Teach-back SCI: Patient-Oriented Discharge Strategy (PODS)

A Process for Optimizing Transitions from Inpatient SCI Rehab to the Community

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Background: Spinal Cord Injury (SCI)



- Complex, multi-system, life-altering condition
- People with SCI identify the transition from rehab to the community to be overwhelming
- Hospital LOS are shorter and transitions between the phases of care are faster



What is Teach-back SCI PODS?

1. Teach-back style PODS meeting that uses self-management best practices led by a neutral clinician facilitator

2. An SCI-focused PODS document

- Medications
- ✓ Care Plan
- ✓ Signs, Symptoms and What to do's
- Appointments
- Individualized Contact List
- 3. When: 1 week prior to Discharge
- 4. Who: patient / family, facilitator, member of team



	PODS	
UHN Rehabilised	Mr. Lyndhurst's Discharge Summary]
	n leaving . I had my meeting on (dote) with . I came in because I /paraplegia or other. I am going to my (home/ condo/ retirement rve.	
This summary is my interpretat please refer to the appropriate	tion of my plan for discharge. For profession-specific recommendations professional documentation.	
I have a Spinal Cord Esse		_
	Motificational model to Final red several days before leaving by my Pharmacist or Doctor. I intment immediately after leaving to renew prescriptions in time	
	scription) has (not yet) been reviewed with Nurse or Doctor. I	
need to choose a vendor a	nd arrange delivery or pickup of my supplies.	-
need to choose a vendor a	earce same	
Issue	Su de sér rela de labér apareces	
	Circ Plan	
Issue	Circ Plan	In notiont's
Issue Swallowing / Breathing Skin Bladder	Circ Plan	In patient's
Issue Swallowing / Breathing Skin Bladder Bowel	Circ Plan	In patient's
Issue Swallowing / Breathing Skin Bladder Bowel Pain	Circ Plan	In patient's
Issue Swallowing / Breathing Skin Bladder Bowel Pain Thinking /Memory	Circ Plan	In patient's
Issue Swallowing / Breathing Skin Bladder Bowel Pain	Circ Plan	In patient's own words
Issue Svallowing / Breathing Skin Bladder Bowel Pain Thinking /Memory Dressing / Bathing /	Circ Plan	In patient's own words
Issue Svallowing / Breathing Skin Bladder Bowel Pain Thinking / Memory Dressing / Bething / Grooming	Circ Plan	In patient's own words
Issue Swallowing / Breathing Skin Biadder Bowel Pain Thinking /Memory Dressing / Bathing / Grooming Eating	Circ Plan	In patient's own words
Issue Swallowing / Breathing Sian Bladder Bowei Pain Thinking / Memory Dressing / Athing / Grooming Eating Transfers / Mobility	Circ Plan	In patient's own words
Issue Swallowing / Breathing Skin Bladder Bowei Pain Thinking /Memory Dressing / Bathing / Grooming Eating Transfers / Mobility Equipment	Circ Plan	In patient's own words
Issue Swallowing / Breathing Skin Bladder Bowel Pain Praing / Memory Dressing / Bathing / Grooming Eating Transfers / Mobility Equipment Cooking / Shopping	Circ Plan	In patient's own words
Issue Swallowing / Breathing Skin Bladder Bowei Pain Thisking / Memory Dressing / Bething / Grooming Eating Transfers / Mobility Eating Cooking / Shopping Housing	Circ Plan	In patient's own words



SCI Rehab PODS



MASTER TEMPLATE's Discharge Summary

I came to Lyndhurst and am leaving _____. I had my meeting on (data) with __ . I came in because I have inc/ complete quadri/paraplegia or other. I am going to my (home/ condo/ retirement home/ hospital) when I leave.

This summary is my interpretation of my plan for discharge. For profession-specific recommendations please refer to the appropriate professional documentation.

I have a Spinal Cord Essentials Binder.

Medications I need to take

Medications will be reviewed several days before leaving by my Pharmacist or Doctor. I need a Family Doctor appointment immediately after leaving to renew prescriptions in time for refills.

Bladder supply list (GU prescription) has (not yet) been reviewed with Nurse or Doctor. I need to choose a vendor and arrange delivery or pickup of my supplies.

	Care Plan
Issue	Plan
Swallowing / Breathing	
Skin	
Bladder	
Bowel	
Pain	
Thinking /Memory	
Dressing / Bathing / Grooming	
Eating	
Transfers / Mobility	
Equipment	
Cooking / Shopping	
Housing	
Coping / Relationships	
Transportation	
Leisure	

Signs and Symptoms and What to do			
What if I Have	What to do		
Dysreflexia			
New swelling			
Much worse spasms			
A red mark on my skin			
A change in bowel function			
A change in bladder function			
(bladder infection)			
Much worse pain			
A fall			
Feel very sad or overwhelmed			
A problem with my wheelchair			
When to go to Emergency: Much worse numbress, weakness or loss of bowel or bladder			
function; serious injury from fall			

	Outpatient Referrals Completed		
Nursing	Other: TR.Psv.Chap	Location:	

PT OT SW Nursing Other: TR, Psy, Chap.

Appointments I have to go to			
These are my Lyndhurst appointments only- can get a printed list from Outpatient Reception			
Go to see For Date and Time			
Dr.			
Robson Clinic	bson Clinic Bladder Follow up		
Bone Density Clinic	Bone Density Follow up		
Private PT, CCAC, SCI-O Community Services			

My Contacts			
For Questions about	Contact	At	
Medications prescribed here			
Meds more than 3 months after leaving, refills			
Bladder supplies			
Changes in prescriptions or symptoms			
Surgery / Neurology follow-up			
Physiatry follow-up			
Lyndhurst Outpatient Services			
To cancel/reschedule Outpatient appointments			
Equipment			
Housing / Finance / Home modification / Employment			
Other Social Work Questions			
CCAC			
Speaking / swallowing			
Breathing			
Spinal Cord Injury Resources			
Mental Health (Psychologist)			
Mental Health Services	Mental Health hotline		
Physiotherapy Questions			
Occupational Therapy Questions			
Research Studies	Central Recruiter		

My Notes and Questions			

SCI Rehab PODS

- SCI rehab standard of care since May 2015!
- 9 trained 'neutral' facilitators
- 2 PODS schedulers
- Significant inter-professional participation
- Resource neutral, no additional \$
- Positive feedback from patients and staff

"I feel like I am ready to go home now."

"I was so surprised he could articulate what he needs to do at home!"



February 2015

Pilot Study Results

(% that strongly agreed)

	(70 that ou ong	y ugroou/
Question	Pre-PODS (Feb patients)	PODS Pilot
I understand the purpose of my medications and when to take them	42%	83%
I understand how to manage my daily care	41%	67%
I understand what symptoms to look for and what to do	33%	83%
I know my follow up appointments	42%	67%
I know who to call with questions	33%	83%
When I left hospital I felt confident about my discharge	25%	50%

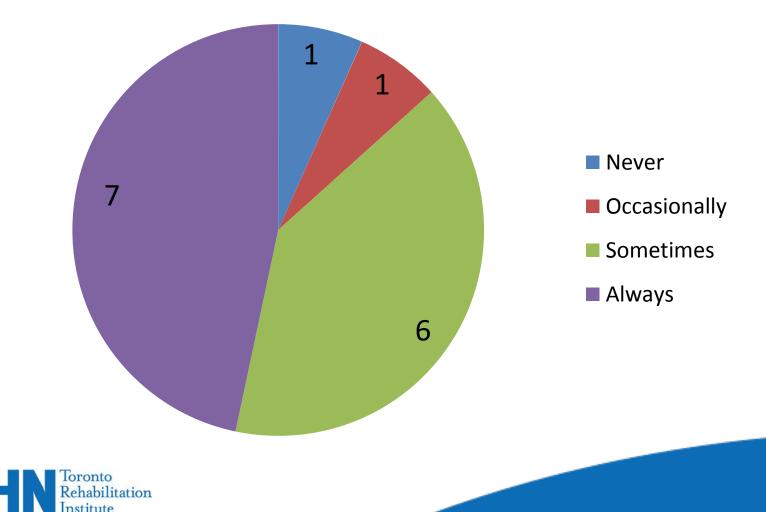
What did you use your PODS summary for?

Appointments	2
Phone numbers/contacts	2
Prescriptions done	1
Gave me support	1
Reminders/refresh memory of health	2

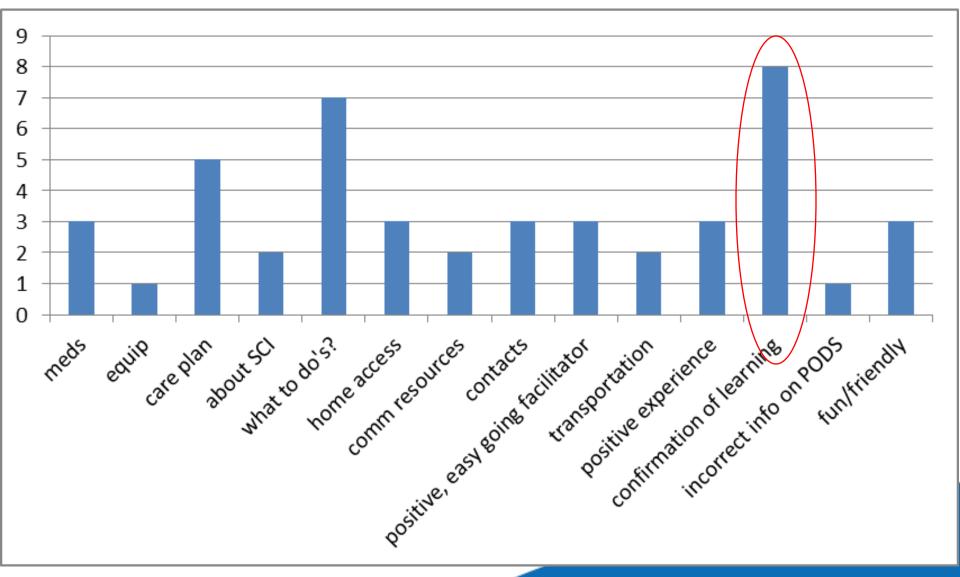
Outpatient interviews April 2017



What extent do you use the plans/strategies you shared in meeting?



3 things that really stuck with you about your PODS meeting?



PODS Completion Rate			
May 2015 – June 2017			
Total D/C Patients	PODS Eligible*	Total PODS Completed	% PODS Completion
659	627	598	95%



Key Points

- Value of patient partners in co-design
- SCI PODS has significant value:
 - 1. Consolidates learning through teach-back & provides an individualized transition plan
 - 2. Patient-centred approach focusing on safety, self-management & building confidence
 - 3. Opportunity for professional development & reflective practice for staff and facilitators



Thank you! Sandra.Mills@uhn.ca

