

Ambulatory Rehabilitation Program Compendium



Calvary

Rehabilitation Hospital

Hospitality
Healing
Stewardship
Respect

Introduction

Calvary Rehabilitation Hospital is a modern, purpose-built, 65-bed facility situated in Walkerville.

Calvary Community Rehabilitation is an additional facility nearby, where some of the programs outlined in this compendium are conducted.

We are the largest private rehabilitation hospital in South Australia and have a significant number of allied health, nursing and medical professionals with expertise in rehabilitation medicine.

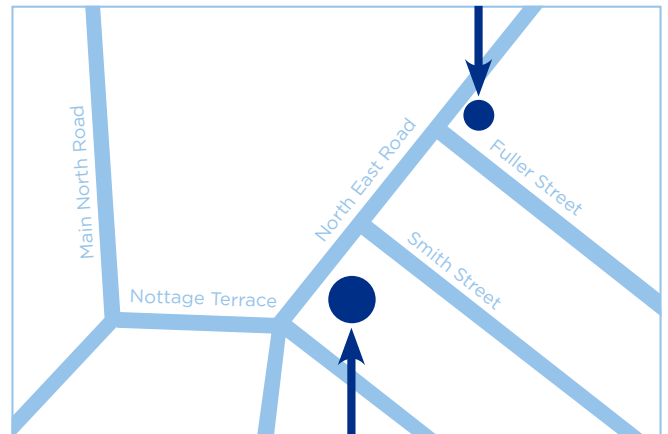
Our ambulatory specialties include:

- Balance and reconditioning
- Cardiac
- General reconditioning
- Multi-trauma
- Neurological
- Orthopaedics
- Oncology
- Pulmonary

Calvary Community Rehabilitation
42 North East Road, Walkerville

Outpatient Coordinator
Phone: 08 8168 5717

Calvary Community Rehabilitation



Calvary Rehabilitation Hospital



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Overview of all programs

Program	Description	Duration	Sessions
Balance and Reconditioning Program	Comprehensive goal-directed program, including exercise and behavioural intervention.	8 weeks	2 x week
Breast Cancer Rehabilitation Program	Fitness and meditation	9 weeks	2 x week
Cardiac Rehabilitation Program	Individualised cardiorespiratory fitness and strengthening	6 weeks	2 x week
Cardiovascular and Diabetes Nurse Practitioner Clinic	Individualised appointments conducted by nurse practitioner	Appointments as required	
Diabetic Service	Education that enables patients to make informed lifestyle choices	Appointments as required	
Neurological Group Program	Goal-directed circuit group designed to improve an individual's function	Appointments as required	2 x week
Orthopaedic Program	Individualised appointments for a range of possible interventions	Appointments as required	
Pulmonary Rehabilitation Program	Patient and family education, exercise training, psychosocial and behavioural intervention	8 weeks	2 x week
Reconditioning Oncology Program	Exercise, behavioural change, social support and meditation	8 weeks	2 x week
Specialist Driving Assessment Clinic	Assessment for return to driving, vehicle modifications and/or safety in continuing to drive	Appointments as required	
One-to-one Therapy <ul style="list-style-type: none"> • Clinical Psychology • Dietetics • Occupational Therapy • Physiotherapy • Speech Pathology 	Education that enables patients to make informed lifestyle choices	Appointments as required	



Balance and Reconditioning Program

Comprehensive goal-directed program, including exercise and behavioural intervention

Aims

- Improve balance and strength
- Decrease hospital admission and readmission
- Decrease falls incidents and injuries from falls
- Increase patient confidence
- Promote behavioural change and self-efficacy to remain living in the community independently

Program details

The program runs for 8 weeks, with sessions twice a week for 1.5 hours.

Exercise sessions include occupational therapy and physiotherapy. The educational component includes a multidisciplinary team of medical, pharmacy, dietetics, psychology, OT and physio.

The Balance and Reconditioning program includes:

- A comprehensive assessment with a geriatrician, physiotherapist and occupational therapist
- Home safety occupational therapy assessment if required
- Multidisciplinary education and behavioural change strategies aimed at reducing risk factors.
- Individual goal setting and exercise programs within a group setting challenging balance.
- Individualised home exercise programs are provided.

Program cost

This program is covered by DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments. Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

- Multiple falls risk factors including; medications, incontinence, balance deficits, sensory issues and/or medical conditions causing falls risk
- Previous falls

Participants need to be able to mobilise independently with or without a walking aid, and have the cognitive ability to participate within a group setting.

Referral forms online:

www.calvaryrehabsa.org.au/referrals

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“Multifactorial intervention for older people has been shown to be effective in a number of studies. In some cases multiple intervention strategies have been shown to prevent falls by 20-45% by impacting on both intrinsic and extrinsic risk factors.”

Kannus et al 2005; Hill et al 2008, Choi & Hector, 2012.

Breast Cancer Rehabilitation Program

Fitness and meditation

Aims

- Return the individual to pre-morbid function with a minimum of impairment
- Reduce functional difficulties and compensate for permanent deficits

Program details

The program runs for a minimum of 9 weeks, with sessions twice a week for 1.5 hours.

The sessions are offered over four mornings a week, allowing participants to select group times that fit in with treatment and other commitments.

Supervised by two physiotherapists, the class consists of an hour of exercise working at moderate to vigorous level of intensity, followed by stretching and meditation facilitated by a clinical psychologist or occupational therapist.

Program cost

This program is covered by DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments.

Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

Women undertaking adjuvant chemotherapy for breast cancer, at any stage on the cancer continuum including post diagnosis, during treatment and survivorship.

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Cardiac Rehabilitation Program

Individualised cardiorespiratory fitness and strengthening

Aims

- Increase general fitness and strength
- Improve exercise tolerance and symptoms
- Improvements in blood lipids levels.
- Reduction in cigarette smoking
- Improvement in psychological well-being, and the reduction of stress
- Reduction in mortality

Program details

The program runs for 6 weeks, with 2 exercise sessions and an education component.

The education sessions are delivered by a multidisciplinary team and include:

- Chest pain management
- Benefits of exercise
- Goal setting
- Emotional reaction to heart disease
- Risk factor modification
- Cardiac medications
- Cardiac investigations
- Stress management & lifestyle balance
- Healthy eating

Program cost

This program is covered by DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments.

Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

- Acute Myocardial Infarction (MI) – both ST elevation and Non-ST elevation; including patients with and without Post-MI revascularisation, e.g. those medically-managed only
- Revascularisation procedures, Coronary artery bypass graft surgery, Percutaneous coronary interventions
- Medically-managed coronary artery disease (CAD), e.g. stable angina
- Heart failure and cardiomyopathy conditions
- Valve device, replacement and repair
- Permanent pacemaker and implantable defibrillator insertion
- Heart transplant and ventricular assist device
- Atrial fibrillation
- High risk for coronary artery disease with diagnosis of diabetes mellitus, dyslipidemia, hypertension, obesity or other diseases and conditions
- Familial hypercholesterolaemia

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“Cardiac rehabilitation can reduce hospital admissions and death within the first year after a coronary event by as much as 56% and 30% respectively.”

NHS Improvement Heart., Making a case for cardiac rehabilitation: modelling potential impact on readmissions, 2013.

Cardiovascular and Diabetes Nurse Practitioner Clinic

Individualised appointments conducted by a nurse practitioner

Aims

- Strengthen motivation and empowerment to optimise health outcomes

Program details

The nurse practitioner is a registered nurse with experience and expertise to diagnose and treat people of all ages with a variety of acute or chronic health conditions.

Cardiovascular Consultations

May include:

- Counselling to assist with cardiovascular risk factor modification
- Guidance in medication and exercise guidelines
- Psychosocial assessment
- Smoking cessation strategies
- Education on the warning signs of a heart attack and chest pain action plan

Diabetes Consultations

May include:

- Blood glucose monitoring – technique, interpretation of results and problem solving
- Exercise and insulin adjustment
- Oral hypoglycaemic medications
- Hypoglycaemia management and prevention
- Provision of appropriate health information to prevent diabetes complications

Appointment costs

Nurse Practitioner: Bulk Bill Medicare Rebate (Cardiovascular and Diabetes services)

Credentialed Diabetes Educator: Bulk Bill Medicare Rebate or eligible Private Health Funds.

Patient profile

- Cardiovascular conditions
- Diabetes

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www.calvaryrehabsa.org.au/referrals

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Diabetic Service

Education that enables patients to make informed lifestyle choices

Aims

- Facilitating skills that are patient-centred, tailored and relevant to the individual and treatment goals
- Strengthen motivation through empowerment assisting the patient to make informed decisions
- Strengthen motivation to minimise cardiovascular risk factors hypertension, hyperglycaemia, obesity and dyslipidaemia
- Encouraging clients to work with their GP to provide self-management options that can help them manage their diabetes by addressing specific risk factors, slowing the progression of their diabetes

Program details

The Diabetes Service provides education that enables patients to make informed lifestyle choices. The service encourages self-management that improves the knowledge and skills of patients with diabetes, enabling them to take control of their own condition and to integrate self-management into their daily lives.

Program cost

This program is covered by Enhance Primary Care referrals, DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments.

Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

- Newly diagnosed type 2 diabetes
- Limited knowledge and/or self- management of diabetes
- Changes in diabetes treatment Admission with /or occurrence during admission of variable blood glucose levels e.g. Hyperglycaemia or Hypoglycaemia
- Assistance with blood glucose testing
- Preventative care/education, in relation to patients with existing Cardiovascular Disease
- General education/advice regarding diabetes

Referral via an Enhance Primary Care GP care plan

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Neurological Group Program

Goal-directed circuit group designed to improve an individual's function

Aims

- Achieve individual goals of improved functionality post stroke or brain injury
- Prevent further deterioration of progressive neurological conditions

Program details

The group runs with sessions twice a week for 1.5 hours.

The circuit group is an evidence-based, multidisciplinary intervention which has demonstrated to improve quality of life for a range of neurological conditions.

Participants may attend one group session per week, and have an individual therapy session on another day, depending on requirements.

Participants may also progress to this program after several weeks of one-to-one therapy. Individualised goal setting is a key to the group sessions, as participants work with others with similar issues to achieve goals.

Program cost

This program is covered by DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments.

Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

- Neurological conditions

Participants need to be medically stable and able to mobilise independently with or without a walking aid (minimum of 10m). They also need to have the cognitive ability to participate within a group setting, and follow at least 2 stage commands.

Patients will be assessed for suitability for the circuit group or 1.1 sessions.

Referral forms online:

www.calvaryrehabsa.org.au/referrals

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“Rehabilitation should be structured to provide as much practice as possible within the first six months after stroke”

NSF Guideline 2.1, 2010, English, 2012

Orthopaedic Program

Individualised appointments for a range of possible interventions

Aims

- Improving functional ability
- Improving mobility
- Reducing stiffness and pain to the musculoskeletal system

Program details

The program runs for 5 weeks, with sessions twice a week involving hydrotherapy and physiotherapy.

A range of possible interventions will be undertaken, dependent upon the particular orthopaedic condition, but might include individualised exercise prescription to improve cardiovascular fitness, strength and range of movement, manual therapy treatment, hydrotherapy and education, across both group sessions and a home-based exercise plan.

Program cost

This program is covered by DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments.

Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

- Post joint replacement surgery
- Multiple trauma
- Decreased mobility impacting on activities of daily living

Referral forms online:

www.calvaryrehabsa.org.au/referrals

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Pulmonary Rehabilitation Program

Patient and family education, exercise training, psychosocial and behavioural intervention

Aims

- Reduce symptoms
- Decrease disability
- Increase participation in physical and social activities
- Improve the overall quality of life of patients with chronic respiratory disease

Program details

The program runs for 8 weeks, with 2 exercise sessions per week, and an education component.

The exercise component focuses on increasing the physical function, whilst the education component assists participants to manage their conditions, by providing knowledge in such areas as breathing techniques, using medicines and energy conservation. At the end of the program, there is a re-assessment to measure improvements.

Education sessions are delivered by a multidisciplinary team and include:

- Medicines – what they do and how to use them including puffers and spacers
- Breathing techniques/managing breathlessness
- Sputum clearance
- Benefits of physical exercise
- Oxygen therapy
- Energy conservation techniques
- Nutrition/healthy eating
- Information on how the lungs work
- Coping with chronic lung disease

Program cost

This program is covered by DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments.

Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

- Clinical diagnosis of airflow limitation on spirometry and are limited by breathlessness
- Stable Chronic Obstructive Pulmonary Disease (emphysema and chronic bronchitis) or after exacerbation, within two weeks after hospital discharge
- Interstitial Lung Disease (sarcoidosis and idiopathic pulmonary fibrosis)
- Cystic Fibrosis
- Lung Surgery (Lung Cancer)
- Bronchiectasis
- Pulmonary hypertension

Referral forms online:

www.calvaryrehabsa.org.au/referrals

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“Lower and upper extremity exercise training optimizes the body’s systems so that the effect of lung dysfunction is minimized, increasing exercise capacity and health-related quality of life and reducing severity of dyspnoea.”

Casaburi, R & ZuWallack, R 2009, Pulmonary Rehabilitation for Management of Chronic Obstructive Pulmonary Disease, *N Engl J Med*, 360, p. 1329 – 1335.

Reconditioning Oncology Program

Exercise, behavioural change, social support and meditation

Aims

- Return the individual to pre-morbid function with a minimum of impairment
- Reduce functional difficulties and compensate for permanent deficits

Program details

The program runs for 8 weeks, with sessions twice a week for 1.5 hours.

The education sessions are delivered by a multidisciplinary team and include:

- Psychological impact of cancer
- The benefits of exercise – getting active
- Managing fatigue and energy conservation
- Stress management including practicing relaxation and meditation
- Complementary therapies – massage, acupuncture, reflexology
- Managing uncertainty

Colorectal cancer patients awaiting surgery

A pre-rehabilitation program is offered consisting of the program detailed above, supplemented with a specific colorectal program on the Wednesday afternoon.

Program cost

This program is covered by DVA Gold Card and a majority of health funds. This is dependent on the level of cover and individual excess or co-payments.

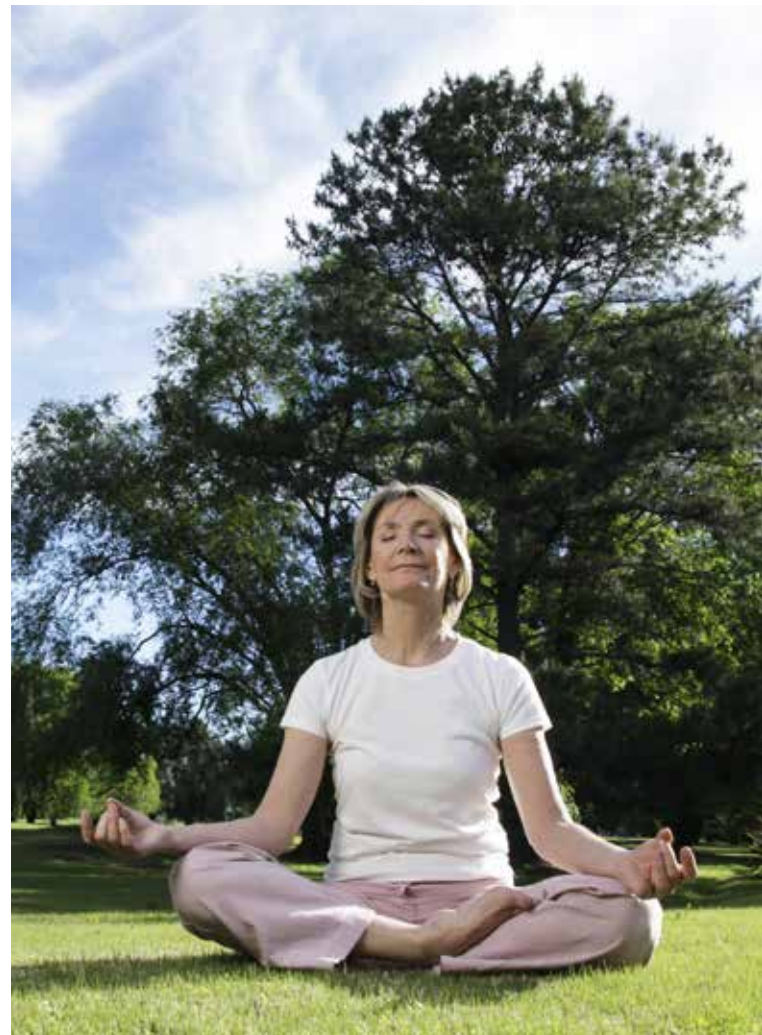
Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.

Patient profile

Cancer, lymphoma or leukaemia

Referral forms online:
www.calvaryrehabsa.org.au/referrals

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Specialist Driving Assessment Clinic

Assessment for return to driving, vehicle modifications and/or safety in continuing to drive

Aims

- Safe return to driving following a medical condition or neurological disorder
- Safety in continuing to drive with a medical condition

Program details

Specialist driving clinic may involve:

- A medical assessment to determine fitness to drive
- An off road assessment looking at physical, visual and cognitive skills required for driving
- A practical assessment with a driving instructor and the occupational therapist to determine the impact of the medical condition on the person's ability to drive and to trial vehicle modifications if required
- Recommendations are then made back to the medical specialist who will report to the Department of Planning, Transport and Infrastructure

Clinic cost

There is a cost for the occupational therapy driving assessments which will not be fully covered by private health insurance. Compensable patients will need prior approval.

Please ring the Outpatient Coordinator for further information.

Patient profile

- Returning to driving following medical conditions, ie stroke
- Requiring review of function in order to maintain a driver's licence, ie cognitive impairment

Referral

To refer to this service please provide a medical letter detailing current medical status and medications along with the driving assessment referral form.

Referral forms online:

www.calvaryrehabsa.org.au/referrals

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One-to-one Therapy

Aims

- Maximising the patient's independence and level of function
- Reducing recovery time
- Providing education to manage the patient's condition

Program details

Individual therapy sessions are available with a variety of professionals.

Therapy sessions are 30-60 minutes in duration and may involve a single professional discipline or a team of professionals, depending on the individual's needs and goals.

Clinical Psychology

Clinical Psychologists are involved in assessing, diagnosis, and providing treatment to people across the lifespan for a range of mental health conditions. These include anxiety, depression, trauma reactions, such as post traumatic stress disorder, relationship counselling and grief. They adopt a range of evidence-based treatment interventions, working in collaboration with their clients to help work towards achieving their goals.

Referral, including a mental health care plan is advised.

Dietetics

One-to-one therapy is currently provided by Dietetics in the Oncology Standard Program only.

Calvary Rehabilitation dietitians provide individual therapy sessions to oncology patients participating in the Oncology Rehabilitation Program. The sessions focus on advice tailored to the individual and setting personalised goals.

Therapy sessions are 30-60 minutes in duration and are aimed at maximising the person's independence and level of function. Additional therapy sessions with the dietitian can be arranged based on the individual's needs and goals.

Physiotherapy

Physiotherapists are involved in assessing, diagnosing and treating a range of different health conditions and movement disorders.

Treatment is aimed to achieve a number of different goals, dependent on the health condition, including improving functional ability, reducing stiffness and pain, and assisting in repairing injured tissues.

Treatment consists of an initial assessment with a physiotherapist where issues and goals are identified and a treatment plan is developed, utilising the latest evidence-based treatment. From this a range of possible interventions will be undertaken, dependent upon the particular condition, but might include exercise prescription to improve cardiovascular fitness, strength and flexibility, manual therapy treatment, hydrotherapy and education.

Speech Pathology

The Speech Pathology department offers individual therapy sessions providing comprehensive assessment and therapy for communication (speech, language and cognition) and swallowing disorders. The department has extensive experience in the rehabilitation of acute and progressive neurological disorders such as stroke, traumatic brain injury, Parkinson's disease and dementia. Therapy is focussed on personalised goals. Therapy sessions are 30-60 minutes in duration and are aimed at maximising the person's independence and level of function. Therapy programs may involve a single professional discipline or a team of professionals depending on the individual's needs and goals.

Occupational Therapy

Individual therapy sessions are offered up to three times a week depending on needs.

Aims to enhance the independence of individuals and their ability to manage at home.

Occupational Therapy can address the following:

- Functional assessment and retraining of activities of daily living including personal, domestic, community and work related tasks
- Upper limb assessment and therapy – neurological, orthopaedic and splinting
- Cognitive assessment, retraining and compensation strategies
- Falls prevention strategies
- Visual retraining and compensation strategies
- Education re energy conservation, back care and manual handling
- Reconditioning following medical conditions or surgery
- Organising support and community services
- Recommending home modifications and safety at home.

Appointment cost

Appointment costs are covered by DVA Gold Card, and a majority of health funds, including hospital extras and ancillary funding.

Bulk Bill Medicare Rebate may apply for certain appointments.

Nil insured patients are also welcome to attend, and program cost will be detailed by the outpatient coordinator.



Referral forms online:
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