

P7 - FUNCTIONAL GAINS AND DISCHARGE DESTINATIONS OF PATIENTS ADMITTED TO A SLOW STREAM REHABILITATION UNIT

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Brief Description of Research or Project: Slow Stream Rehabilitation Units accommodate frail elderly patients recently hospitalized for acute illness. There is a paucity of information available to assist in prognosticating care needs for the more frail population characterizing slow stream rehab programs and little evidence of the effect of the program. This study confirms that slow stream rehab patients are frail, older adults at very high risk of institutionalization and the slow stream rehab program results in significant improvements in function and mobility, and a very high return rate back to the community. This represents a major impact for patients and the health care system.

Why is this research important to profile at the Research Day 2014? The Province of Ontario has encouraged the development of Slow Stream Rehabilitation (SSR) Units to accommodate frail elderly patients recently hospitalized for acute illness. Patients who are frail with medically complex long term conditions and disabilities require skilled care to manage their inter-current illnesses while undergoing rehabilitation. Low intensity, long duration rehabilitation offers patients an opportunity for inpatient rehabilitation when they are not able to tolerate high intensity rehabilitation. While a number of predictors of rehabilitation potential have been described for high intensity rehabilitation, there is a paucity of information available to assist in prognosticating care needs for the more frail population characterizing slow stream programs and little evidence of the effect of the program. This study confirms that slow stream rehab patients are frail, older adults at very high risk of institutionalization and the SSR program results in significant improvements in function and mobility, and a very high return rate back to the community. This represents a major impact for patients and the health care system. Slow Stream Rehabilitation allows for a large proportion of older adults who are at high risk for long term care institutionalization to transition back to the community. Presentation of the slow stream rehab study will increase the profile of SSR units and provide the opportunity to disseminate information about this patient population, their functional outcomes and their discharge destinations.