

# Rehabilitative Palliative Care

How rehabilitative is your Hospice?

## BACKGROUND

- There is a growing body of evidence in support of importance of rehabilitative palliative care<sup>(1)</sup>.
- In 2015, Hospice UK published *Rehabilitative Palliative Care* <sup>(2)</sup>, enabling people to live fully until they die.
- The publication established a checklist to assess the willingness of hospices to adopt a rehabilitative approach for patients.
- In rehabilitation practice, goal setting is often used to understand what matters to people receiving care

## REFERENCES

- <sup>(1)</sup> Campbell A et al (2011). The importance of physical activity for people living with and beyond cancer: A concise evidence review. MacMillan Cancer Support. London England
- <sup>(2)</sup> Tiberini and Richardson (2015). Rehabilitative Palliative Care. Enabling people to live fully until they die. Hospice UK.

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## AIMS

- To determine the rehabilitative status of the hospice and establish a baseline position
- Formulate *Action Plan* from baseline
- Implement *Action Plan* and measure improvements over time.



## INTERVENTION

(Action Plan)

Education sessions on 'rehab in palliative care'

Non-pharmacological management of symptoms guidelines developed

LearnPro on Falls Prevention

Enablement champion education programme developed and underway

'Setting and implementing patient-set goals in palliative care' explored

Support to Day Hospice to adopt enablement approach, including joint working where appropriate

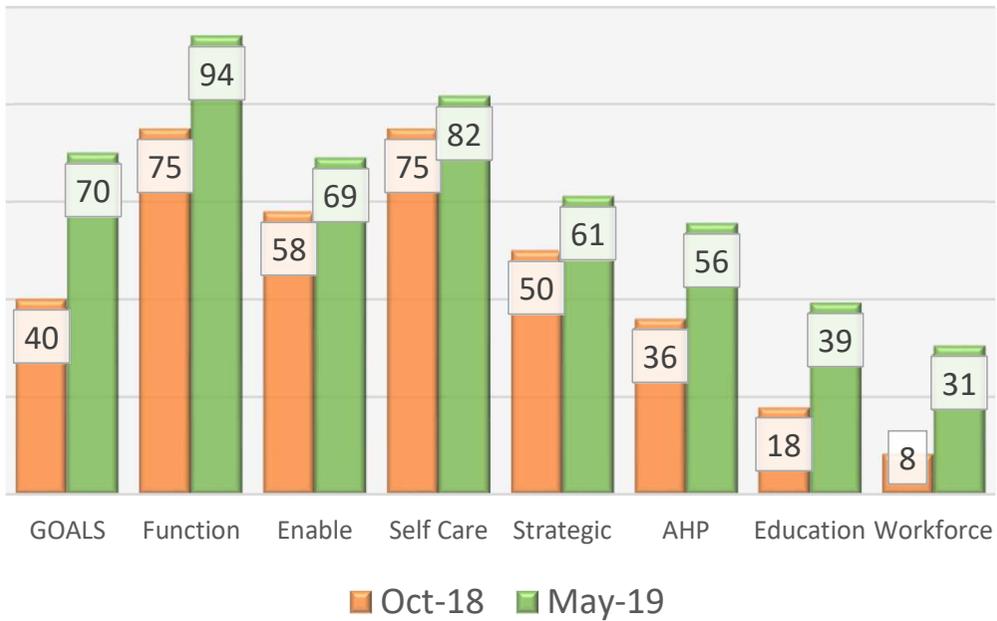
Develop leaflets for Rehabilitation Services and Breathlessness

Medics completing education sessions on Scottish Palliative Care Guidelines

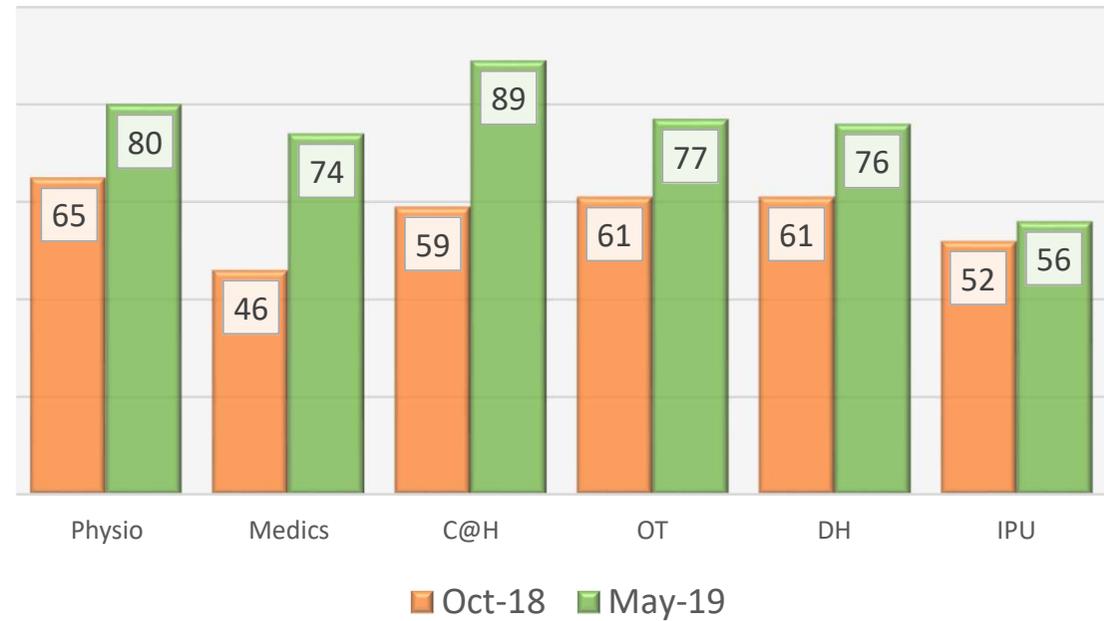
'Getting to know me' now audited monthly

Moving and Handling drop-in sessions run by PT

Post Implementation Benchmark  
by category (%)



Post Implementation Benchmark  
by profession (%)



## IMPROVEMENTS

- The project demonstrates an improvement in the Hospice's approach to Rehabilitative Palliative Care
- Improvement is demonstrated, both by category and profession as illustrated in the above charts.
- The Hospice has improved information for patients and staff through the publication of leaflets for breathlessness and Rehabilitation.
- Education opportunities for staff have been established through the deployment of LearnPro falls module and the development of a bespoke rehabilitative palliative care Learnpro module

## OPPORTUNITIES

- Additional intervention is required to further improve scoring in IPU and across the Day Services
- Implement additional support to implement GOAL settings (as per OACC guidelines) across the Hospice.
- Complete the education programme for ALL clinical staff in respect of rehabilitation patients.