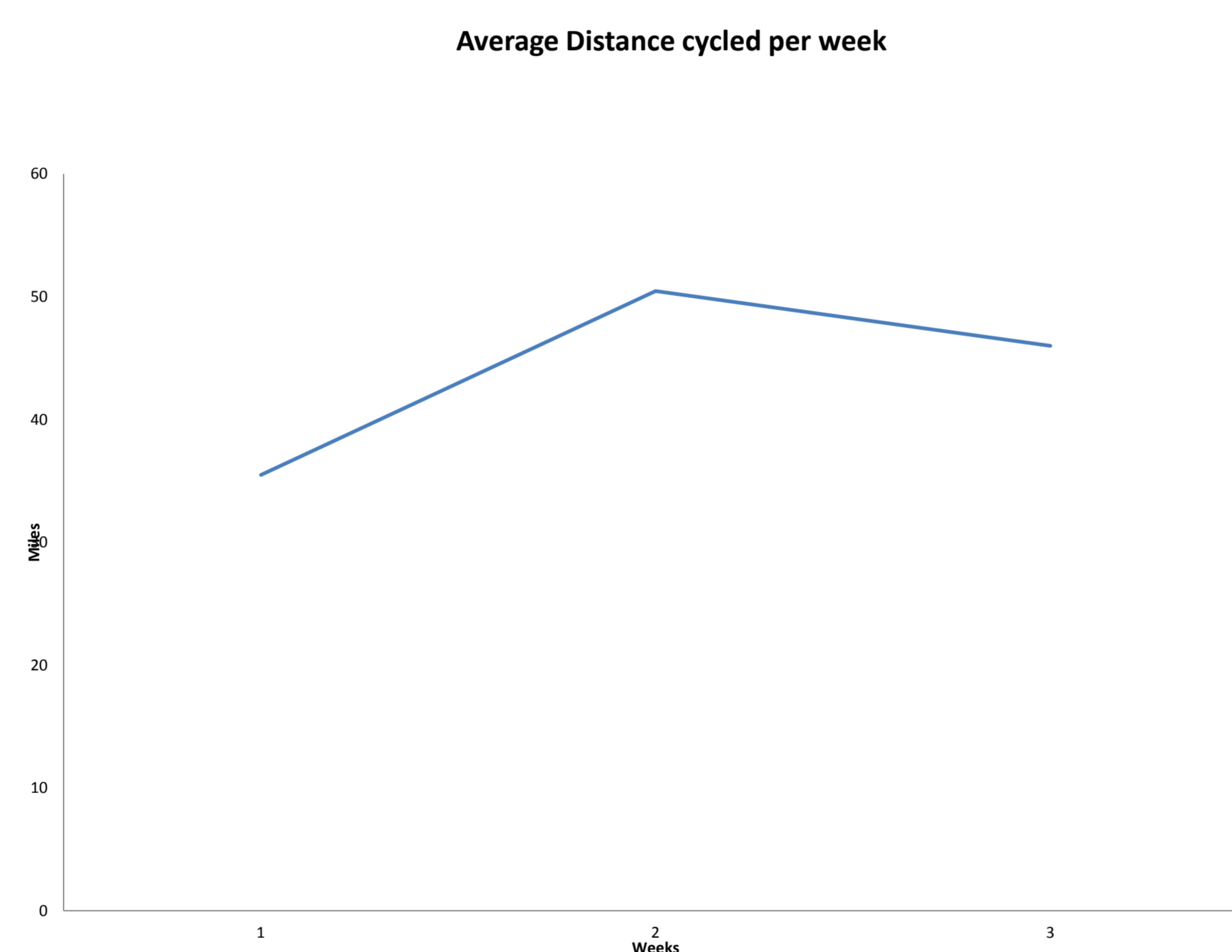
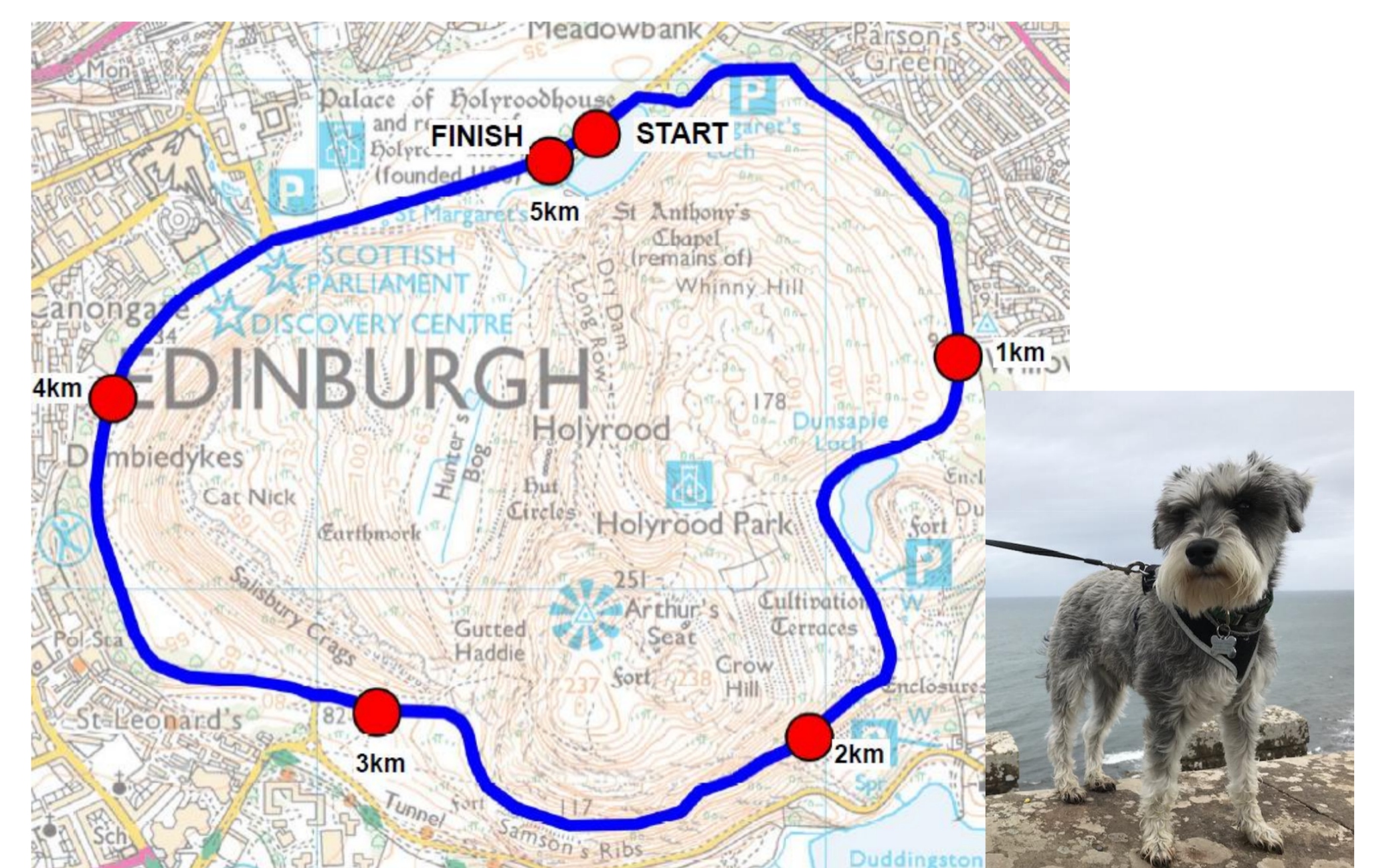
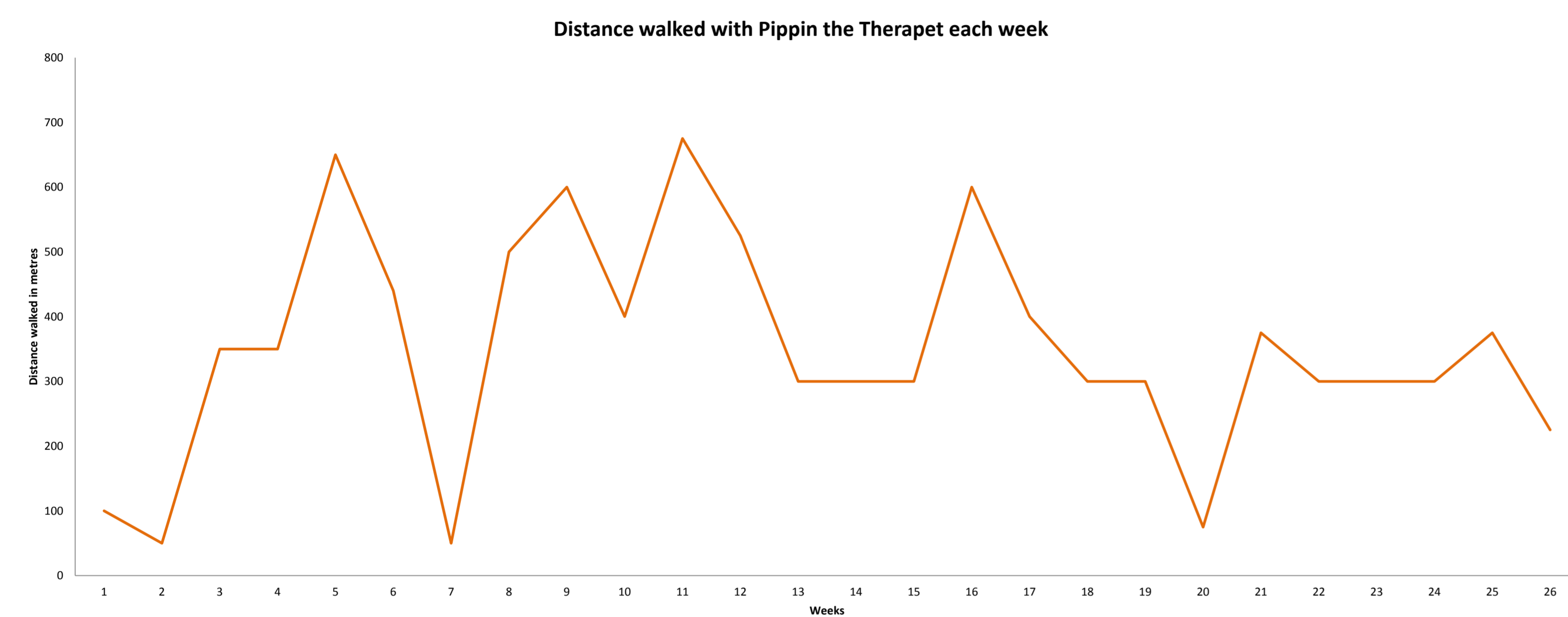
What did we do?

We identified two existing resources available on the ward that were inconsistently used: Pippin the Therapist and a Motomed seated cycle. Suitable patients were identified to take part in either a walking or cycling activity and virtual goals were created. Cyclists took part in the 'Tour de Western' over 3 weeks and walkers aimed to walk with Pippin the Therapist around a route equal to the distance around the local landmark of Arthur's Seat. We asked patients and staff for their thoughts on these activities.



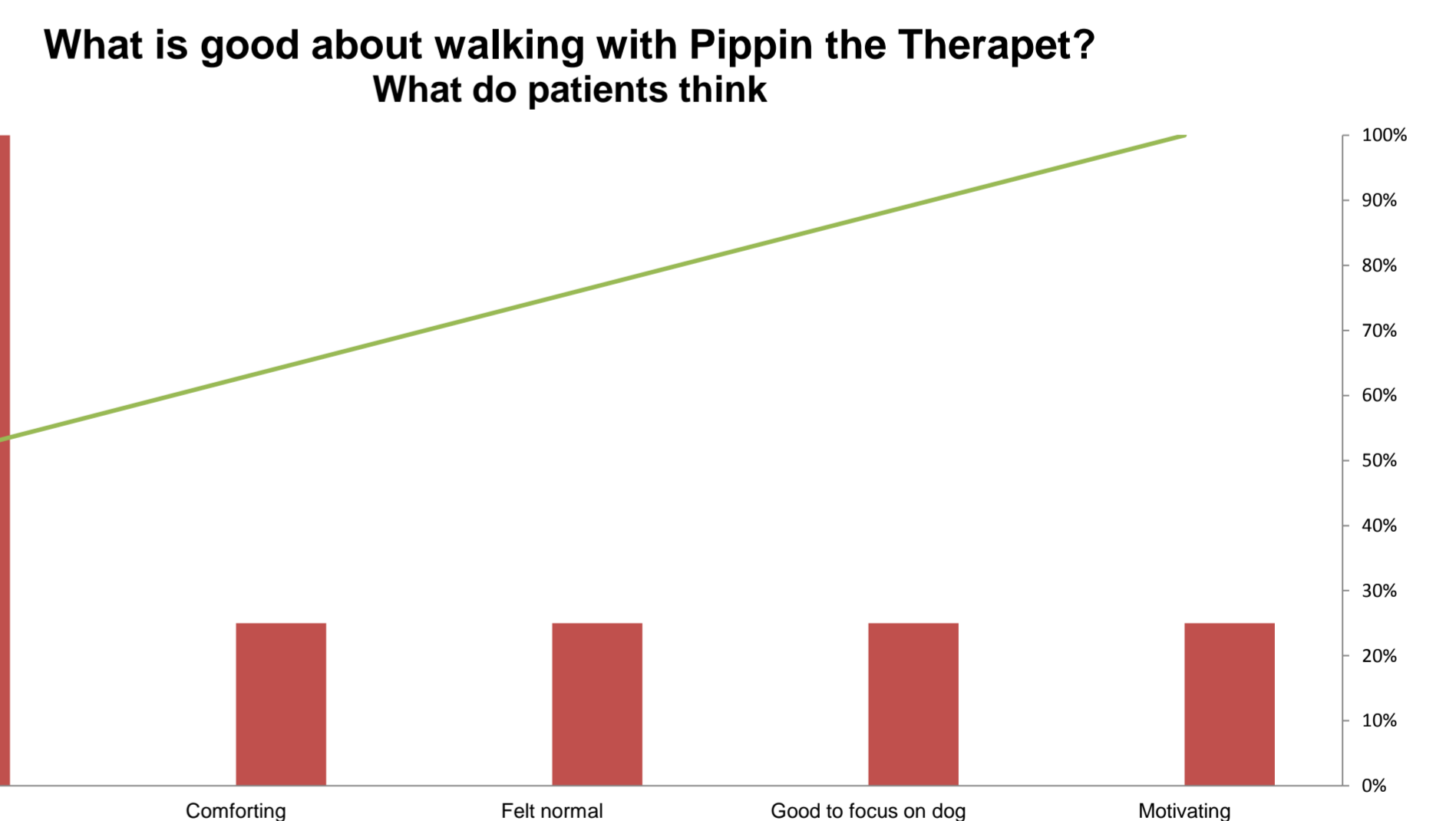
Activities

- Walking on ward with the Therapist using a map to chart the total distance walked
- 3 week 'Tour de Western' seated cycling using maps of local routes to motivate each cyclist and record the total distance travelled



Outcomes and results

A total of 92 interventions took place. The charts show activity that otherwise would not have occurred. We were both surprised and pleased to note the self-reported and observed improvements in the wellbeing of all those patients who took part. Incidental findings including improved attention and focus on task, improvements to mood and engagement as well as improved communication and willingness to interact.



Conclusions

The initial goal to increase patients' physical activity on the ward was achieved. However the other positive outcomes that emerged through these methods, should be built upon. As a result of this project we continue to use the Therapist and Motomed activities regularly and intend to develop the use of novel approaches to maximise patient outcomes further.