

A collaborative approach to rehabilitation, reablement, survivorship, recovery and prehab in the South West

## Making it real – a case scenario.

*Mrs Jane Bond, 49 yrs old. Works for Highways part time– office based, diagnosis of MS 10 yrs ago.*

*Lives with husband (who works full time lorry driver – shifts and some overnights away) and daughter (12 yrs old).*

*Still driving but finding this more difficult and feels unsafe.*

*Lives in a 1930s 3 bedroomed semi detached owner occupied house in a village, 8 miles from nearest large town. Moved there 18 months ago.*

*Gait effected, poor unsteady balance, particularly when tired. Some tremor in hands particularly, when tired.*

	Present	Future	Box/section in integrated pathway	Comments
<b>Jane visits GP as she is low in mood and concerned that she will need to give up her job as she gets so tired. She is also afraid of falling on the stairs at work</b>				
<b>1st journey through pathway</b>	<b>Possible provision of Meds</b>	<p><b>GP recommends:</b> Swimming - needs to do this AMs when less tired Pilates in village to strengthen core muscles and improve balance.</p> <p><b>Community support:</b> Link in daughter to youth club in village Contact village church community to seek volunteer to support her accessing swimming</p> <p>Jane reports improved feeling of confidence and generally feeling “well” and that her daughter is making friends in the village</p>	<p><b>Collaborative assessment</b></p> <p><b>Home rehab plan</b></p> <p><b>Outcome</b></p>	

	Present	Future	Box/section in integrated pathway	Comments
<b>Jane visits her GP as she had developed an acute UTI</b>				
<b>2nd journey through pathway</b>	<b>Meds</b>	Community Nursing support to discuss and support continence management as though UTI cleared, Jane is now struggling with maintaining continence and is very concerned she will have an “accident” whilst away from the house.	<b>Collaborative assessment</b>	
	<b>Referral for POC</b>	She is therefore afraid to go out and has been off sick from work as a result, she has lost confidence and motivation to complete daily living tasks at home. There is an impact on her role as mother and wife – no longer confident to do weekly shop etc.		
		Community Nurses refer to single POC – identifying needs re: confidence with ADLs.....  In discussion with Jane to identify what goals she wishes to achieve - Jane agrees to a 6 week home rehab intervention – support with personal care to increase confidence and OT and Physio :- Fatigue management advice, equipment and exercises to improve strength and tolerance.. Jane also orders an iPad so she can shop on line for family weekly groceries. <b>Community support:</b> Shop in village puts her in touch with a retired IT teacher who agrees to visit her to teach her how to get the best from her technology!	<b>Collaborative assessment</b>  <b>Home rehab plan</b>  <b>Self-management</b>	
		Jane is able to continue in her chosen roles within the family and the community following minimal support/intervention.	<b>Outcome</b>	

	Present	Future	Box/section in integrated pathway	Comments
<p><b>Jane falls at home on the stairs and is taken to A and E and subsequently admitted. It is identified that she has sustained severe bruising and has another UTI.</b></p> <p><b>She is very worried about being away from home as her daughter is alone at home as her husband is away for work. She has no family nearby.</b></p>				
<p><b>3<sup>rd</sup> journey through pathway</b></p>	<p>Admission to acute hospital/daughter in short term care. Package of care on discharge – inflexible in terms of times and tasks.</p>	<p>A community rehab plan is put in place to support her early discharge – this includes a full joint/collaborative assessment with Jane to identify what she wants to achieve/what it is important for her in her roles ( as mother/wife) and her daily life. Clear goals are identified and there is a discussion with her regarding use of Direct Payments.</p> <p>Jane fully involved in identifying what is important to her – role as wife and mother – able to use Direct Payment to pay for support to get washed/dressed and get daughter ready for school,</p> <p>Jane is able to save her energy for spending time with daughter after school and to enable her to continue to attend Pilates classes.</p>	<p><b>Part of continuous assessment</b></p> <p><b>Professional review &amp; evaluation = Home rehab plan</b></p> <p><b>Outcome</b></p>	