

Background

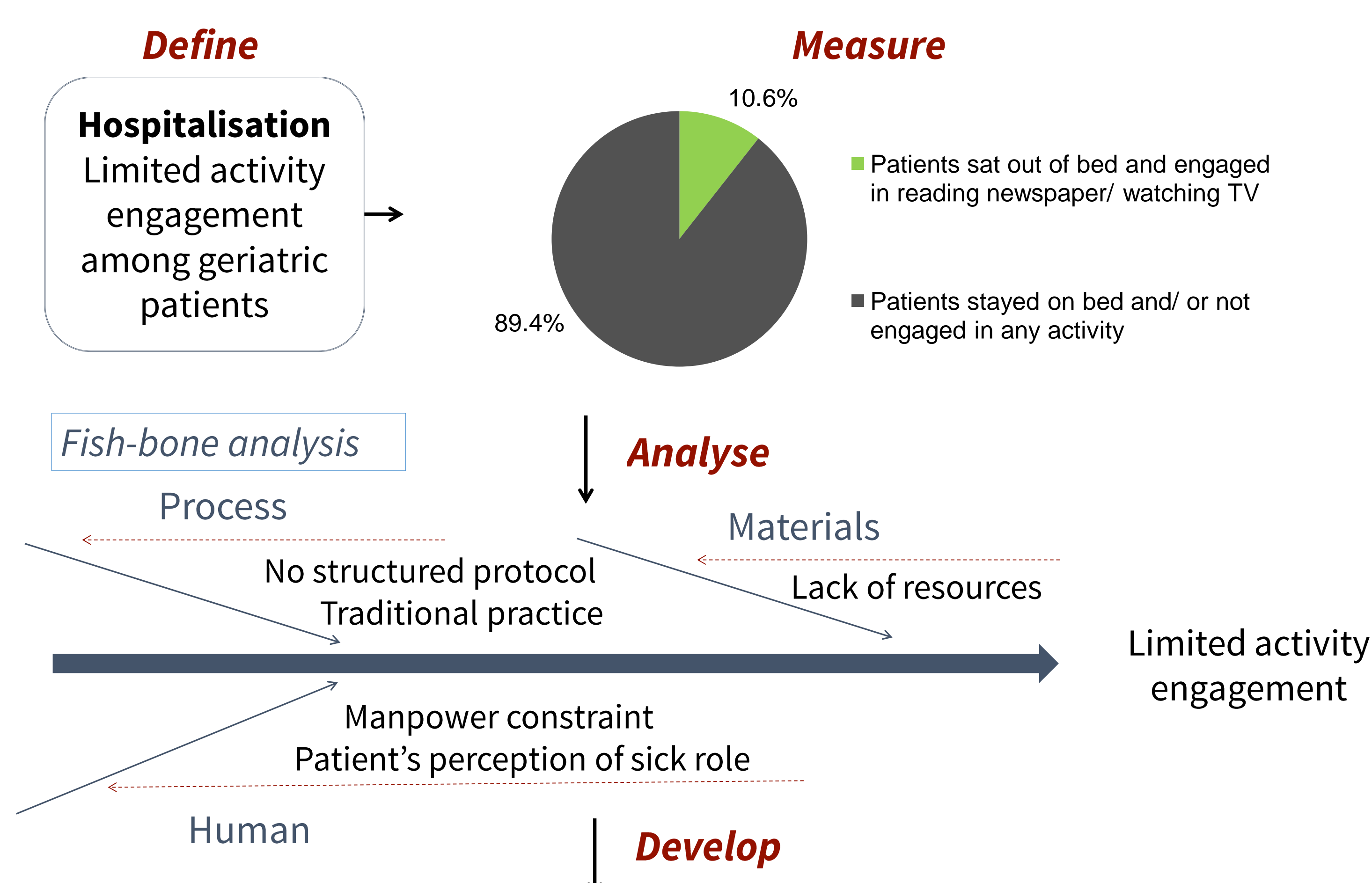
Geriatric patients are at a higher risk of functional decline related to acute illness and prolonged bed rest during hospitalisation. The resultant functional decline often persists after discharge and is associated with deterioration in cognition, mood and activities of daily living as well as increases the likelihood of hospital readmission. Hence, more coordinated and interdisciplinary approach care is needed to increase patients' participation in rehabilitative activities.

Aims

To improve meaningful engagement and wellbeing of the elderly patients through scheduled group activities by a multi-disciplinary team.

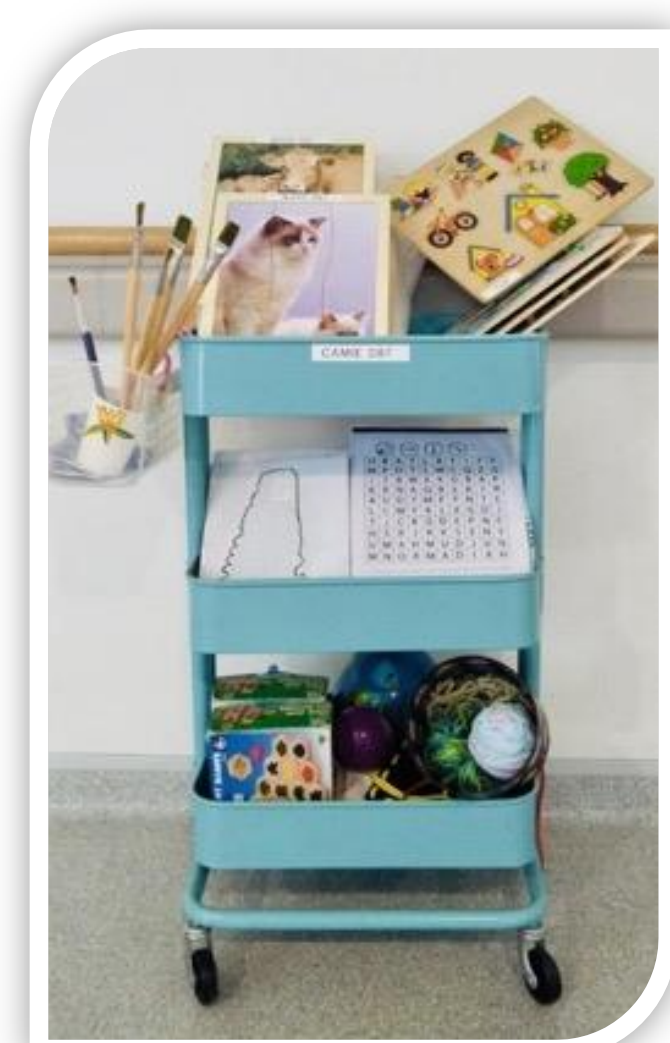
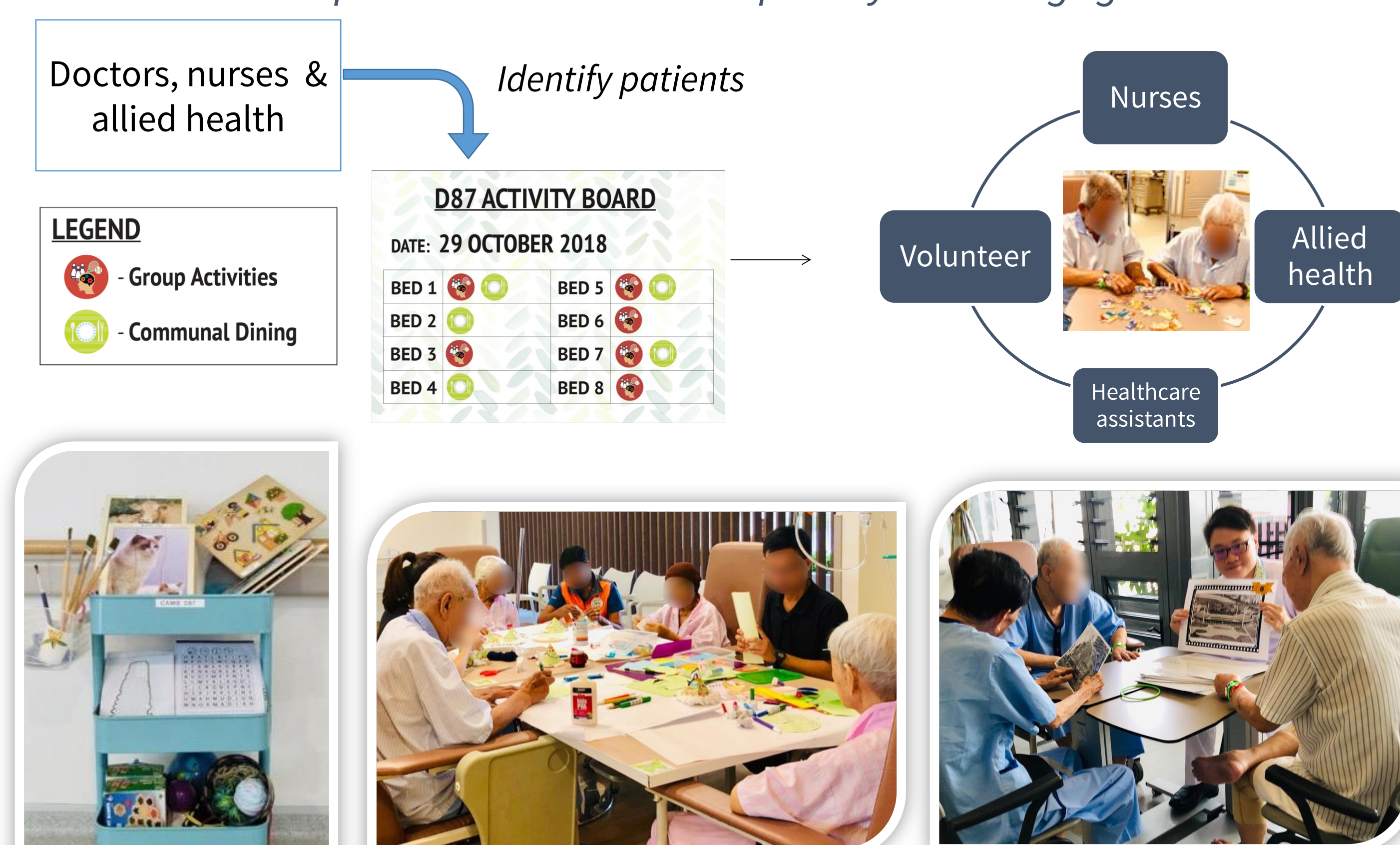
Methodology

DMADV: the Design for Six Sigma (DFSS) methodology was adopted



Team-based structured group activities

Structured protocol and multidisciplinary team engagement



Activity tool kit trolley

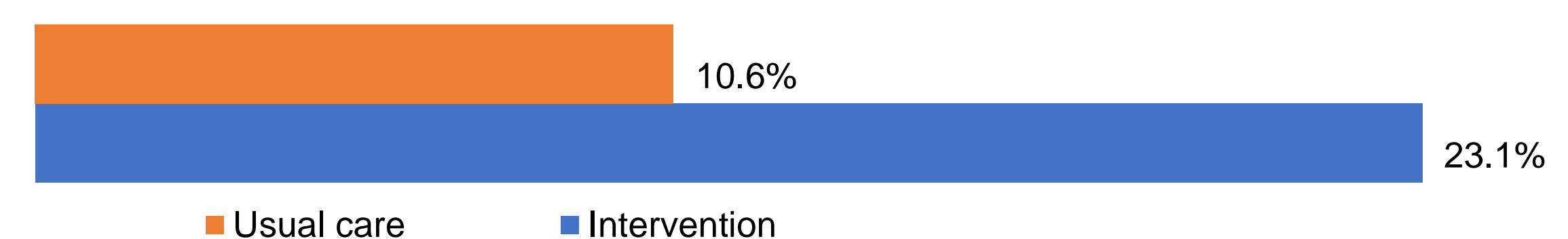


Meaningful, enjoyable and doable activities

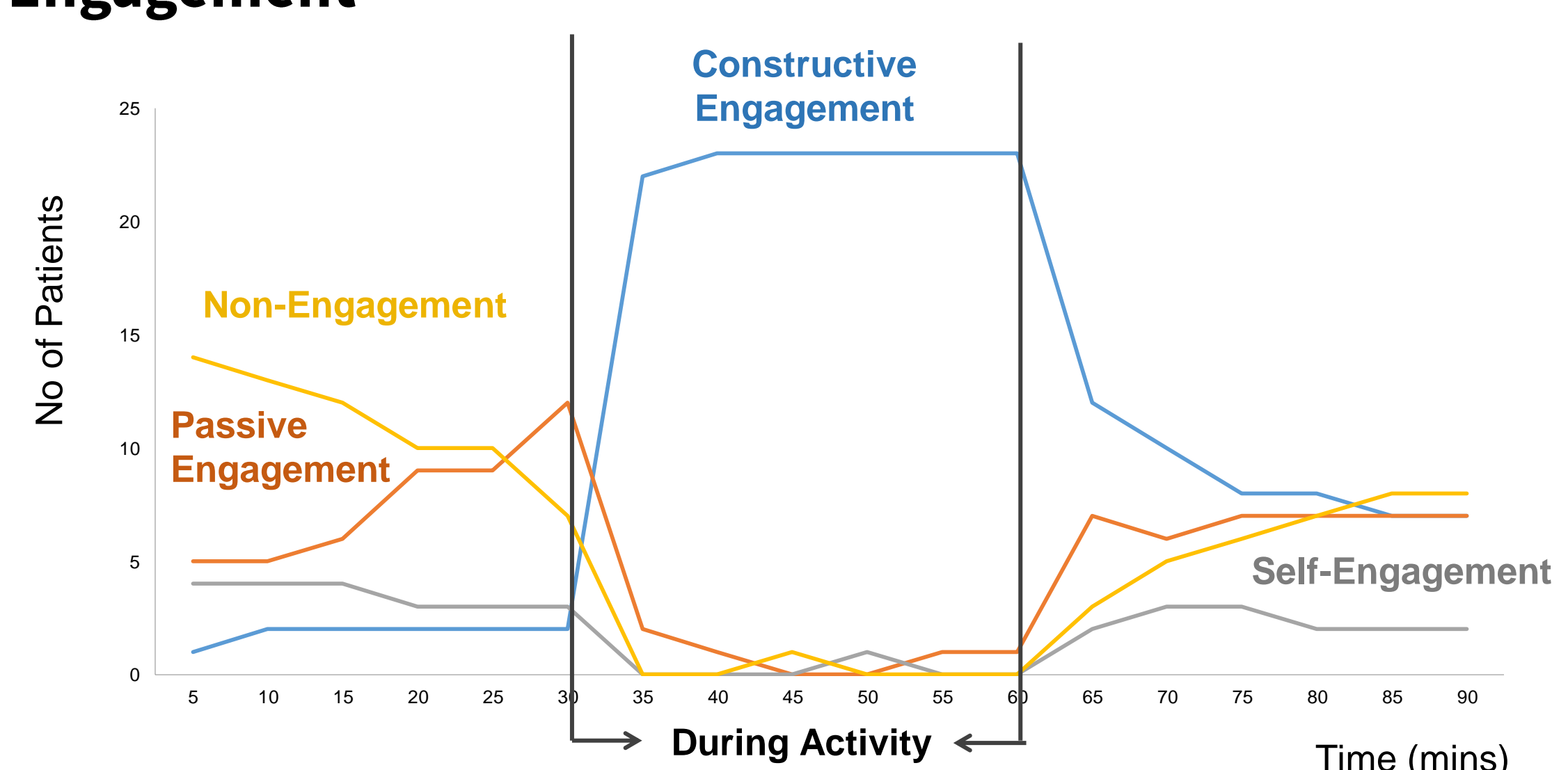
Results

Validate

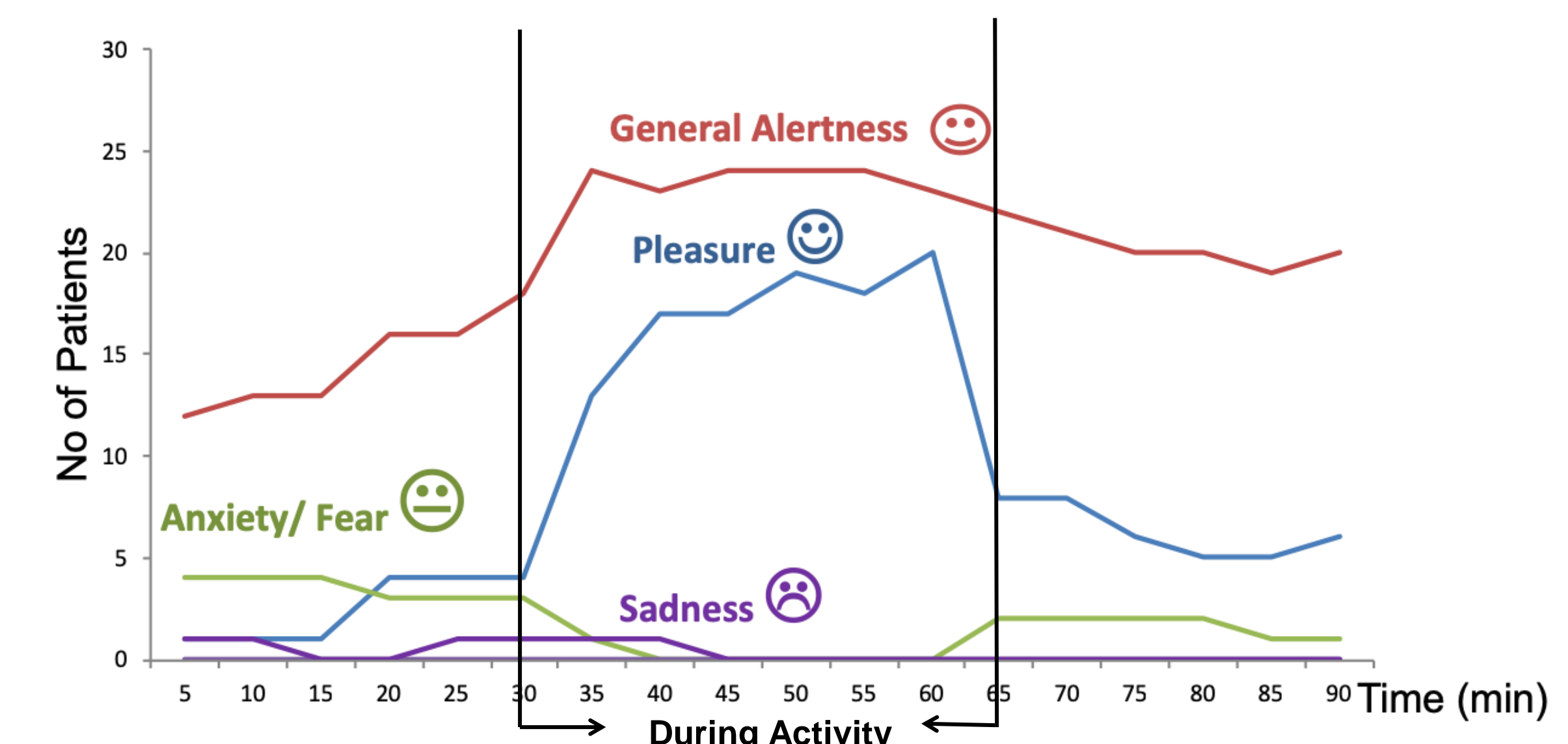
Patients who sat out of bed and engaged in activities



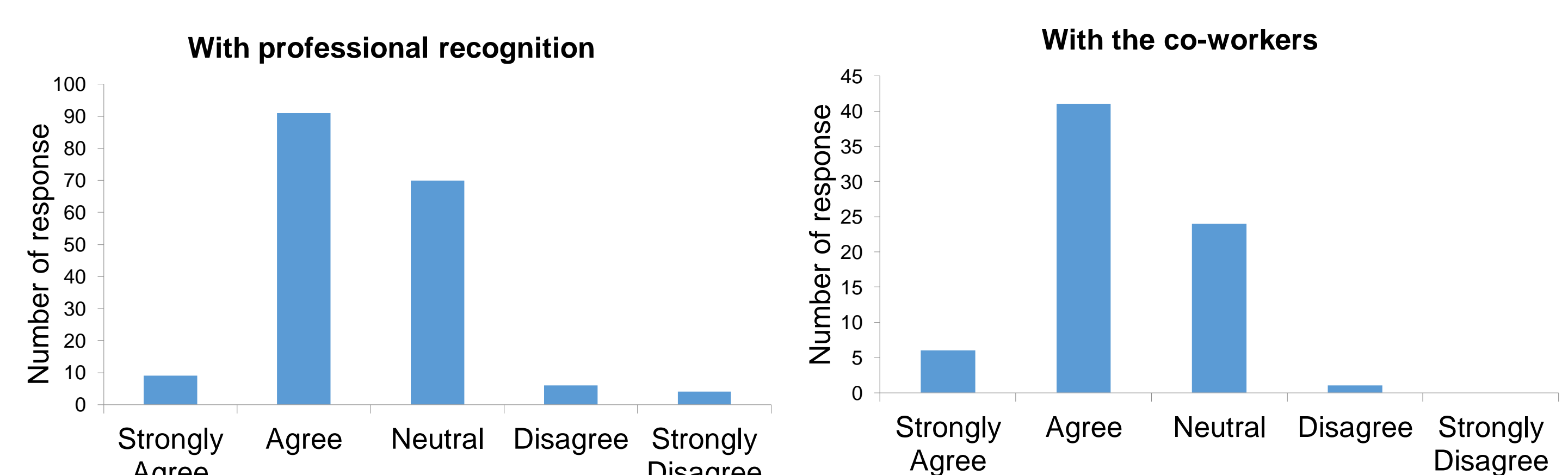
Engagement



Mood



Staff satisfaction



Project Impact

- An increase in the number of patients who sat out of bed to engage actively in various cognitive, physical and social activities outside therapy time. This could potentially lower their risk of functional decline as compared to prolonged bed rest.
- An increase in patients' alertness, pleasurable mood and a decrease in negative moods during activity engagement; thus may improve patients' well-being and their experience of hospital stay.
- Better collaboration and communication among the multidisciplinary team to enhance patient care through group activity engagement.
- A more person-centred environment for both patients and staff.
- Staff felt more positive towards their work.

Conclusion

A multidisciplinary team-based approach in patient group activity engagement enables more patients to be out of bed and engaged in meaningful activities. It enhances patients' activity engagement and improves their physical and mental well-being. This intervention could potentially facilitates patient's recovery.