Top Takeaways from CSM 2017: Part 1

At the Combined Sections Meeting Feb. 15-18, attendees heard about research and practice in some of the most talked-about topics in acute care physical therapy. Below are the top takeaways from selected sessions to help you spark new ideas to implement into your practice.

Physical Therapists and Hospital Readmissions – A Call to Action

Presented by: Jason R. Falvey, PT, DPT, GCS, PhD(c); Kyle J. Ridgeway, PT, DPT

- Functional decline during a hospital stay is a strong predictor of hospital readmission and mortality, and may be stronger than comorbidity indices. This includes dependence in ADLs as well as declines in mobility.

- Pre-admission self-report of physical function is a strong tool in identifying individuals who are at risk of further functional decline and future readmission.
  - Hospitalized older adults are more vulnerable to the impact of functional declines during hospital stays with research demonstrating increased mortality, risk of institutionalization, and further disability after discharge in this population.
  - Therapists should be proactive with providing mobility and exercise prescription with hospitalized patients. Exercise prescription should be at a higher intensity, and patients should be left with homework to perform outside of the physical therapy session. Interventions could include repeated sit to stand or marching in place in room after transfers with hospital staff. Patients should be moving often during the day.
  - Patients should be given clear, written home exercise programs, and all efforts should be made to obtain needed equipment for patients prior to discharge instead of assuming this will take place at discharge with home physical therapy. Patients should be told that mobility and exercise is an expectation and necessity. Therapists should provide a “movement medicine prescription” for their patients for home and at hospital discharge.
  - Therapists could educate patients on medication management and reinforce medication adherence.
  - Therapists who are part of an interdisciplinary team meeting have been shown to positively impact discharge planning.


- What are your next steps? Provide a “movement medicine prescription” for your patients during their hospital and at discharge and communicate this plan with caregivers and other members of the healthcare team.