



## Rehabilitation in South Karelia Social and Health Care District (Eksote)

Virpi Aralinna, Service Manager

Rehabilitation services 10.9.19

# Administration of Rehab

Markku Hupli, MD, PhD

Director of rehabilitation services, chief of physical and rehabilitation department



Rehabilitation Center  
95 beds, about 90  
nurses

Therapy Services, about  
140 therapists

Work and Functionality  
Center, about 40  
employees

Geriatric Center

Demanding rehabilitation  
unit (neurological and  
physical medicine)  
(34 beds)

Outpatient rehab services

Expert services  
Psychology  
Social workers etc

3 geriatric specialist (MD)  
3 doctors in training  
4 doctors from Russia

Palliative care unit (terminal  
care)  
Department 4 (12 beds)

Follow-up and home  
rehabilitation services

Functional aid center  
(wheelchairs etc assistive  
devices)

Nurses and coordinators (for  
memory problems), 15  
employees

Acute geriatric Inpatient  
Department  
(22 beds)

Inpatient rehab services

Psychogeriatric rehab.  
depart. (24 beds)

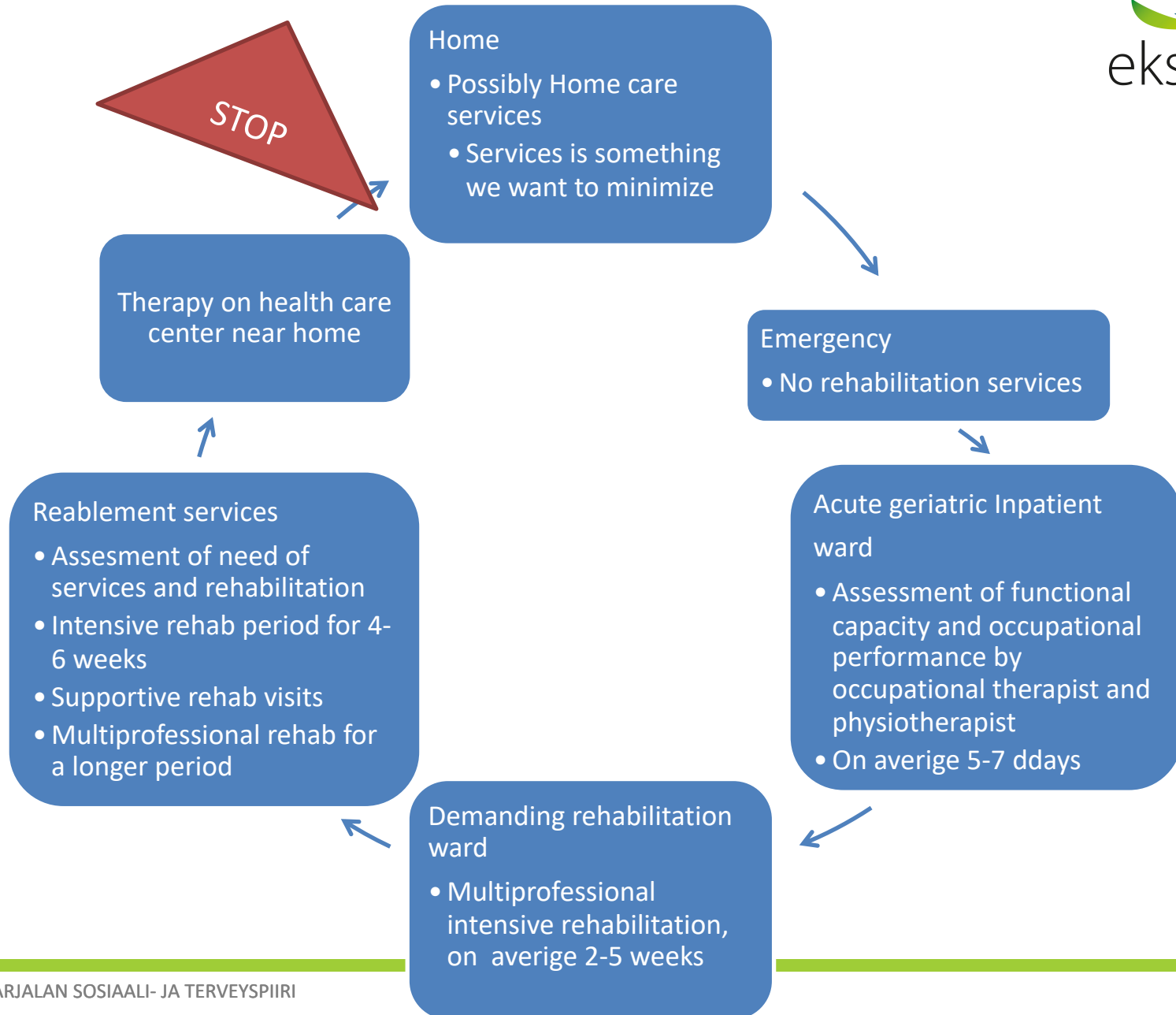
3 specialist in Physical and  
Rehabilitation Medicine,  
2 GP doctors,  
1 doctor in training



**Vision in Rehabilitation: “More functional capacity for the patient”**



# Rehabilitation as part of patient pathway



# Patient-based services and processes on ward units



- Our aim is that patient is guaranteed on average 8h of activity and care to promote functional capacity per day (7 days a week)
- Rehabilitation plan for patient and with patient is made in 2 days after arrival, aim 100 % > results 95%
- FIM (=Functional Independence Measure; cognition + motoric) improves on average 10 %, aim 80 % of patients
- Discharge from hospital should happen before 10 am, aim 100% > result varies on different wards from 50% to 100%

# Tele rehabilitation

- Reablement services – home rehabilitation
  - Supportive virtual e-contacts after intensive rehabilitation period
  - Guidance for doing physical exercise and assessment of home life in general
  - Agreed in advance hand by physiotherapist, max 30 minutes per contact
  - Clients get tablets from Eksote and technology is made ready and easy
  - About 200 e-contacts this year
- Physiotherapy
  - Virtual e-contacts controlling training schedule for recovery after assessment appointments
  - E-contacts agreed in advance
  - Clients use their own mobile phones or other devices, client gets hyperlink for appointment
  - Pilot started in the spring
- Benefits
  - Ecological aspects, less car driving, spending time
  - Intensity of the contact is high

# Making appointments – physiotherapy in health care centers

- open calendar for physiotherapy services on web side
  - Back pain, knee, shoulders, other
- Self reflection of different symptoms (Oma Olo –service)
  - Suggestions to make appointment or advice for self care
- Chat - starting soon

## Fysioterapia

### Eksoten asiointipalvelu

[Varaa aika >](#)  
[Uusi reseptejä >](#)  
[Lähetä viestejä, esitietoja ja katso tuloksesi >](#)  
[Tee oire- tai palveluarvio >](#)  
[Jätä soittopyyntö >](#)



SUUNNITELMAT

Omaolo

Kummassa olkapäässä sinulla on oireita? Jos oireita on kummassakin olkapäässä, täytä kysely siitä olkapäästä, jossa oireet ovat vaikeammat.

Vasemmassa

Oikeassa

Onko olkapääkipu alkanut äkillisesti kaatumisen, putoamisen, olkapäähän kohdistuneen iskun tai muun tapaturman jälkeen?

KYLLÄ

EI

Onko sinulla ollut seuraavia oireita olkapääkipuun liittyen?

Tahatonta laihtumista

Kovaa tai kohtalaisen kovaa kipua useissa nivelissä

Äskettäin alkaneita uusia hengitystieoireita (esim. yskä tai hengenahdistus)

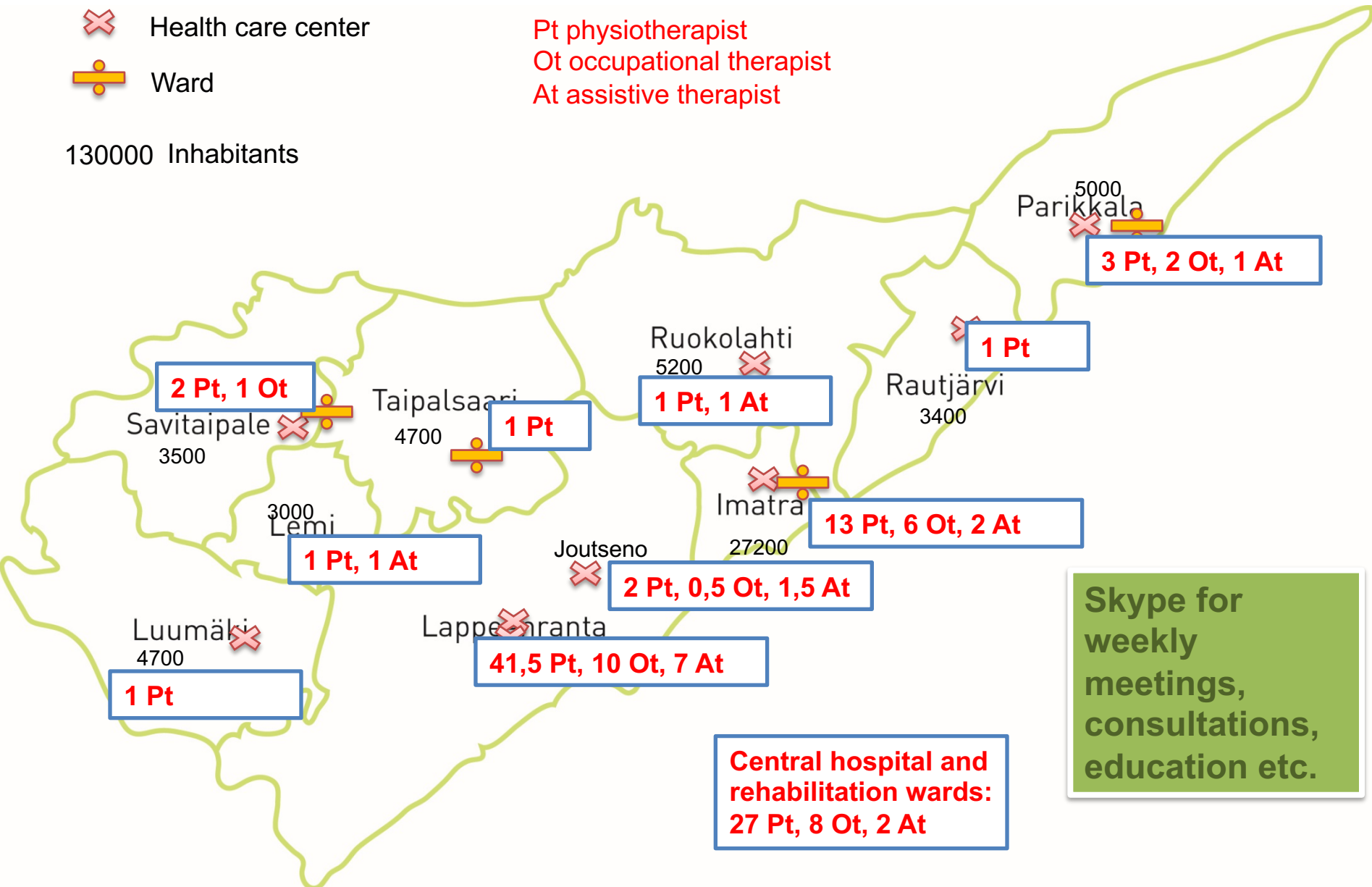
# Physiotherapy, Occupational therapy and home rehabilitation services in Eksote

✕ Health care center

📍 Ward

Pt physiotherapist  
Ot occupational therapist  
At assistive therapist

130000 Inhabitants



Skype for weekly meetings, consultations, education etc.

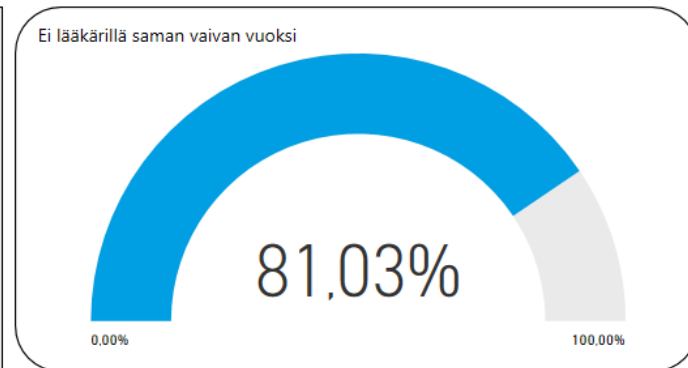


# Specialised physiotherapy and need for physician appointment

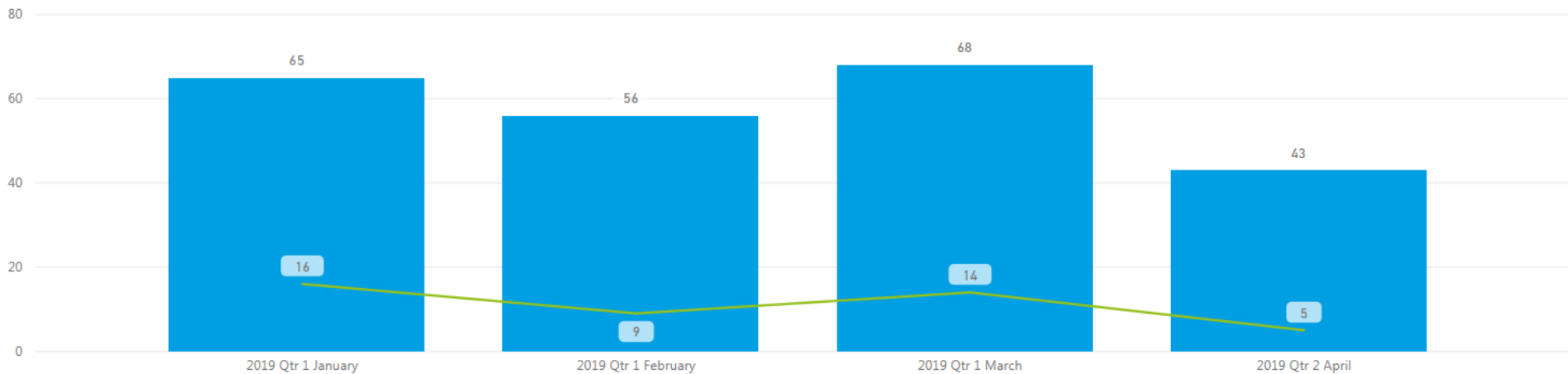


Aikaväli (1. kontakti)    
 Kustannuspaikka (1. kontakti)   
 Yksikkö (1. kontakti)   
 Käyntisyys (1. kontakti)   
 Kontaktilaji (1. kontakti)

EKAYksikkö	Potilaiden määrä asiantuntijafysioterapeuteilla	Potilaiden määrä jatkokäynneillä	Ei lääkärillä saman vaivan vuoksi
BFAS Tules.vo/Honkaharjun terveysasema	87	21	75,86 %
EFAS Tules vo \Armilan terveysasema	57	11	80,70 %
EFASJ Fys/Tules-vastaanotto, Joutseno	17	4	76,47 %
EFASS Tulesvo/Sammonlahden terveysasema	27	3	88,89 %
JFAS Fys/Tules-vastaanotto, Luumäki	10	3	70,00 %
KFAS Fys/Tules-vastaanotto, Lemi	7	1	85,71 %
QFAS Tules vo./Taipalsaaren hyvinvointiasema	3		100,00 %
RFAS Fys/Tules-vastaanotto, Parikkala	9		100,00 %
SFAS Fys/Tules-vastaanotto, Savitaipale	8		100,00 %
UFAS Fys/Tules-vastaanotto, Ruokolahdi	7	1	85,71 %
<b>Yhteensä</b>	<b>232</b>	<b>44</b>	<b>81,03 %</b>



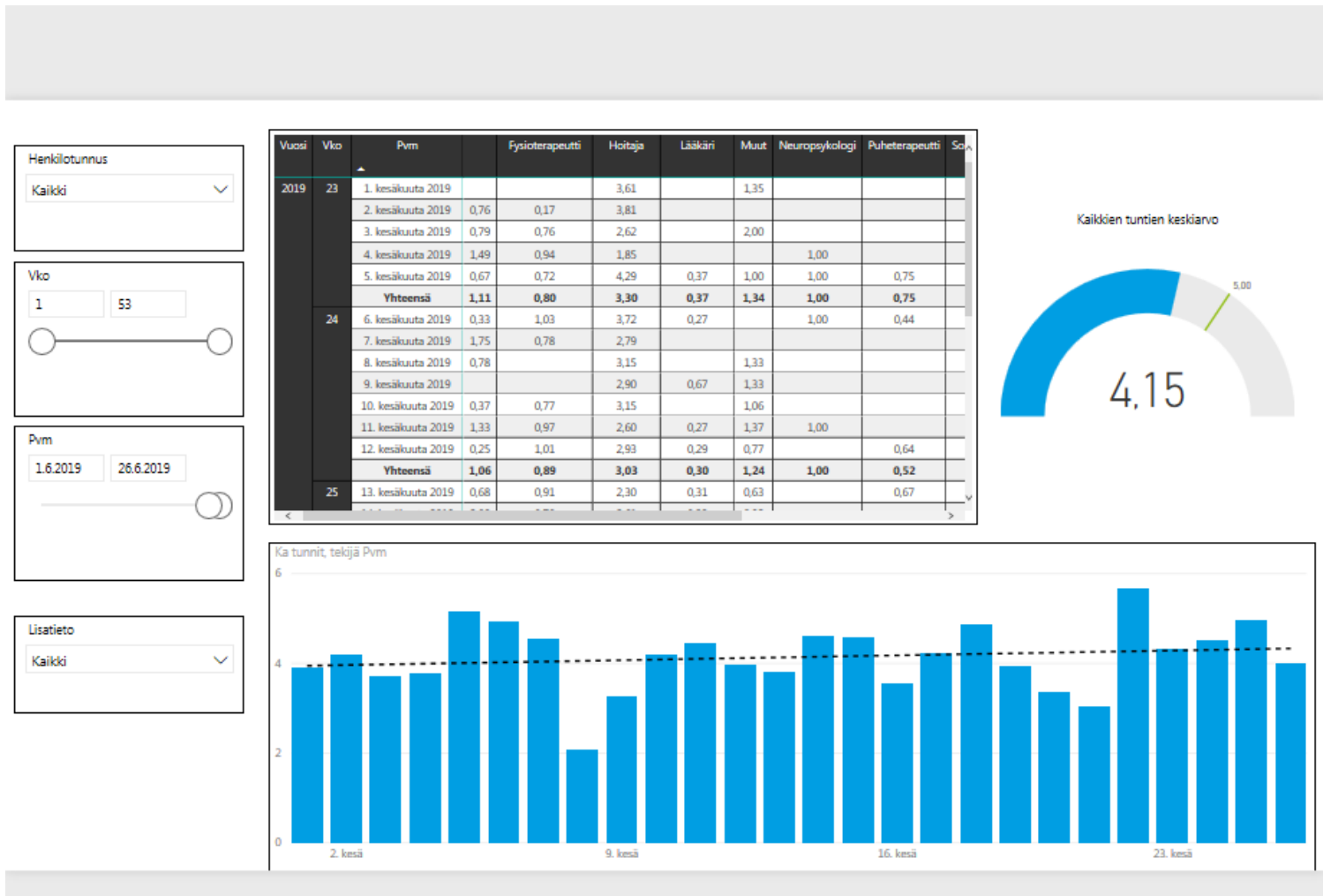
● Potilaiden määrä asiantuntijafysioterapeuteilla ● Potilaiden määrä jatkokäynneillä



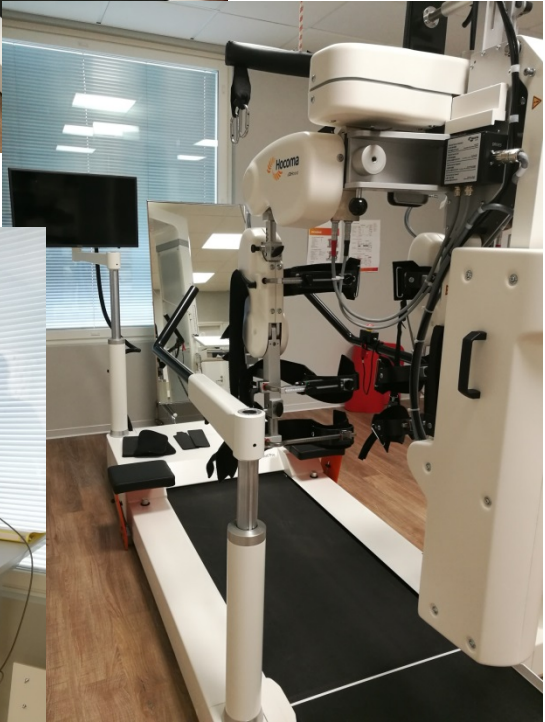
# Knowledge management on ward



# Measuring individual time of activity and care with mobile phones



# Therapy and techonology on ward unit



# Thank you!

