Days and Force Correlation?

Post-op Day and Force Lifted (lbs)
Improving Patient Confidence

How Confident Do You Feel Using Your Arms to Pick Up an Object?

<table>
<thead>
<tr>
<th>Confidence Level</th>
<th>Pre Test</th>
<th>Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all Confident</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Slightly Confident</td>
<td>18</td>
<td>1</td>
</tr>
<tr>
<td>Somewhat Confident</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Very Confident</td>
<td>2</td>
<td>11</td>
</tr>
<tr>
<td>Extremely Confident</td>
<td>6</td>
<td>6</td>
</tr>
</tbody>
</table>
Society of Thoracic Surgery
Upcoming Publication

- 31.4% Increase in function (Standard - vs. M.I.T.)
- Physical Therapy discharges patient before leaving the hospital Increased by 20%
- LOS Decreased by 0.2 Days - $$$
- D/C to SNF reduced from 5% to 2.5%
- D/C to Inpatient Rehab from 21% to 7.8%
Other Movement Considerations
Patient D/c Disposition

• 4th Quarter 2015
  • Total Patients: 94
  • D/C Home: 52%

• 4th Quarter 2016
  • Total Patients: 91
  • D/C Home: 84%
Baylor & Memorial Collaboration

- Over 3,000 patients have now gone through phase 1 and phase 2 cardiac rehab using “Keep Your Move in the Tube” precautions with ZERO incidence of mechanical dehiscence caused by mobility.
Improved Patient Outcomes since March 2016

• Decrease in discharges to secondary facilities
• **Increased** patient satisfaction → Phase 2 is 98%
• Patients are **starting outpatient cardiac rehab sooner than ever**
• **Increased patient satisfaction** = + Referrals and patient churn
  – Consistently meeting budget and seeing over 70 patients daily in cardiac rehab alone. Insurance reimbursement ~$100 per session in CR
Why and How

• Empower patients to move: easier to transfer, ambulate, and be active (improves health!)
• Maximizes patient independence and self-efficacy
• We must be consistent as healthcare providers!
  – **Cleveland Clinic**: 20 lbs (Now discussing M.I.T. with us)
  – **Mayo Clinic**: 5 lbs
  – **Johns Hopkins**: 10 lbs, no bending at waist, do not put both arms over head at the same time (where is the research?)
Ongoing Education and Training

• Education
  – Mandatory Cardiac Patient Discharge Class**
  – Staff Training and Competencies
  – Provided Education Across the Continuum
  – Revised Patient Education Booklets
  – Training video
  – ‘Vitacourse’
Goals for Activity – Inpatient
(Phase 1)

• Feet on the Floor for Every Meal - “Heels for Meals”
• Encouraging patients to ambulate 3-4 times/day
• Coordination of Rehab, RN, PCA, and family members in ambulation
• Bed rest orders are a thing of the past!
  – **Avoid bed pans and commode chairs if possible