



Collect once use many times-discharging with Information (DWI). The BHS solution

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Background

A discharge care plan is an important part of the discharge process and includes patient goals, risk factor management, appointments, medications and contact details of community services.

We sought to improve the quality of information provided to patients upon discharge using existing data collection processes.

Aim

To provide patients with a discharge care plan that includes personalised clinical information by utilizing data collected from and on the patient throughout their hospital stay.

Methods

The discharge care plan includes administrative data (personal and demographic details and hospital registration number) and clinical data (diagnosis, risk factors and medication) obtained through the automated process of data mapping.

In addition to the automated data, clinicians are able to update information following review of online medical records, daily clinical rounds and outcome of multi-disciplinary team meetings.

Upon discharge, the various sources of information are used to create a document, reflective of the individual patient. This includes discharge instructions based on the patient's personal goals for recovery and lifestyle modification, an informative risk factor template, discharge medications, follow-up appointments and a reminder of the 'FAST' message. The same information is used to create other documents such as the discharge summaries, sent to patients' primary care physicians, and resources for assessment used during the various outpatient appointments.

Discussion

The individualised stroke discharge care plan has proven to be time effective, informative and useful. Where in the past, the focus has been on using data to facilitate communication amongst healthcare professionals, the emphasis now is on empowering patients by providing them with precise and concise information.

A cost effective way of doing this is to utilise information systems that are available in most healthcare facilities. Preliminary feedback has been positive and through follow-up auditing it is anticipated the discharge care plan will reveal a positive influence on patient empowerment, satisfaction and outcomes.

Results

Risk Factor	How it affects your risk of stroke	Lifestyle changes to lower your risk	Key Message
High blood pressure	Causes damage to blood vessel walls eventually leading to a stroke. High blood pressure is one of the most important risk factors for stroke.	<ul style="list-style-type: none"> Be smoke free. Maintain a healthy lifestyle. Reduce salt intake. Limit alcohol intake. Your doctor may prescribe medication. 	Know your blood pressure and check it regularly.
Smoking	Increases blood pressure and reduces oxygen in the blood.	Stop smoking.	Be smoke free.
High blood cholesterol	Contributes to blood vessel disease often leading to a stroke.	<ul style="list-style-type: none"> Maintain a healthy lifestyle. Choose foods low in saturated fat. Your doctor may prescribe medication. 	Check your blood cholesterol level
Diabetes	Can cause damage to the circulatory system and can increase risk of stroke.	Maintain a healthy body weight.	Talk to your doctor about keeping diabetes under control
Being overweight	High body fat can contribute to high blood pressure, cholesterol and lead to heart disease, type 2 diabetes and stroke	<ul style="list-style-type: none"> Maintain a healthy body weight. Be physically active. 	Talk to your doctor, a dietitian or a nutritionist for help. Be active everyday
Poor diet and inactivity	Can contribute to high cholesterol, high blood pressure and lead to obesity increasing risk of stroke.	Maintain a healthy body weight.	Talk to your doctor, a dietitian or a nutritionist for help. Be active everyday
Excessive alcohol	Can raise blood pressure and increase your risk of stroke.	Stay within recommended limits (no more than 2 drinks per day).	Limit your alcohol intake.
Atrial Fibrillation (AF)	You are more at risk of stroke if you have an irregular pulse due to atrial fibrillation.	Follow general advice to lower risk factors.	If you experience symptoms such as palpitations, weakness, faintness or breathlessness, see your doctor for diagnosis or treatment.

Date Added	Instructions	Health Professional
25/01/2018 8:44:09 AM	Physiotherapy - Brendan Cutts Your balance and movement are still very good, but to help prevent further strokes it is important to do 150 minutes of moderate intensity exercise each week (You should be able to talk but not sing). It doesn't matter what type of exercise you do, and it's best if you enjoy it, as long as you achieve the right intensity and duration.	Hair, Casey (Nurse & North-Medical)
25/01/2018 8:41:43 AM	Occupational Therapy: - Monitor fatigue levels; take regular rest breaks. - No driving until medical clearance. - Consult GP if any further changes. OT: Adrienne	Hair, Casey (Nurse & North-Medical)



Personalised
Informative
Innovative

Multidisciplinary
Empowering
Preventative