YM "Get You Moving": Motivating Patients with Burns in an Acute Care Setting for Positive Long Term Effects

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Background
- In the United States 450,000 people received treatment for burn injuries in 2011.
- During the period of October 1, 2011 through October 1, 2012 UAB admitted 535 burn patients
  - 135 were treated in the Emergency Department and discharged
  - 400 were admitted to inpatient Burns/Trauma Acute Care setting with the potential to be consulted by OT/PT services

Objectives of Project
- Develop an acute OT/PT program during the initial stage of a burn injury that includes:
  - Participation in structured and meaningful activities in a gym type environment
  - Therapeutic interaction with others who have sustained similar burn injuries
  - Mentoring and sharing experiences while participating in a gym program for functional improvements
- The gym program is expected to motivate patients with burn injuries during their acute hospital stay to participate in a mentoring program to allow achievements in overall functional independence.

Significance
- Along with the risks of contractures, burn victims often go through a period of depression that may lead to a lack of motivation and decrease participation in skilled therapies during the acute care hospital stay.
- Functional improvements and consequently inpatient rehab can be considered an important component of care following a burn injury. During the hospital stay, emphasis is placed on using compensatory strategies to motivate the patient to participate in aggressive OT/PT for more functional results. Despite the etiology of the burn injury, aggressive treatment during the acute stage has proven to be beneficial in overall functional outcomes.

Methods
- Studies reveal better functional outcomes, and quite often a decrease in hospital length of stay, with increased therapy participation. A multidisciplinary approach is taken to assist in grouping patients into a mentoring environment for aggressive intervention. Patients were able to share experiences during treatment sessions while working to achieve goals for future endeavors. The following steps are included:
  - Physician order placed to “eval and treat” by OT/PT
  - Treatment plan established by OT/PT to address: functional ROM BUE/BLE; ADL/SC performance; adaptive equipment assessment; splinting/casting intervention; and functional mobility skills
  - Patients participate 3-5 times weekly in gym program
  - GYM alert system via communication board to Nursing Service, Patient and Burn Dressing Team
  - Daily progress monitored to determine effectiveness

Results
- Review of Gym Program proved to be effective with increased patient participation as evidenced by:
  - Increased patient willingness to participate; improved compliance noted with daily performance
  - Improved self-motivation to focus on progress for more favorable discharge goals
  - Patients reached personal goals and overcame boundaries
  - Patients’ stress level declined and mood improved
  - Positive feedback from patients and family members

Conclusion
- The Gym Program allows a mentoring atmosphere for patients with same/similar diagnoses to engage in therapies that resulted in a more positive outlook. The patients were able to share in experiences while fostering a healthier environment for achieving goals towards independence and future endeavors. Activities used during participation helped ease patients’ concerns and therefore improved performance. The improvements in participation levels were noteworthy.

Future (Phase II)
- On-going data analysis
- Emphasis on home exercise programs
- Monitor process that may improve functional outcome
- On-going staff education
- Improvements of treatment approach through media support

References
- 2012 "Exercise : "Benefits of Regular Physical Activity"  Mayo Foundation for Medical Education and Research
- Peter Yen, PA  UAB Burn Center, Mentor
- Xiaofei Qiao, UAB Spain Rehab Center, Mentor