

# Improving Rehabilitation Outcomes Through Self-Management

## MY THERAPY

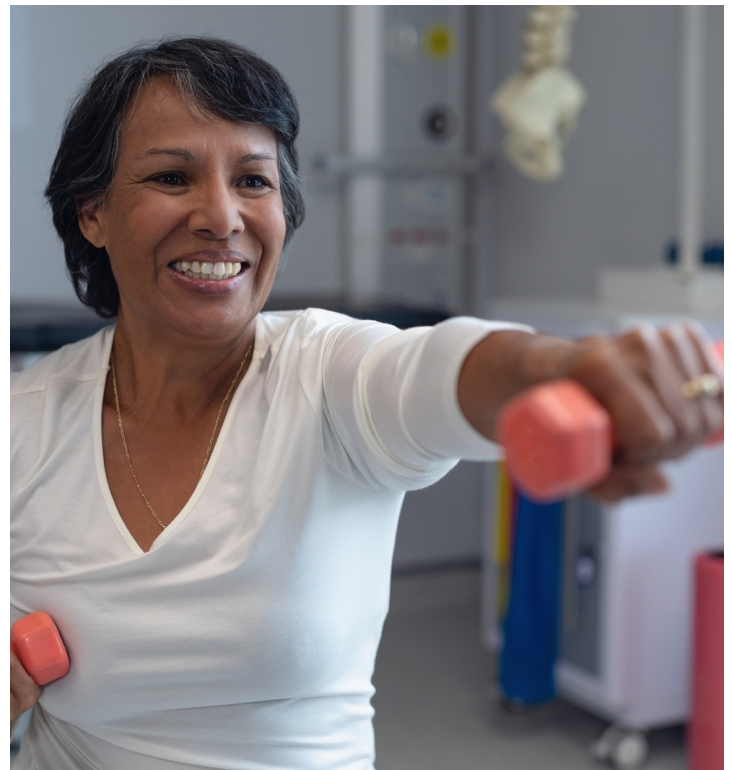
**NHMRC PARTNERSHIP GRANT APP1191881 (\$743,438.43 PROJECT FUNDING & \$200,000 PARTNERSHIP CASH CONTRIBUTION). PARTICIPATING HEALTH SERVICES INCLUDE ALFRED HEALTH, CABRINI, EASTERN HEALTH AND HEALTHSCOPE.**

Participating in more therapy during inpatient rehabilitation enables patients to achieve better function and quality of life, and return home sooner.<sup>1</sup> While funding additional staff to increase the amount of supervised occupational therapy and physiotherapy is always an option, limited financial resources can make this challenging.<sup>2</sup> This NHMRC Partnership project explored implementation of additional staffing resources, to increase participation in rehabilitation. This independent practice program is called **My Therapy**

**My Therapy** is a consumer-driven, self-management program designed to increase the dosage of therapy participation during rehabilitation, through independent practice of exercise and activity, in addition to usual care.<sup>3</sup> It is tailored to individual needs, is prescribed by patients' treating therapists, and can be practiced within business hours, in the evenings or over the weekend.

### PILOT STUDY

Published research showed that **My Therapy** can achieve around 100 minutes of extra weekly practice alongside usual care rehabilitation, in hospitalised older people with musculoskeletal conditions and frailty. Benefits occurred without additional staff or or adverse events.<sup>3</sup> Compared to usual care, more than double the proportion of **My Therapy** patients achieved a minimal clinically important difference in function from admission to discharge. It was also delivered safely to patients with a cognitive impairment. Aimed at enhancing **patient self-management**, the pilot study benefits will continue to be evaluated throughout the NHMRC Partnership Project.



Caption can be added here

### THE OBJECTIVE

To scale up implementation of **My Therapy** across inpatient and home-based rehabilitation wards in Australian public and private hospitals, and to evaluate the benefits to the patient, the mechanism of successful scaling, and program cost effectiveness via a stepped-wedged cluster randomised trial.

## REFERENCES

1. Peiris CL, Shields N, Brusco NK, et al. Additional physical therapy services reduce length of stay and improve health outcomes in people with acute and subacute conditions: an updated systematic review and meta-analysis. Arch Phys Med Rehabil 2018; 99: 2299-2312.
2. O'Brien L, Mitchell D, Skinner EH, et al. What makes weekend allied health services effective and cost-effective (or not) in acute medical and surgical wards? Perceptions of medical, nursing, and allied health workers. BMC Hlth Serv Res 2017; 17: 345.
3. Brusco NK, Tilley L, Walpole B, et al. Feasibility of increasing the dosage of inpatient occupational therapy and physiotherapy rehabilitation via independent tasks and exercises: 'My Therapy'. Aust Occ Ther J 2019.

## LISTED CIS / AIS / ADDITIONAL HEALTH SERVICE MEMBERS:

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- |   |                             |                                      |
|---|-----------------------------|--------------------------------------|
| · CIA Dr Natasha Brusco                   | AIA Ms Helen Kugler         | · Matthew Knight: Healthscope        |
| · CIF Associate Professor Lisa Somerville | AIF Dr Melissa Raymond      | · Ms Katie Dixon: Cabrini            |
| · CIB Professor Meg Morris                | AIB Ms Anna Joy             | · Mr Harry Koutsoufotis: Healthscope |
| · CIG Professor Natasha Lannin            | AIG Dr Marnie Graco         | · Ms Jude Boyd: Eastern Health       |
| · CIC Professor Nicholas Taylor           | AIC Ms Brianna Walpole      | · Mr Kirby Young: Cabrini            |
| · CIH Dr Rania Abdelmotaleb               | AIH Ms Camilla Radia-George |                                      |
| · CID Professor Keith Hill                | AID Professor Leanne Boyd   |                                      |
| · CII Associate Professor Libby Callaway  | AIJ Dr Paul Sanfilippo      |                                      |
|   | AIE Ms Dina Watterson       |                                      |
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## MY THERAPY: LAY SUMMARY

People often spend time recovering in a rehabilitation hospital after an injury, illness or surgery. During their rehabilitation stay, most patients experience improvement in their ability to move and think. However, patients sometimes don't get enough time with their occupational therapist or physiotherapist to practice their tasks and exercises, and maximise the benefits of rehabilitation. Although it would be good to hire more staff, this may not be an option due to financial pressures within the hospital.

An alternative is to help patients become more independent with their rehabilitation so that they can continue to practice their occupational therapy tasks or physiotherapy exercises outside of supervised sessions. The 'My Therapy' program does this by motivating patients to be proactive in their approach to rehabilitation through education and empowerment, so that the patient continues to safely and independently practice their tasks and exercises outside of supervised sessions. This is in addition to the usual supervised therapy sessions.

In this project the 'My Therapy' program was tested in four Victorian rehabilitation hospitals to see if patients can be more confident in managing their own health, and make even more gains in their ability to move and think. This project was also looking to see if My Therapy can reduce the cost of a rehabilitation stay in hospital.

## PROJECT APPOINTED MEMBERS

- Dr Christina Ekegren: Project Lead
- Ms Alica Devlin: Eastern Site Coordinator
- Mr Vince Rovtar: Consumer representative
- Ms Emma Dorward: Alfred Site Coordinator
- Professor Derick Wade: International Expert
- Ms Fiona Dufler: Cabrini Site Coordinator
- Ms Sara Whittaker: PhD Student through RAIL Research Centre, Monash University (supervisors Natasha Brusco, Nick Taylor, Keith Hill)
- Ms Claire Thwaites: Healthscope Site Coordinator



### Contact Us

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