

HEALTH BOARD MEETING IN PUBLIC 27TH MAY 2021

Consent level check	Consent level 4 – Anyone including intranet and social media
Report Title	Johan's Story – The impact of Occupational Therapy in ITU
Report Author	Eleri D'Arcy - Clinical Specialist Occupational Therapist
Executive Lead	Christine Williams
Health Board Priority	-
Health Board Objective	-
Relates to Service Group	Morrison

1. Report Summary

Background

Johan was admitted with Covid-19 in January 2021 and had a total of 16 days in the Intensive Care Unit in Moriston Hospital. The role of Occupational Therapy on ITU is part of a 12 month service evaluation project to establish the impact of the role on patient care. The role involves physical, neurological and cognitive rehabilitation; bringing function as a medium of rehabilitation into the very early stages of a patients recovery. Up to 80% of patients in critical care experience Delirium and up to 60% of these have lasting effects that impact their quality of life for over 12 months post critical care stay.

Up to 60% of patients experience Post Traumatic Stress Disorder (PTSD) as a direct consequence of their ITU admission. The primary objectives of Occupational Therapy in critical care is to reduce the prevalence of both Delirium and PTSD, and improving patient experience. Starting rehabilitation early in a patient's journey is proven to positively impact patient's recovery and functional outcomes. In this story, the patient Johan, has focussed on the wellbeing side of the Occupational Therapy role. Often underestimated, this story shows the impact of the humanistic approach Occupational Therapy brings to the Critical Care environment. He also makes reference to the continuity of care as the Occupational Therapy role follows patients onto the ward and out into the community in order to support the transitions of care which can often be problematic for patients.

Actions Taken?

This patient story has been shared with staff to support and enhance morale as it is complimentary of the MDT in Critical Care. It has also been shared with profession specific groups to raise the understanding of the role and the contribution of Occupational Therapy within Critical Care.

Lessons Learned?

This story highlights the impact of the humanistic and holistic approaches that the Occupational Therapy profession brings to the ITU environment. In particular the feedback from the patient regarding the continuity of care from ITU onto the wards

and then supporting a smooth and timely transition into the community is something that has been echoed by the majority of the patients who have provided feedback and has been included in the service evaluation report.

What has happened since this story took place?

This story has been included and shared as appropriate.

Johan is continuing to have minimal support in the community and is due to be discharged from all services shortly. Johan is currently planning his return to work. He has returned to driving and all of his hobbies. He has just completed a shed renovation to make a garden bar – this has kept him focussed, given purpose and allowed him to slowly build his strength and stamina.

2. Key points to note

(Including decisions taken)

Improvement to Services?

The role of Occupational Therapy in Critical Care is well established in other areas of the UK and the evidence base is growing rapidly. The role in Swansea Bay is a service evaluation project to assess benefit of the service and to inform possible future implementation and scale up utilising O.T. Technician role. A service development plan has been submitted and continues to be evaluated.

Why is this story important?

This story recognises the positive impact Occupational Therapy in ITU has on a patient's outcomes and experience. It is vital to listen to patients' feedback and views. Whilst the Occupational Therapy input provided worked on a range of aspects, the patient has found value in some of the more subtle wellbeing aspects of the role and as such it is important to reflect this in future evaluation.

Patient Outcomes?

The Occupational Therapy service measures a range of patient outcomes and focusses on function. By measuring functional outcomes; i.e. how independent a person is in everyday tasks, it ensures therapy remains patient focussed and gives insight into the lasting effects of an ITU stay. These outcomes are completed retrospectively on admission to ascertain levels of function or independence, at day 1 of admission, again on discharge from ITU, repeated on discharge from hospital and then again at 12 weeks follow up.

For Johan, he was an extremely active, working, father of three young children with a passion for cycling, drifting and DIY. He is now home and continuing with his recovery. Ongoing rehabilitation has focussed on regaining functional independence through use of equipment, fatigue and anxiety management. Occupational Therapy also continues to work with Johan on the psychological aspects of recovery. Johan has now returned to driving and cycling and is currently working with his Occupational Therapist to plan his return to work as a lorry driver.

3. Risks

If this risk is on a formal risk register, please provide the risk ID/number.

The risks associated with this report include:

This is an evidence based service project that is designed to evaluate the benefits of the service and inform a possible business case development.

4. Advice and Recommendations

(Support and Board/Committee decisions requested):

- **NOTE** the briefing to support the patient story

5. History of the paper

Please include details of where paper has previously been received.

None