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Educational

-- Abstract

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Retrospective Analysis of Active Rehabilitation Program in Day Rehabilitation Centre

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Learning Objectives

1. Review the effectiveness of Active Rehabilitation Program in Day Rehabilitation Centre (DRC) from Oct 2017 to Oct 2018
2. Strategies to improve or sustain the overall Rehab service

Background

St Luke ElderCare in Singapore offers community rehabilitation in 22 DRCs as centre-based service to the needy elders. DRC offers an Active Rehabilitation (AR) and Maintenance Rehabilitation (MR) programs. AR aims to improve functional status whereas MR aims to minimize functional decline in beneficiaries. New DRC was opened in Oct 2017 in Keat Hong estate. We have done a retrospective analysis of AR program between Oct'17 and Oct'18.

Findings and Procedure Details

Total 99 clients have been admitted for AR, and 79 of them were aged 60 and above. 34 of them have been diagnosed with stroke and 24 have fallen and some were associated fractures especially at hip. 16 of them have been diagnosed with dementia and osteoporosis and > 80 of them have other co-morbidities such as diabetes, hypertension and high cholesterol. 64% improved in Modified Barthel Index, 68% have improved in 6 Minute Walk Test, 55% have improved in Timed Up and Go test, and 62% shown improvement in Short Physical performance Battery test. Clients' average duration in receiving AR has been 3 to 6 months.

Conclusion

Clients who receive AR in DRC have greatly benefited and > 60% have shown significant improvement in 3 to 6 months at the average frequency of 2 physiotherapy sessions per week at 1 to 1.5 hours each time.