

# Service Review: Physiotherapy Blanket Referral System in Palliative Care Unit (PCU)



Li Suk Fan, PTI (Physio), OLMH  
Robin Tsim, DM(Physio), OLMH  
Dr. Jasmine Chan, ACON(PCU, M&G), OLMH  
Charity Hai, WM (PCU, M&G), OLMH

# Physiotherapy Blanket Referral System in PCU

## Objective:

- To evaluate the outcomes of PT service enhancement under blanket referral system

## Methodology:

- Retrospective review
- All newly admitted patients who had received PT in PCU
- From 3 Jul to 2 Oct 2017
- Compared with another cohort during the same period in 2016

# Result

	By referral 3 Jul to 2 Oct 2016	Blanket referral 3 Jul to 2 Oct 2017
Total no. of patients admitted to PCU	161	181
No. of cancer patients treated	82	164
No. of ESRF patients treated	2	11
Average length of stay (ALOS)	13.01 days	12.76 days
ALOS for those discharged	-	11.14 days
% of patients received PT services	52%	97% (Six deceased before PT assessment)
Time lag before referral to PT since admission	4.5 days	within 2 working days

Treatments Period	Mobility Training / Exercise therapy	Chest PT	Pain Management	Oedema Control	Aid Prescription	Carer Education
3 Jul to 2 Oct 2016 (By referral)	74.1%	15.3%	1.2%	8.2%	1.2%	0%
3 Jul to 2 Oct 2017 (Blanket referral)	57%	17.6%	7.3%	6.1%	6.7%	5.5%

## Physiotherapy Blanket Referral System in PCU

# Result

- In 54.1% of discharged patients, **significant improvement** was shown in their mean modified functional ambulation classification (MFAC) score from 3.92 to 4.10 ( $Z = -2.263$ ,  $p < 0.05$ ) using Wilcoxon signed-rank test.

	Post-MFAC - Pre-MFAC	Post-PPS - Pre-PPS
Exact Sig. (2-tailed)	.021 <sup>b</sup>	.549 <sup>b</sup>

a. Sign Test

b. Binomial distribution used.

- More than 90% of patients/ caregivers agreed or strongly agreed that **the time of PT intervention** and **provision of treatment** were appropriate, and they were satisfied with the **overall PT services**.

# Conclusion

## Physiotherapy under Blanket Referral System in PCU

- ✓ Provided timely professional assessment
- ✓ Identified and matched the needs of patients / caregivers
- ✓ Improved service coverage, ALOS and patients' functional ambulatory level
- ✓ Gained patients and caregivers satisfaction

