

A Final Wish: Facilitating an ITU Patients Home Visit

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We all have that one patient!

Patient: 66 years, prior to admission fit healthy having just taken early retirement

- 7th April – intra-popliteal angioplasty
- 18th April – elective partial heel calcaneotomy
- 8th May – ITU admission – MRI showed Right Posterior Brain stem infarct – Ondine's Curse - Acquired Central Hypoventilation Syndrome (ACHS)
- July 2016 - NiPPY supplied by Tertiary Specialist Outreach Team
- 14th September – Home visit

A Waiting Game

Home Mechanical Ventilation offers patients an improved quality of life and healthcare costs are reduced by making hospitalisation unnecessary

(Farre et al. 2005, Lloyd-Owen et al. 2005).

One Wish!

To visit his garden at home before the autumn as he had missed the flowers and vegetables he had planted.



Can We Do This??

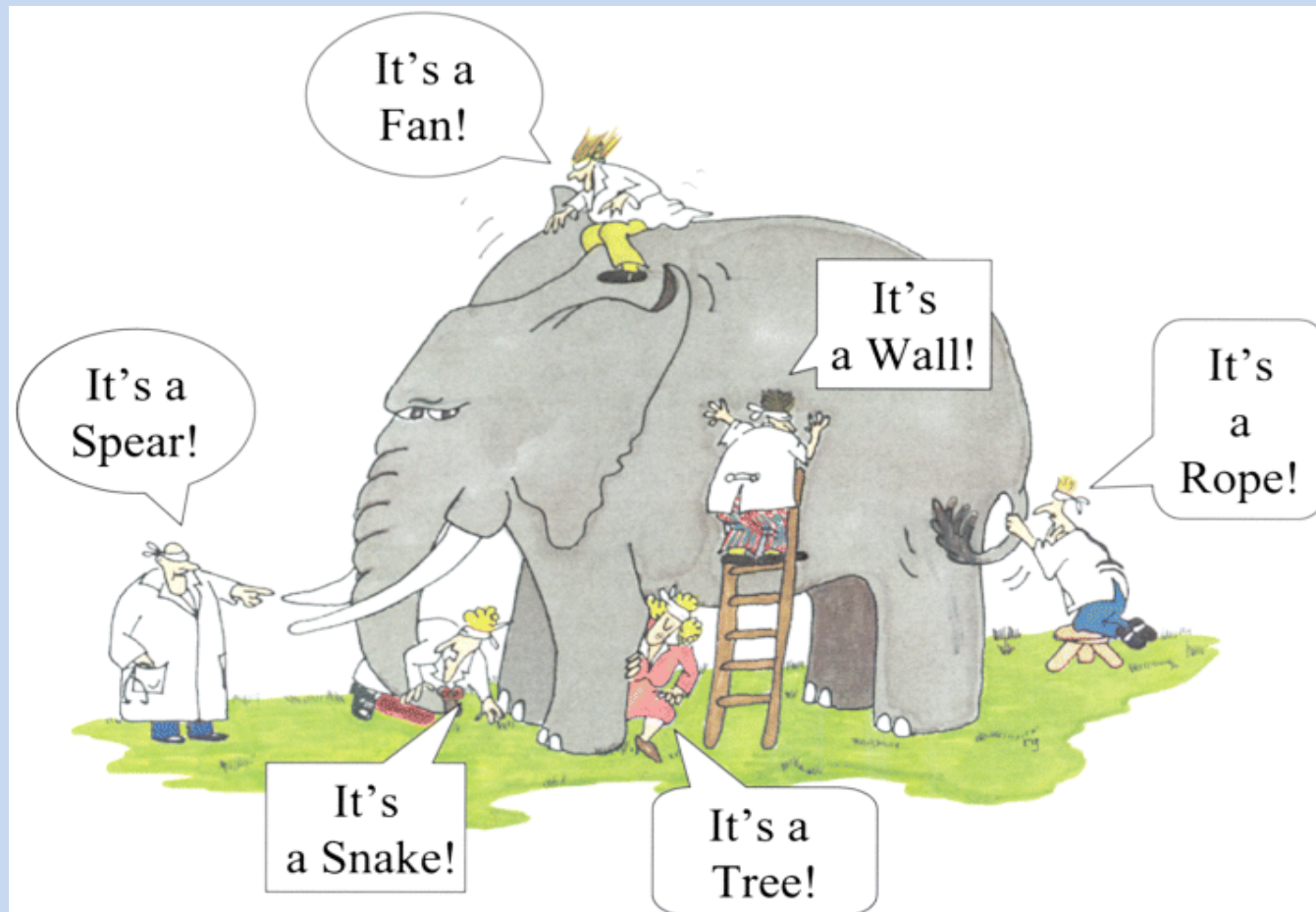


The Concerns!

- Would the visit have a detrimental effect on his rehabilitation?
- Would it make him more depressed?
- Would it make him more determined?
- Would he refuse to return?
- Would it be valuable to the patient's ongoing health care needs



A Multi-disciplinary Approach





OT & Physio

- Considerations would include:
 - Transport - patient currently sits in a tilt in space wheelchair, hospital transport do not take patients in these wheelchairs.
 - Length of visit and patients sitting tolerance
 - Access - Have they reviewed the home environment?
 - Impact on mood may not be positive as they hope
 - Risk assessment around if patient chooses to self-discharge and remain at home. No equipment or suitable POC in place and as highly complex case would be difficult to *arrange*.
 - Medical risks - de-sats / suctioning
 - Insurance / Responsibility etc.



Palliative & Legal

- Mr X is clear that he wishes to go home for a few hours to see his garden. He knows he is ultimately going to go to a NH placement for his care ultimately and he does not feel a visit home will make him unduly sad....more relieved. We agreed we would work towards a short home visit
- Concerns re liability / indemnity for you taking Mr X home for a 4 hour visit -with Legal Team Lead. She advises that you will be covered providing this is part of your role i.e. it's an employment issue rather than an insurance issue. You will need the visit authorised by your professional leads i.e. Medical Director and Lead Nurses

Additional Teams

- Other specialist areas,
- Ambulance crew
- The family
- Lead Nurse and Medical Director
- SALT



Whatever the size of the team it is imperative that there is clear and accurate communication and collaboration among all team members and a true multidisciplinary approach.

Promoting Independence Project

Heatherwood and Wexham Park Hospitals NHS Foundation Trust

PROMOTING INDEPENDENCE IN PATIENTS

HYGIENE:
PROMOTING SHAVING,
WASHING, DAILY ROUTINE

**ENCOURAGE USE
OF OWN CLOTHES:**
PYJAMAS, SHOES ETC.

STIMULATION:
RADIO, TELEVISION, GAMES,
CDs, MAGAZINES, AND BOOKS

MOBILISATION:
PROMOTING
WALKING, PEDALLING

COMMUNICATION WITH PATIENT:
AGREEING ACHIEVABLE GOALS & AIMS WITH PATIENT

Heatherwood and Wexham Park Hospitals NHS Foundation Trust

PROMOTING INDEPENDENCE IN PATIENTS

How can you help your loved one?

Here at Wexham Park ITU we aim to give independence back to our patients by setting patient-led goals. By promoting 'normal' activities within this critical care area we can prepare the patients for the ward and the path to home. In addition we are also improving dignity, core stability, mobility, gut function and independence. This in itself can reduce the risk of blood clots and hospital acquired pneumonia to name but two problems.

We require your help to promote independence and support us in motivating patients to achieve these goals. You can do this by liaising with the nurses to help with these personalised goals. For example, you can help play games such as dominos to improve dexterity or bring in their favourite books, newspapers or magazines.

Patient Suitcase

Once a patient becomes a high dependency patient or is able to mobilise, we would like to request a few minimal home comforts to be brought in. As space is limited we have compiled a list to help.

- ✓ 2 Pairs of PJs or Nightgowns
- ✓ Toothbrush & Toiletries
- ✓ Supportive slippers
- ✓ 1 x Loose day time clothes
- ✓ Dressing gown
- ✓ Patients' glasses

The Passport to Independence

We will set daily goals with our patients.

We will write these on the board at the rear of bed space. This will allow the large team we have here in ITU to contribute to achieving those goals. With a little help too from family and friends. (That's you!)

Goal Setting

Daily goals set together with the patient, MDT and in house Promoting Independence Project (NICE ..):

- Simple and achievable
- Increasing tolerance
- Getting into his own clothes
- Wearing his speaking valve for longer
- Sitting in the ITU garden or crossroads to break up daily life of being isolated in a cubicle



The Data

- Gallagher (2002) - patients usually feel dignified when they are able to function as independently as possible and have a genuine role in decision making in relation to their care
- Karlsson et al (2003) - not demanding or expecting anything from the patient confines his or her perceived lack of value & belief on the part of the carer that the patient was incapable of achieving anything.

Resistance to Rehabilitation

- ITU Nurses!!!- that 'do all' culture
- Turning off invasive monitoring
- Encouraging rehab goals and allowing the patient to care for themselves
- Low patient morale

‘I feel more human and less like a person in a bed’.

Rehabilitation is vital in patients recovering and transitioning from critical illness and involves several domains such as physical, psychological, and cognitive



In the ambulance he leaned forward in anticipation encouraging the ambulance staff to drive faster to his home.

This was his last wish – knowing deep down he would not be able to return home again.

The Future

- Develop complex care meetings and discharge planning.
- Personalised goals
- Nurse led rehabilitation
- Patient participation

Admittedly taking all patients home is not practical however nursing holistically sometimes requires us to think outside of the box.

Committed To Excellence

Working Together

Facing The Future

Frimley Health



NHS Foundation Trust

Any Questions?





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