AppleValley THE "BLUE SHEET" AppleValley POST-ACUTE REHAB

POST-ACUTE REHAB

The principal objective of our poster is to highlight the process in which we successfully improved communication between nursing (licensed and non-licensed) and therapy staff (PT, OT, S/LP). As a result of increased communication we have found that all staff are working more collaboratively and patient safety has been improved.

Implementation: A patient profile was introduced by Lori Harrison, MSPT. Director of Rehab. It outlined all areas of patients "functional needs." The orignal prototype profile was printed on blue paper. This allowed for easy visibility and staff quickly adopted its use. Since its first use it has been fondly nicknamed the "Blue Sheet" and all staff refer to it as such. Each patients' "Blue Sheet" is posted in their room as well as the nursing MAR.



CARE TRACKER	BLUE SHEET	WHAT THIS MEANS		
INDEPENDENT	I = INDEPENDENT	NO ASSISTSANCE - NO ONE NEEDS TO BE IN THE ROOM		
	S = Supervised	A C.N.A is in the room providing verbal instruction		
VERBAL CUEING	s/U = Set Up	Setting up grooming supplies and laying out clothing etc.		
	SBA = Standby Assist	NO HANDS ON ASSISTANCE REQUIRED		
NON WEIGHT	Contact Guard Assistance	CGA - Contact Guard Assist		
BEARING		OR		
ASSISTANCE	Limited Physical Assistance	Some Hands On Assistance Required (GAIT BELT REQUIRED)		
WEIGHT	Min A Mod A	Min A - Patient can do 75% of the task Mod A - Moderate level of assistance, patient is doing 50% of task		
BEARING	Max A	Max A - Maximum level of assistance, patient is doing less than 25% of task		
ASSISTANCE	Extreme Physical Assistance	Extensive hands on assistance required (Gait Belt Required)		
TOTAL DEPENDENCE	Mechanical Lift	Patient is unable to assit at all, 100% Dependent		
ACTIVITY DID <u>NOT</u> OCCUR	Not to transfer W/C.N.A Not to ambulate by C.N.A	THERAPY ONLY		

TERMINOLOGY FOR THE "BLUE SHEET"

LEVELS OF ASSISTANCE

I-Independent S-Supervised SBA- Stand by assist CGA-Contact guard assistance MIN-Minimal assistance MOD-Moderate assistance MAX-Maximum assistance DEP-Dependent

ASSISTIVE DEVICE

Slide board Platform Front Wheel Walker SPC-Single point cane FWW-Front wheel walker W/C-Wheel chair 4WW-our wheel walker

WEIGHT BEARING STATUS

NWB-Non weight bearing TTWB-Toe touch weight bearing PWB-Partial weight bearing WBAS-Weight bearing as tolerated



Background: Anecdotal frustration had been expressed by staff due to lack of knowledge regarding patient ability and needs. It was almost as if each discipline was speaking a diffrent language. It became obvious that a better method of communication between staff members, both in clarity and ease of use

was necessary.

0	~					
Q	Appl	e Valley Post A	Acute Re	habilitation	Hospital	
Resident N	ame:		Week of:			
Primary PT	:		Primary O	r:		
· · · · · · · · · · · · · · · · · · ·		Mobility 5				
Т	Independent	Min		t Mechanical Lift		
R	Supervised	Mod		Hoyer		
A	Stand By	Max		Sara		
N S	Contact Guard	I/C N A		Ok To Transfer	Indonondont	
SNot To Transfer W/C.N.A FNot To Be Ambulated By C.N.A			Ok To Transfer Independent Ok To Ambulate Independent In Room			
EOk To Transfer W/C.N.A				_Ok To Ambulate	and the second s	
R	Ok To Ambulate W	//C.N.A				
S						
Assistive D	evice:					
Weight Bea	aring Status:	NWBTTWB	PWB	WBAT		
Precaution	s:Total H	lipSpinal	Fall Risk	SternalOthe	r	
Bed Mobili	ty:					
OUT OF BE	D FOR ROUTINE ADLS	YES	NO			
La constant			ADL TASK			
Toileting:	Bed Pan	Bedside Commode		Bathroom		
Dressing:	In Bed	Sitting Edge Of Bed	d	Up In Chair		
Grooming:	Set Up	Needs Help				
Bathing:	Sponge Bath	Shower		Shower Days		C.N.A Shift
	,					
Feeding:	P N A Dining	Community Dining		Out of Rod		Pod At OO
recumg.	K.N.A Dilling	community Dining		_Out of Bed		Bed At 90
Swallowing	g Abillity:Intact	See Car	replan For D	ysphagia		
	ices:		REALM- R	SCORE:		
	AND DESCRIPTION OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED		1			
Safety Dev						
			Comments	:		

- Do not life your arms above shoulder height
- Do not push or pull with your arms when moving in bed
- Do not life more than 8 pounds
- Brace your chest with a pillow when

- No twisting
- No bending
- Neck collar or lumbar brace as ordered
- Do not bend forward at the waist more than 90 °
- Do not turn your toes inward
- Do not lift your operative leg higher than your hip.



Evaluation: The "Blue Sheet" was implemented in April 2011. Staff found that they were better equipped to communicate more effectively. We were speaking the same language! In the 15 months before implementation there were 114 resident falls. In the 15 months since implementation there have been 105 resident falls. This accounts for an 8% overall reduction in resident falls.