St Vincent's Virtual and Home (SVVH)

Rehab at Home

Better and fairer care. Always.

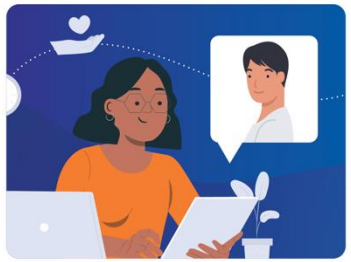
DRAFT May 2025

Community Care

Community Nursing and Allied Health

Home nursing and allied health for people with aged care, chronic illness or post-acute health needs. The 7 day/week service includes medication management, diabetes monitoring and management, wound care, indwelling catheter care, non-cytotoxic cancer care and general nursing care. Therapeutic allied health for older people to restore or maintain independent functioning at home.

Virtual Care and Care Co.



HealthMonitor

Virtually-enabled post discharge follow up program, providing symptom review, clinical advice and short-term care coordination.

Digital mental health

This Way Up

An evidence-based digital mental health platform delivering on-demand psychological therapy for a range of anxiety disorders, depression and related mental health conditions.

thiswayup.org.au

Aged care

Aged Care at Home

Coordinated and clinically-led packages of care to enable clients with age-related needs to remain living at home.

Our flexible services include care for people with Government funded and entry level Commonwealth Home Support Packages (CHSP), more intensive Home Care Packages (HCP) and private clients. Tailored care from qualified staff ensures our services form part of an end-to-end continuum of care for older people living at home, as their needs change over time.

Transitional Aged Care Program

Short-term nursing, allied health and case management for older people recovering after a hospital stay, to support the transition from hospital to home, or into residential care. TCP is provided for up to 12 weeks and offers both facility and home-based places.

Acute Clinical

Hospital in the Home (HITH)

Acute hospital-equivalent care delivered in the home by medical, nursing, allied health and pharmacy staff. Patients may receive up to two visits per day, 7 days/ week, with 24 hour on-call nurse and consultant support. HITH specialises in intravenous and peritoneal antibiotics, intravenous diuresis, pre and post-operative care, some non-cytotoxic chemotherapy and complex wound management. The team also provide an on-site review clinic and welcome discussion of cases with other acute care needs.

Residential In-reach Program

Rapid response assessment and treatment in-place for Aged Care Facility residents to reduce necessity for transfer to hospital. The 7-day service includes Clinical Nurse Consultants, Nurse Practitioner and Geriatric Medicine staff. Services include comprehensive medical and nursing assessment, medication reviews, Advance Care Planning, palliative care advice and referral, intravenous antibiotic treatment for chest or urinary tract infections, confused resident assessment and advice, pain management and family meetings.

Subacute Clinical

Geriatric Evaluation and Management (GEM) at Home

Geriatric Evaluation and Management delivers admitted, short term geriatric, multi-disciplinary assessment and rehabilitation at home. Team includes Geriatric Medicine Physicians, nursing and allied health staff 7 days a week with 24-hour phone support. GEM at Home supports older people who have activity and participation limitations from conditions associated with ageing, cognitive impairment, and recent or chronic illness.

Rehab at Home

Subacute and virtual care enabled, multi-disciplinary rehabilitation delivered at home.

Admitted Stream – specialist rehabilitation assessment and management led by Rehabilitation Physicians and including nursing, allied health and pharmacy. A 7-day week service with 24-hour phone support.

Non-Admitted and Virtual Streams – nursing and physiotherapy, providing in-person and virtual rehabilitation in the home.

Palliative Care at Home

Care at home enabling quality of life and relief of suffering for people facing life-limiting illness. The multi-disciplinary service provides specialist palliative care assessment, psychosocial support and respite, engagement in advance care planning, care coordination and end-of-life care at home.

Cancer Care at Home

A hybrid model between Community Nursing and St Vincent's Hospital Melbourne's Cancer Day Unit for Oncology and Haematology patients, for treatments that are considered safe for home-based care. This includes some chemotherapies, immunotherapy, port (access device) care and pump disconnects.

Our services at SVVH

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Rehab at Home Program

Services

- **Services Provided**
  - Admin support
  - Care Coordination
  - Virtual and Face to Face physiotherapy post hip and knee joint replacement

- **Digital platform**
  - EMR
  - Telehealth
  - Remote monitoring
  - Scheduling
  - Reporting

Rehab at Home Program

Physiotherapy via video call or in-person
Nursing via video call or in-person as indicated
Clinical care monitoring, management and coordination
Data driven early intervention of issues
Escalation pathways to GP & Surgeon
Technical support

Clinical care monitoring, management and coordination

Nursing – where required

Virtual Care Platform

Symptom monitoring with triage escalation
Chat with Rehab at Home Care Team
Reminders & tasks
Remote monitoring
Video consults
Digital **resource library**
PROMs & PREM collection

Daily symptom monitoring with triage escalation

Tasks & reminders

Q&A chat with team

PROM

PROM

PREM

Evaluation data collection

Digital resource library

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Rehab at Home Program

Outcomes to date

- Servicing 8 private hospitals across 3 states
- Over 500 patients
- ~2500 episodes
- 1900 face to face 600 virtual
- Average change in HOOs =26 (MCID >16)
- Average change in KOOs = 21 (MCID >14)
- Rolling NPS average 88
- Readmission <1%

Rehab at Home Program

Future

- Increasing types of surgeries covered
- Increasing MDT
- Supporting short stay models
- Cardiac models (fully virtual)

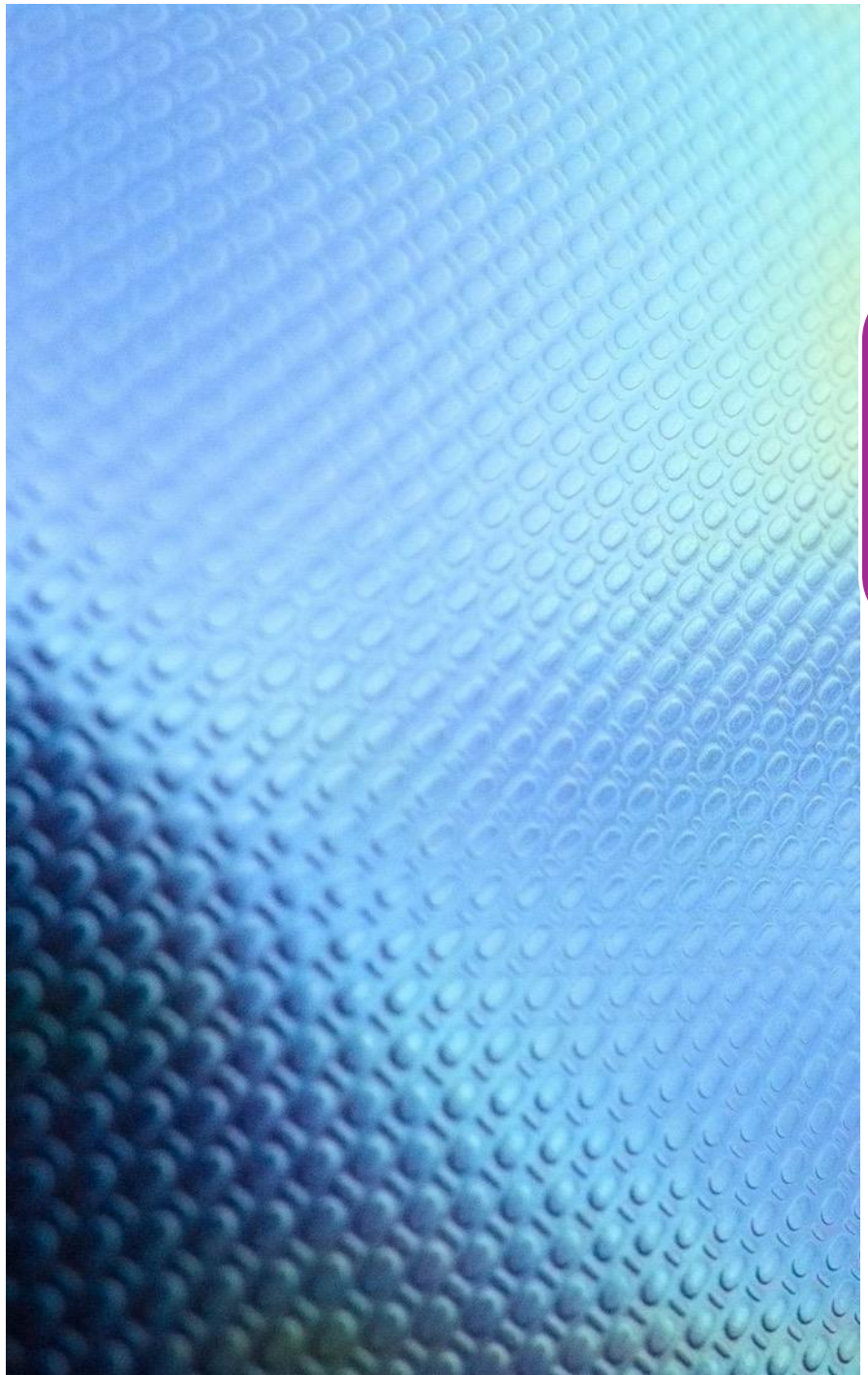
Rehab at Home Program

Case study 1

- 61-year-old Female
- Bilateral knee replacement
- Reason for surgery: Knee OA and pain
- Pmx OSA, GORD, Asthma, depression, hysterectomy
- Social history: Lives with hsb in LSH, flat entry,nil stairs. Has SC and OTF

Rehab at Home Program

	Initial	Discharge
Pain VAS	4/10	0/10
Mobility	X 2 CC	Independent, nil walking aids
Range of motion	Seated knee flexion: Left 90 degrees and Right 90 degrees. Knee extension in standing +5 degrees	Seated knee flexion: left 110 degrees and Right 95 degrees Full knee extension in standing.
Transfers	Assistance needed to sit to stand – hand support.	Independent all transfers.
Stairs	Nil stairs at home	Able to ascend and descend



Rehab at Home Program

Once Virtual Rehab has finished.

- Pt to continue with HEP after Virtual rehab sessions finished.
- Pt to attend local hydrotherapy pool.
- Pt can call if they have any questions.

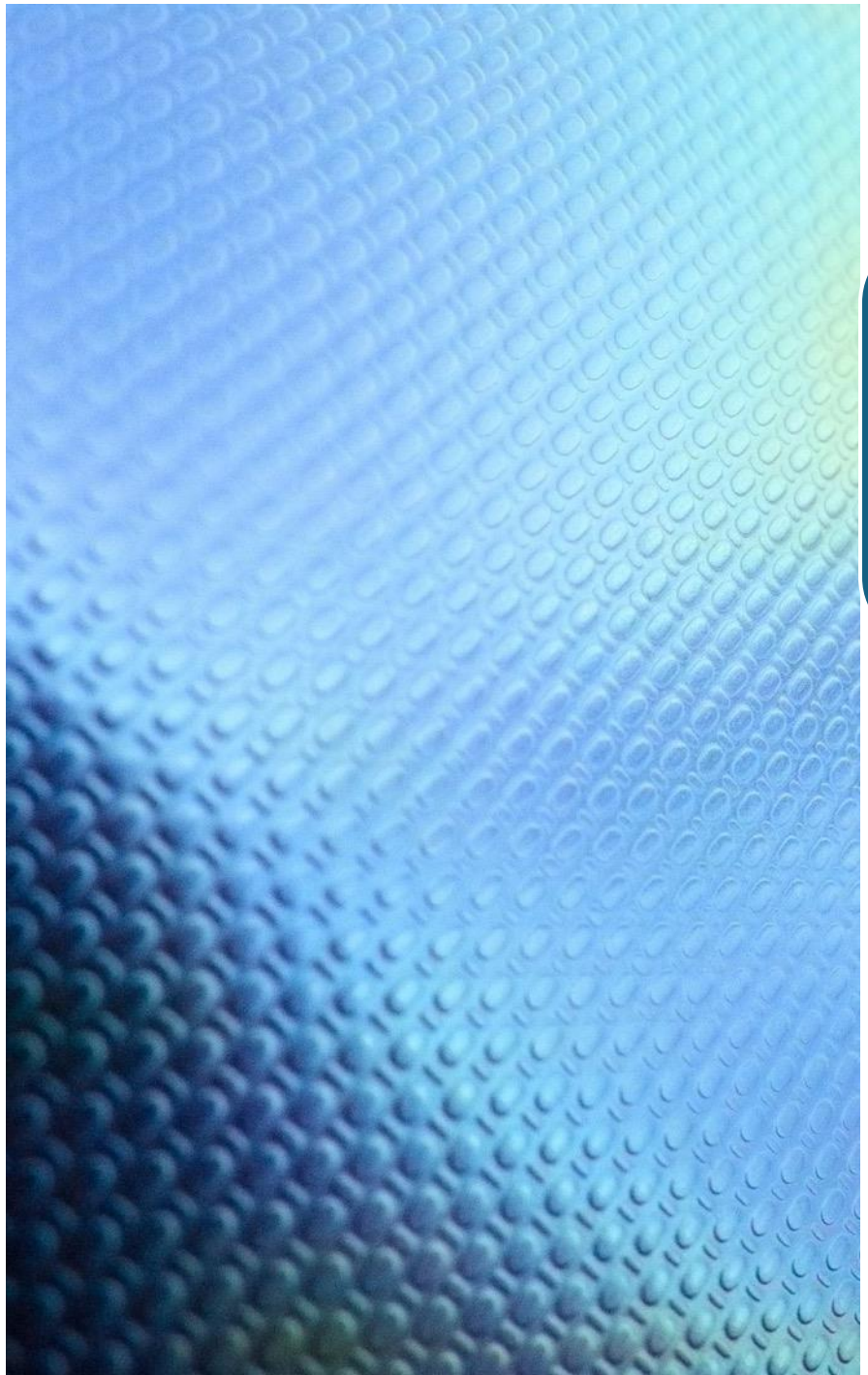
Rehab at Home Program

Case study 2

- 56-year-old male
- Total hip repalcement
- Reason for surgery: hip OA and pain
- PHMx: Enlarged prostate, ankle #
- Social history: Pt is a cattle farmer. Current home is a double storey with external stairs (20 steps).

Rehab at Home Program

	Initial	Discharge
Pain VAS	4/10	0/10
Mobility	X 1 CC	Independent, nil walking aids
Range of motion	Standing hip flexion: 80 degrees. Standing hip extension 10 degrees	Standing hip flexion: 95 degrees Standing hip extension 20 degrees
Transfers	Independent with all transfers.	Independent with all transfers.
Stairs	Able to ascend and descend With reciprocal pattern.	Able to ascend and descend with reciprocal pattern.



Rehab at Home Program

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