



Active Sussex Reconditioning Project

A collaboration between ESHT, Active Rother and Active Sussex partners



Designing & delivering a QI project

- Project drivers & aim
 - Project co-design
 - Project Delivery
 - Project Impact
 - Next Steps
-



East Sussex Healthcare
NHS Trust

Project Drivers & Aims

Project Drivers



Need to deliver 6 hours of activity for inpatient- RCP stroke clinical guidelines 2023



Recognition of mutual need to improve activity & reduce deconditioning harm in Hospital



Networking @ Active Sussex conference



Working with community partners/ social prescribers through MDT to identify ongoing access to activity



Irvine Unit team QI Culture & ambition to deliver greater intensity of rehabilitation



Improving Long Term activity habits in community-connecting with Active Rother team



Opportunity to test novel approach to rehabilitation workforce

Enhancing activity @ Irvine Unit

Activity co-ordination team

Integrated support workers

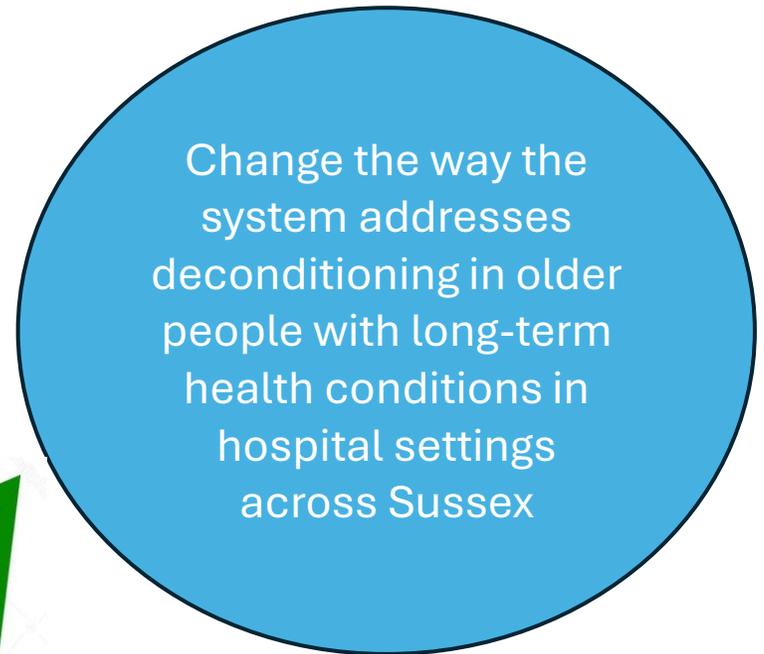
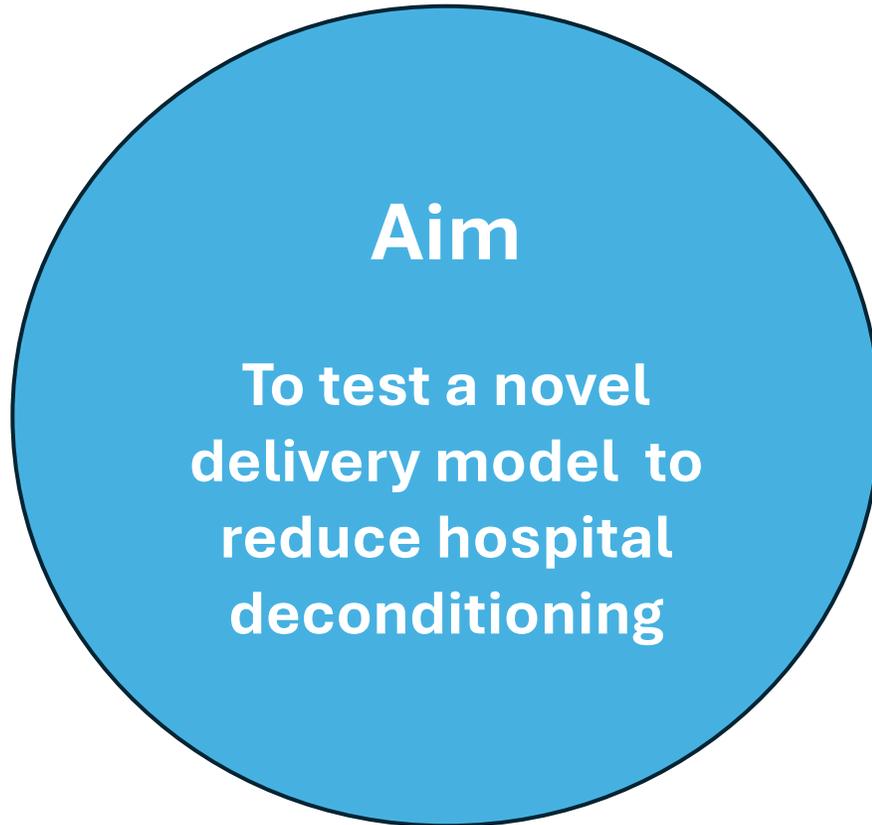
Rehab support workers

Group rehab & activity sessions

Weekend focus on social activity

Active Sussex Project

Project Aims





East Sussex Healthcare
NHS Trust

Project Design & Governance

Developing a steering group for Co-design



IRVINE UNIT
TEAM



ACTIVE SUSSEX



PUBLIC HEALTH



COMMUNITY
COMMISSIONING



HEALTHY
HASTING LEAD

Project Co-design

- Active Sussex in partnership with East Sussex Healthcare NHS Trust, Rother District Council (Active Rother) and East Sussex Public Health used £10,332 to deliver a pilot that addresses deconditioning amongst patients recovering from a stroke in the Bexhill Irvine Unit.
- Health Instructors were funded to deliver 26 weeks of activity within the hospital setting to groups of patients recovering from stroke and at risk of deconditioning. Sessions were delivered alongside physiotherapists already operating from within the hospital.
- Funding was used to support patients in community-based provision where they can continue their rehabilitation and take steps towards living a more active and healthier life with long-term habits formed around moving more.

Project Delivery- Governance & overcoming barriers

Agreeing the MOU

Honorary
Contracts for
Non-ESHT
colleagues

Mandatory
Training sign off

Managing Risk

Clinical
Governance and
reporting

Data sharing
agreements

Community
funding for
continued
engagement

Community
barriers to
uptake-transport



East Sussex Healthcare
NHS Trust

Project Delivery



Patient information

Active Sussex Exercise Group

#GettingSussexMoving



Important information

You have been identified to join our pilot exercise group to prevent deconditioning while in Bexhill Irvine Unit and home.

What Is Deconditioning?

Deconditioning is when a person loses the ability to do everyday tasks over a period of time. This is often caused by inactivity/extended periods of time in bed and sitting. Many people experience this after a stay in hospital.

What Is The Active Sussex Exercise Group?

This is an exercise group twice a week on a Monday and Thursday afternoon at 2pm or 3pm run by your Bexhill Therapy Team and Instructors from Active Sussex.

These exercise groups will start while you are in the Bexhill Irvine Unit and will continue when you are home in the community in Eastbourne, Bexhill and Hastings areas.

These sessions will be in addition to your normal therapy sessions with the aim of helping you progress more.

The sessions will include strength and balance exercises for your arm and legs in either sitting or standing with all the exercises adapted to your current ability.

The Potential Benefits From This Group

- Improved mobility
- Improved balance
- Reduced risk of falls
- Increased independence
- Increased muscle mass and strength
- Reduced risk of constipation and urinary retention
- Improve self-esteem/mood
- Improve cognition

Your Comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: eshtr.patientexperience@nhs.net

Hand Hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Bexhill Irvine Unit Therapy Office Tel: 0300 131 4430

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your therapy team.

Sources Of Information

E.g. specialist nurse, ward, consultant secretary, self-help group, national bodies or Web site addresses.

www.nhs.uk

www.patient.co.uk

Reference

The following clinicians have been consulted and agreed this patient information: Chris Stern Physiotherapist, Karen Poole Rehabilitation Consultant

The Clinical Specialty/Unit that have agreed this patient information leaflet: Bexhill Irvine Unit Intermediate Care

Next review date: (leave blank)

Responsible clinician/author: (the person who will co-ordinate the review + job title)

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk



Engaging our patients and colleagues

Active Sussex launch

Quality week

Communications

Project Delivery -patient identification

- Patients identified @ risk of deconditioning in weekly MDT meeting using an inclusion screen tool.
- Patients invited to participate in exercise classes in BIU and community.
- Provided with project leaflet and community providers leaflets for reference.
- Therapy team complete the outcome measures at the start and end of the patients' inpatient stay.
- Upon discharge from BIU the therapy team refers onward to the community provider.
- Community provider then continues to provide exercise classes in their local area.

Screening Tool

Yes

No

Falls Risk or fear of falling?

Increased Confusion or disorientation on the ward?

Immobile on the ward?

Constipated or incontinent?

Skin at risk of breaking down/ pressure sores?

Lives in Eastbourne, Bexhill or Hastings areas?

NHS Stroke Reconditioning Programme



Change the way the health system addresses deconditioning in older people with long-term health conditions in hospital settings across Sussex

Physiotherapy

Physiotherapists continue to deliver intervention as part of the support offered within the hospital.



Testing and surveys

Patient identified for support tested and surveyed at the start and end of the intervention to measure progress and impact of intervention. Includes: output data, activity data, patient experience knowledge & skills



Community based activity

When patient is ready to be discharged they are referred or signposted to sustainable community based activity in their locality supporting their ongoing recovery.



Patients deconditioning in hospital

Patient recovering from stroke identified as being at risk of deconditioning due to a lack of movement and exercise in the Bexhill Hospital Irvine Unit.



Health Instructor delivers activity in hospital

Qualified Health Instructor funded to deliver four specialised activity sessions per week across two separate groups within hospital to support reconditioning and recovery.

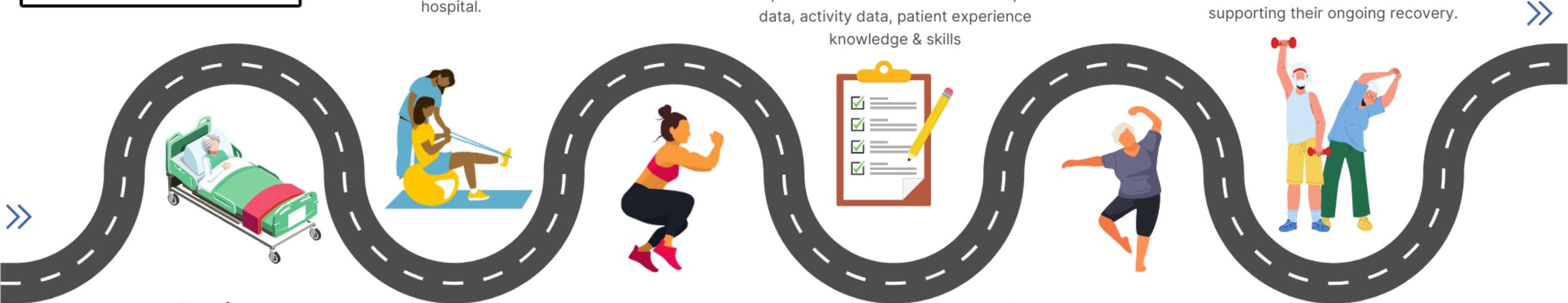


Patients engage in regular group activity

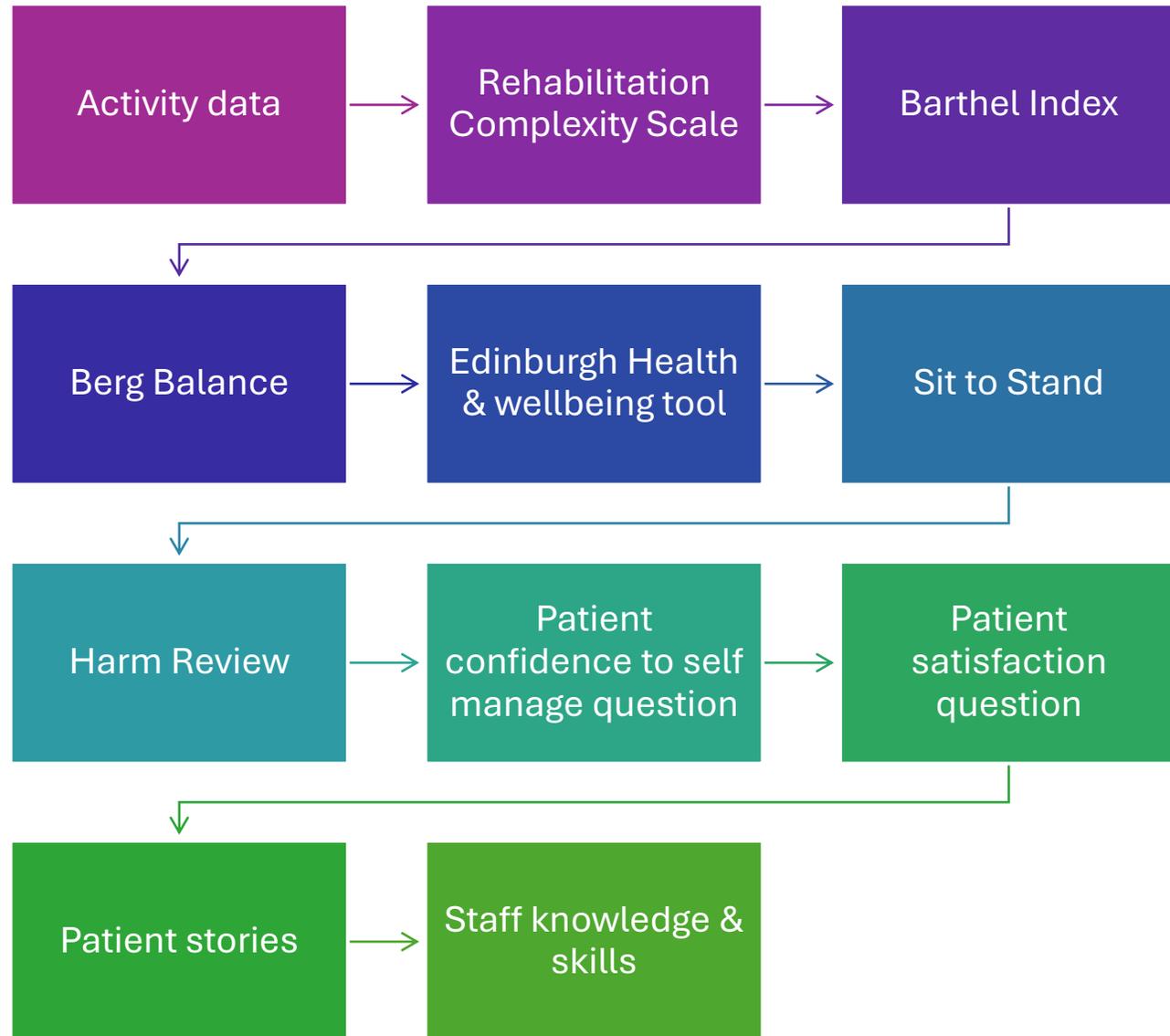
Patient prevented from deconditioning and builds levels of movement, strength, balance, confidence and knowledge through increased exercise.



Demonstrate the impact of NHS Services working collaboratively with the voluntary sector to achieve better health outcomes for residents.



Understanding the impact of the Active Sussex Project





Go Live- July 2nd



East Sussex Healthcare
NHS Trust

Project Impacts

Understanding our impact



Co-design with
community partners



Developing a Shared
activity data set across
hospital & community



Hearing the Patient
stories



Understanding health
confidence

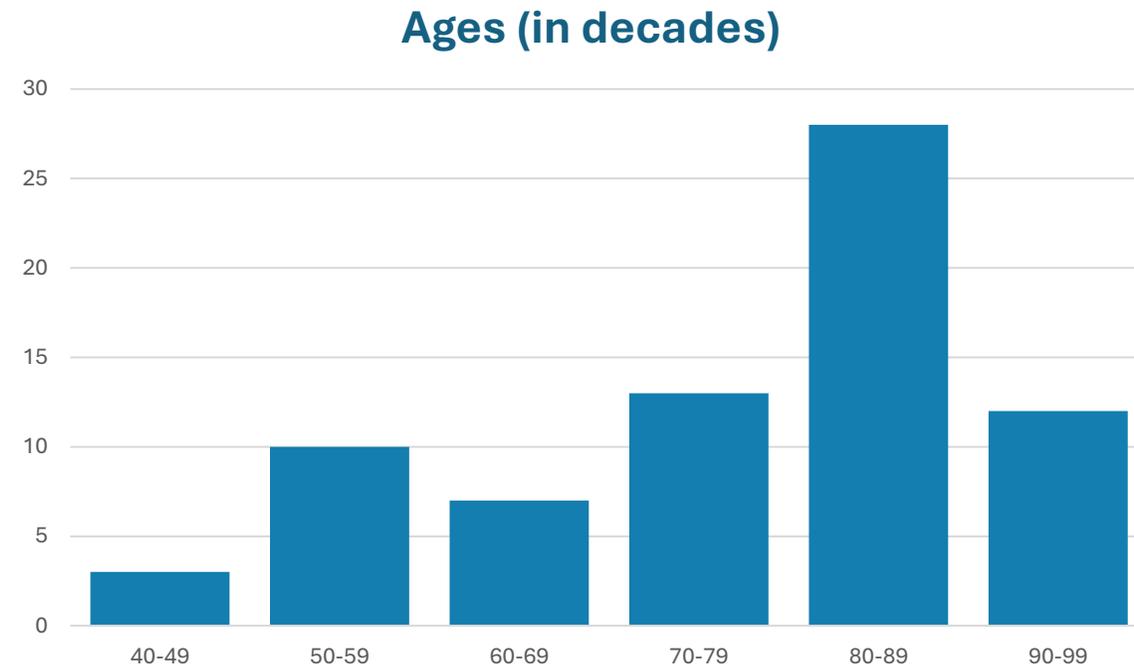


Sustainable activity in
community

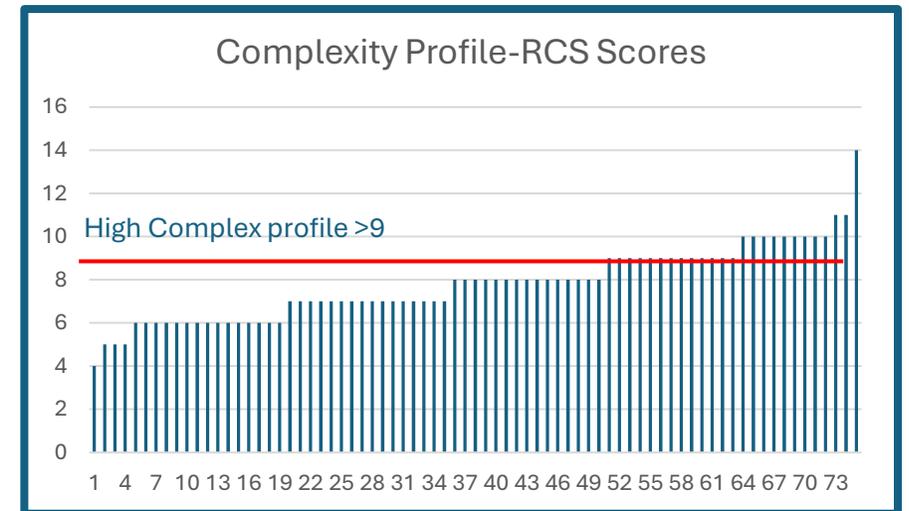


Workforce Knowledge
& skills

Our patient cohort



Stroke Falls
Brain-Injury Polytrauma
Frailty Spinal Injury



Our Results

75 patients
seen over 6
months

54
additional
exercise
sessions

9 hours extra
activity per
person per
stay

35%
improvement
in sit to stand

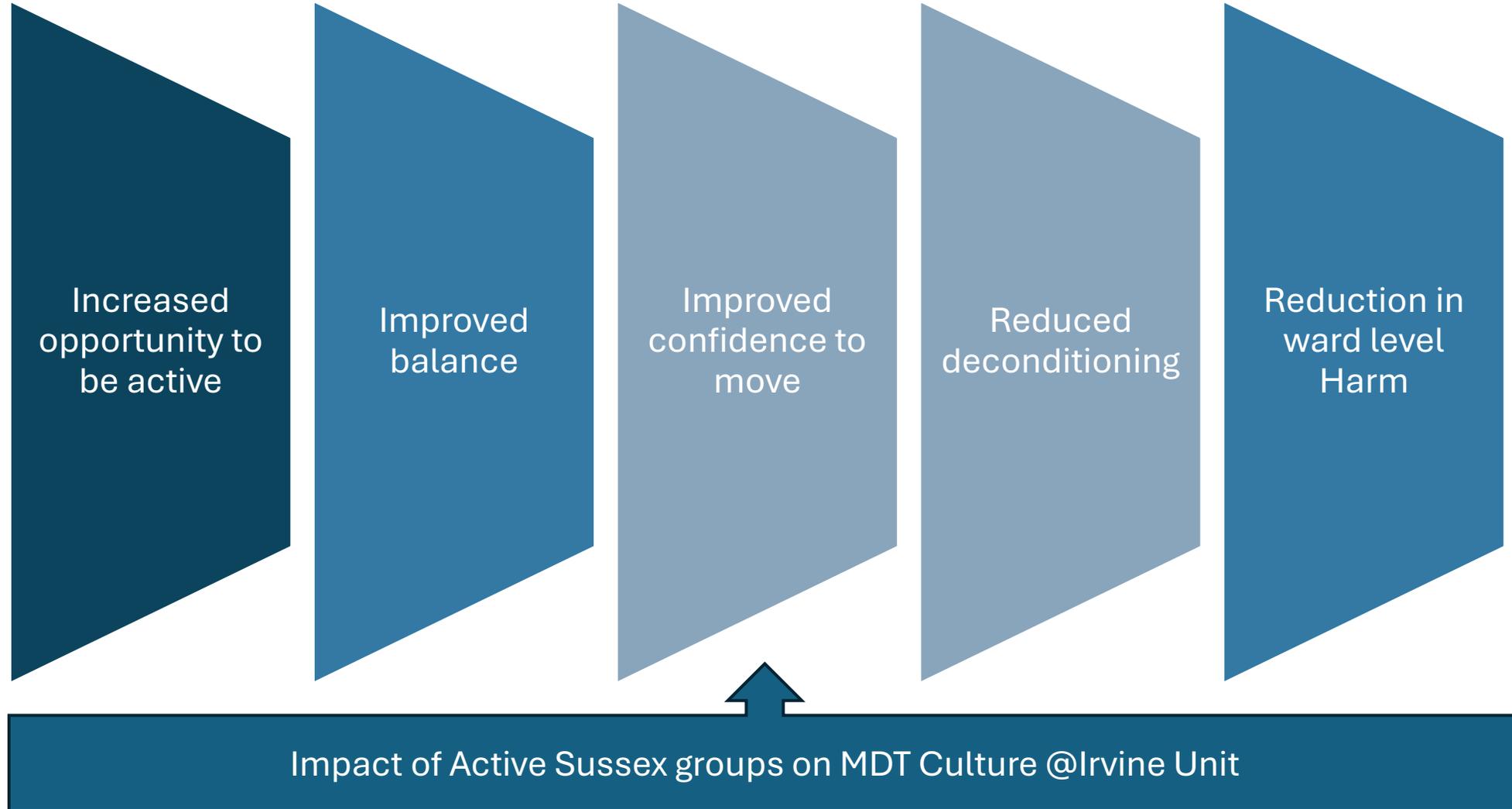
50%
improvement
in balance

Reduced
rehab
complexity
by **25%**

Patient
reported
improvement
in mood &
wellbeing by
21%

60% increase
in health
confidence

So what does this mean?





Active Sussex Reconditioning Project: Patient Feedback + Key Themes

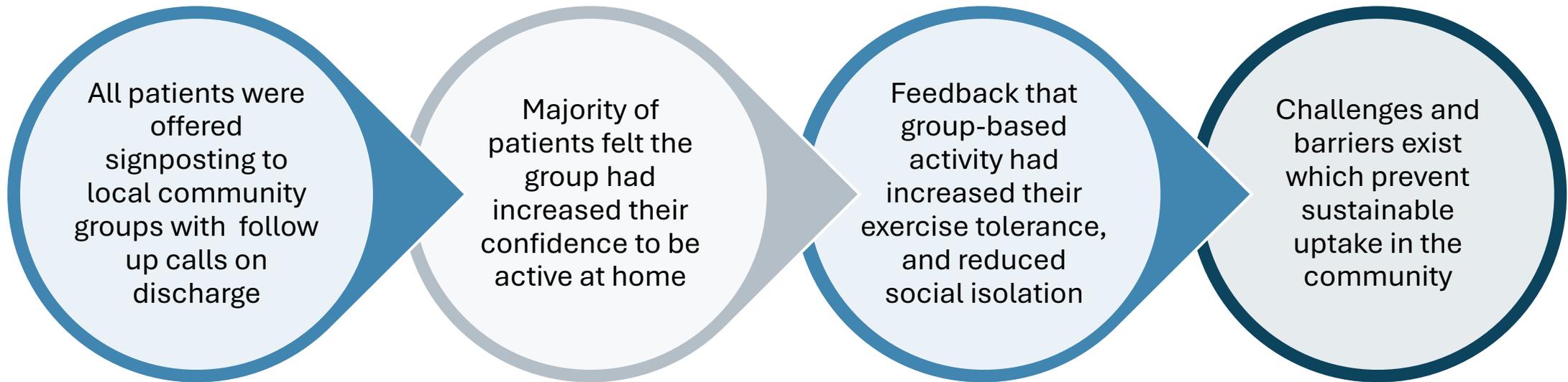
M.W. - " After Luka brought me to the group for the first time, I felt fantastic, the instructors gave me a lot of attention and made sure I was comfortable. I've been able to walk further and longer since coming to the groups and I would love to attend some of their other sessions once I get home".

J.K - "During my stay in hospital my mood fluctuated day-to-day, with no real direction or purpose I found myself sitting aimlessly for hours. Once I attended one Active Sussex session my whole mood shifted. I was given a routine which I desperately needed, as well as a group of supportive peers who allowed me to reach my full potential.

K.W. - "I really enjoy the sessions that the ladies from 20/20 health run, before coming to the groups I often found that my gym sessions could be a bit overwhelming as there was a lot to take in and understand, with the groups I was able to exercise in a room full of people in a similar situation to me without judgement or fear of embarrassment. After my fall I was anxious to get moving again, so once I went back to the group, I was greeted with kind words and encouragement".



Sustaining active habits on discharge





Common Themes for Inability to access Community Groups:



Medical Barriers:

26% of patients are currently undergoing treatment and are medically unfit to participate in community groups.

Transport issues:

63% of patients lacked reliable access to transport, with many relying on taxi services and family members for community outings

Finances:

37% of patients reported lacking appropriate finances to fully engage in community groups, with many receiving reduced social care.

Mental Health:

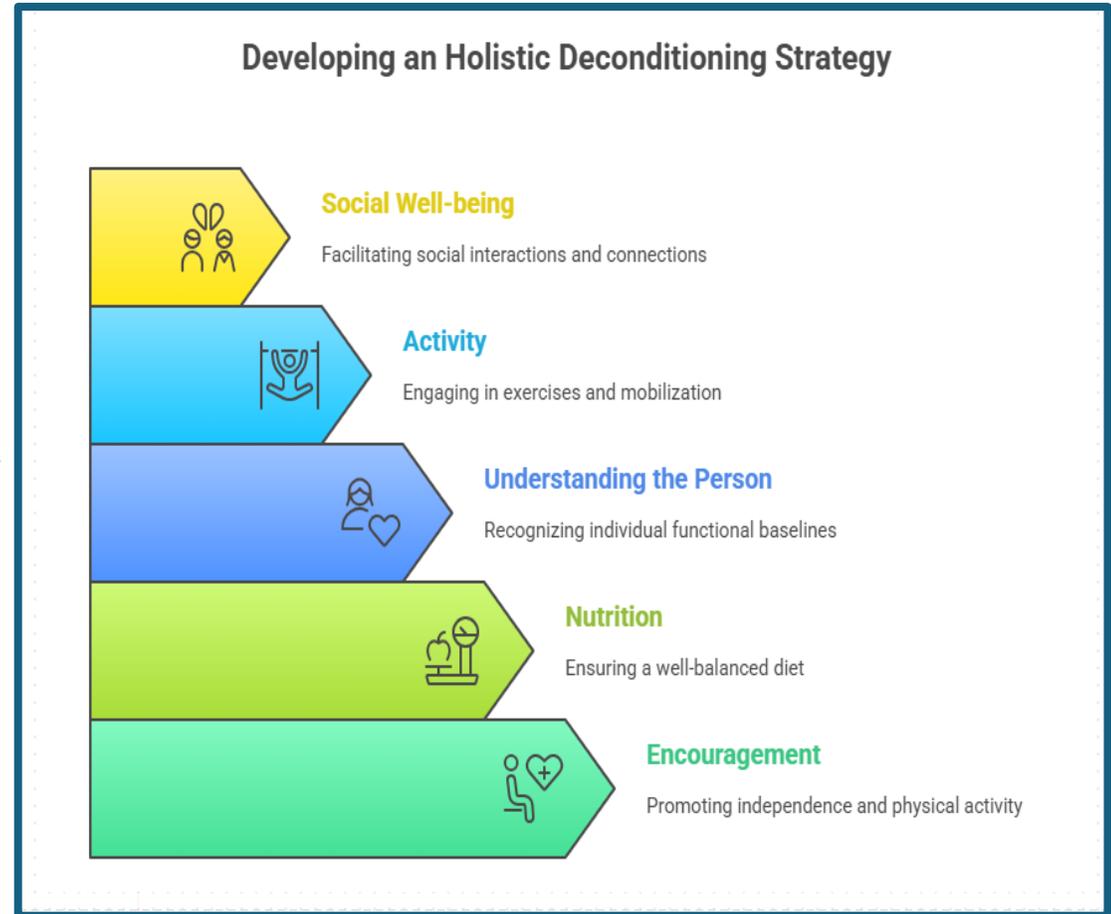
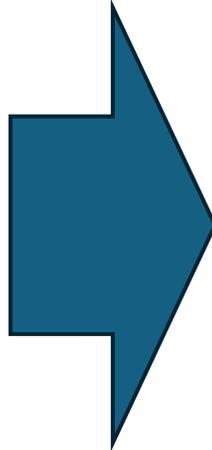
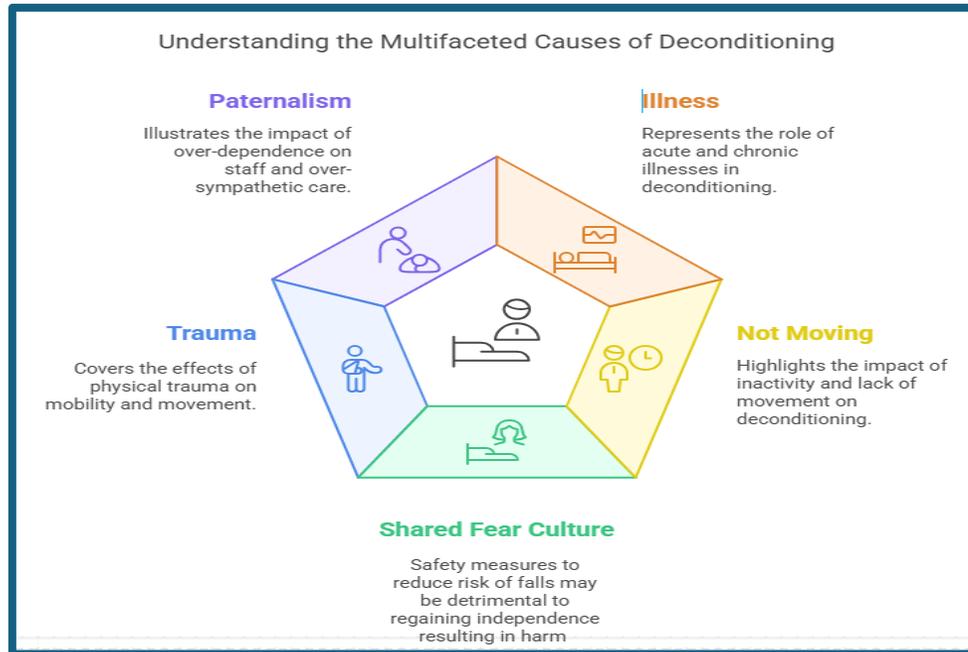
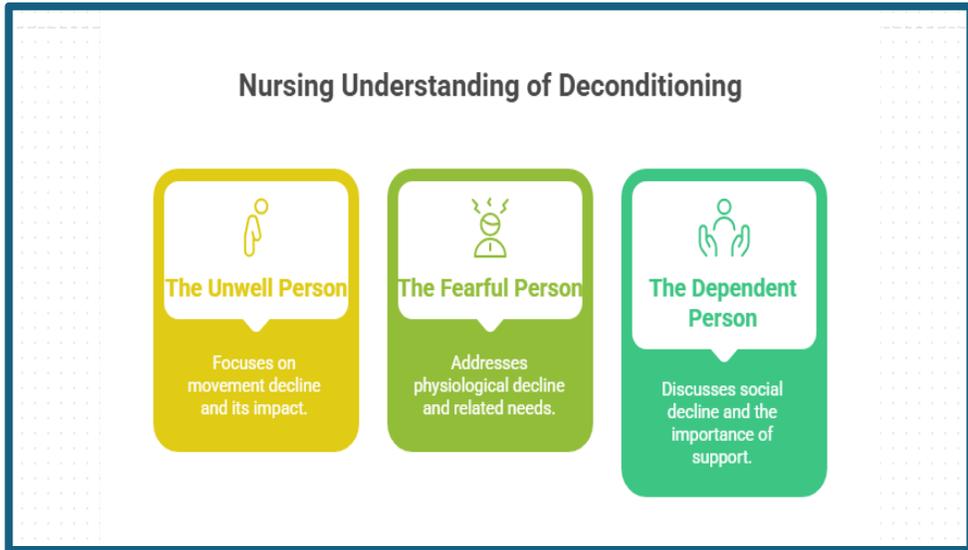
22% of patients who came through the project suffer from severe mental health problems and do not feel as if they can attend community groups.

This project has not only highlighted the clear need for social support in our local community, but the value of group exercise with peers to improve mental and physical health, with in turn prevents needless admissions into hospital which could otherwise be prevented.



Nursing Survey on deconditioning @Irvine Unit

20 nursing surveys completed Band 3,5 & 6



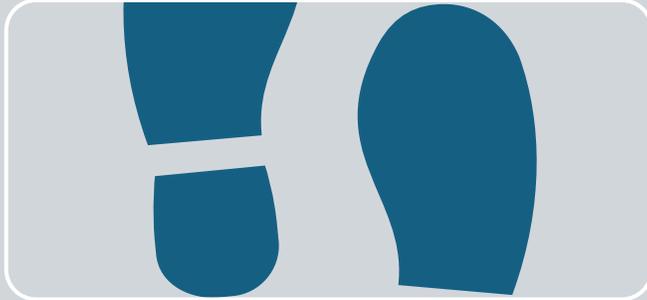
Patient Journey

- The first video looking at the impact of the stroke rehab project has landed! Here is the link to it on YouTube - https://youtu.be/YcGCBY-Jz_o

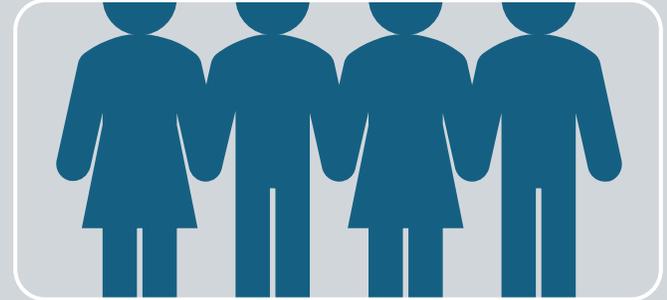
What happens next?



Bitesize
Learning
& QR Bar 



Activity
Tracking with
Pedometer
on unit



Activity
enabled
culture in
bays 



Phase 2

Digital & Live stream expansion

Active Sussex Reconditioning Pilots

**Phase one-
inpatient
sessions**

Patients
participating in local
sessions

**Phase 2-
Digital
Expansion**

Sessions live
streamed to hospital
wards



**Community
Activity**

Ongoing
participation though
signposting to
community groups

**Volunteer
Support**

Assistance from
Mobility Volunteers