Toronto abi Network

Outpatient Rehabilitation

- Bridgepoint Sinai Health System
- Toronto Rehabilitation Institute – UHN
- Holland Bloorview Kids Rehabilitation Hospital

Presenters:

- Kim Meighan, RN Case Manager & Paula Shing, Clinical Manager – Ambulatory Care, Bridgepoint Sinai Health System
- Raghad Zaiyouna, Service Coordinator, Toronto Rehab - UHN
- Cyndy Bryson, Intake Coordinator, Holland Bloorview Kids Rehabilitation Hospital
- Julie Osbelt, Referral Coordinator, Toronto ABI Network

Moderator: Linda Ngan, Project Manager, Toronto ABI Network

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Bridgepoint
Active Healthcare
Sinai Health System

Sinai Health System

Sinai Health System was formed in January 2015 and encompasses:

- Bridgepoint Active Healthcare,
- Mount Sinai Hospital
- Circle of Care
- Lunenfeld-Tanenbaum Research Institute

Together, our four unique organizations are working toward the delivery of a seamless continuum of care for the patients and clients we serve, from healthy beginnings to healthy aging

Ambulatory Care - Rehabilitation

- **Musculoskeletal Rehabilitation Program:**
  - Patients with recent complex orthopedic conditions (e.g. multiple trauma, complex fractures…)
  - Patients who have undergone elective knee and hip replacements (TKA, THA)
- **Neurological Rehabilitation Program**
  - Patients with recent acquired brain injury, stroke or neurovascular impairment, or a neuromuscular disorder
- **Medical Complexity Program**
  - Patients with multiple medical comorbidities and medications, usually with poor social determinants of health (e.g. lack of caregiver support, poor housing and/or mental health conditions)
  - Referred internally from Bridgepoint's inpatient Medical Rehab units

Bridgepoint Active Healthcare

Neurological rehabilitation program

- **Short-term intensive** outpatient program for patients with complex neurological rehabilitation needs
- Appropriate referrals include patients with a **recent** acquired brain injury, stroke or neurovascular impairment or a neuromuscular disorder.
- Patients in this program have access to an **interprofessional team** that includes PT, OT, SLP (and their assistants), SW, RN, vocational rehabilitation, neuropsychology consults and a neurological peer support group for younger adults.
- Program duration: Approximately 8 -10 weeks.

Bridgepoint Active Healthcare

Specialty Outpatient Programs and Services:

- Seating Clinic
- Vocational Rehabilitation
- Augmentative and Alternative Communication Clinic
- Chronic Pain management :
  - Cognitive Behavior Therapy
  - Mindfulness Based Stress Reduction

Specialty Clinics (MD only Clinics):

Endocrinology

General Internal Medicine

Geriatric Psychiatry

Physiatry

Bridgepoint Active Healthcare

Admission Criteria for Outpatient Neurological Rehabilitation:

- Recent diagnosis (within the last 6 months) and/or recent hospitalization
- Medically stable
- Must be able to actively participate in an short term intensive outpatient rehab program
- Must be able to ambulate and/or require assist of 1 to transfer
- Must be independent in self care or have own support/assistance
- Must provide own transportation
- Valid OHIP card, older than 18 yrs of age
- Referrals received through ABI Network
- Wait times will fluctuate based on volumes of referrals received

Contact Information

Bridgepoint Active Healthcare
Sinai Health System

For questions on referrals:
Kim Meighan
T 416-461-8252 x 2278
kimberley.meighan@sinaihealthsystem.ca

For questions on Ambulatory Care Programs and Services:
Paula Shing
T 416-461-8252 x 2093
paula.shing@sinaihealthsystem.ca

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UHN Toronto Rehabilitation Institute

Toronto Rehab

University Health Network comprised of :

- Toronto General
- Toronto Western
- Princess Margaret
- Michener Institute
- Toronto Rehab (has 5 sites)

Toronto Rehab

Toronto Rehab offers the following programs:

- Cardiac Rehab (Rumsey)
- Complex Continuing Care Program (Bickle)
- Geriatric Rehab (University Centre)
- Long Term Care - (Lakeside)
- Musculoskeletal Rehab (University)
- **Brain and Spinal Cord Rehab (University, Lyndhurst, Rumsey)**

Toronto Rehab

Brain and Spinal Cord Rehab (University, Lyndhurst, Rumsey)

- Inpatient & Outpatient ABI Rehab
- Inpatient & Outpatient Stroke Rehab
- Inpatient & Outpatient Spinal Cord Rehab
- Complex Injury Outpatient Rehab Services (CIOR- fee for service)
- Neurology (WSIB – fee for service)
- Balance, Mobility and Falls Clinic
- Augmentative and Alternative Clinic (AAC)
- Rocket Upper Extremity Clinic (fee for service)
- Spasticity Clinic

Toronto Rehab

Outpatient ABI offered at (2 sites):

University Centre

- Downtown Toronto at University and Elm Street (north of Dundas)
- 550 University Avenue

Rumsey Neuro

- Bayview & Eglinton - just south of Sunnybrook Hospital
- 345 Rumsey Road

Toronto Rehab

WHO to refer:

- RECENT ABI that is not degenerative/progressive in nature
- Those 18 years of age or older
- Milder injuries will only be considered if there are positive imaging findings
- Medically, psychiatrically / behaviourally stable
- Client must have clearly defined rehab goals and the potential to achieve them – we address physical, perceptual, cognitive, communicative and social issues
- Require two therapies (we do not provide single services)
- Able and willing to participate
- Ability to learn and carryover information taught
- Able to get to our centre independently or have family / friend assist
- Able to toilet on their own or have a family member/friend assist them

HOW to refer & what to include:

- Referrals must come via the Toronto ABI Network either on the *ABI Community Profile*:
  - Most responsible physician name and signature with a billing number (no residents)
  - Hospital Admission / Discharge notes
  - MRI/CT scan results
  - Allied health notes
  - Consultant notes (e.g. Neuropsychiatrist, ENT)

By including as much information as is available it ensures more timely review of referrals

If in doubt please call outpatient ABI service coordinator:

☎Raghad Zaiyouna at 416-597-3422x 5321

WHAT services are available:

We work in inter-professional teams in a client centred and goal based manner. Our team is made up of:

- Occupational Therapy
- Physiotherapy
- Speech Therapy
- Social Work
- Neuropsychologist & Psychometry
- Physiatrist

Toronto Rehab

Admission Process:

- Service Coordinator reviews the referral
- Service Coordinator calls client/family and/or referral source
- If client meets admission criteria will attend an intake assessment
- Intake assessment is with team and a physiatrist
- If appropriate placed on waitlist for services required

Waitlists:

- Wait for service from referral to start is approximately 3 - 7 weeks
- University Centre usually has a longer waitlist
- Waitlists are very variable ← if in doubt refer!

How should I prepare my clients for rehab:

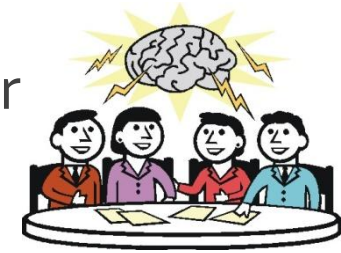
- Inform them of the above process
- Ensure they have reliable transportation
- Let them know that if accepted they will attend twice per week (same day and time) during the hours of 9 am – 4pm

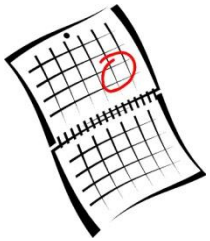
- Ask them (or a family member) to start thinking about rehab goals and to write down things they are finding difficult

- Some time at home is often beneficial to build insight / awareness
- LOS is between 4 – 12 weeks depending on client goals and how much they are benefiting from the program

What can clients expect:

- First two weeks the team will assess the client and help to develop client goals
- At the end of the two weeks we meet with the client / family at a care conference
- Client sets their goals based on feedback from the team with the help of their goal coordinator
- A tentative discharge date is set at the care conference
- Client continues to be seen twice per week by the team as necessary until discharge
- Telephone follow up call made approximately 2 months post discharge





Contact Information

Outpatient ABI service coordinator:

☎Raghad Zaiyouna at 416-597-3422 x5321

Toronto abi Network

Holland Bloorview

Kids Rehabilitation Hospital

Holland Bloorview
Kids Rehabilitation Hospital

Overview of persistent symptoms concussion clinic

- The persistent symptoms concussion clinic began in August 2014 and is the largest multidisciplinary pediatric persistent symptoms clinic in Ontario.
- All services that the clinic offers are covered by OHIP.
- Follows the Ontario Neurotrauma Foundation guidelines.

Holland Bloorview
Kids Rehabilitation Hospital

Overview of persistent symptoms concussion clinic

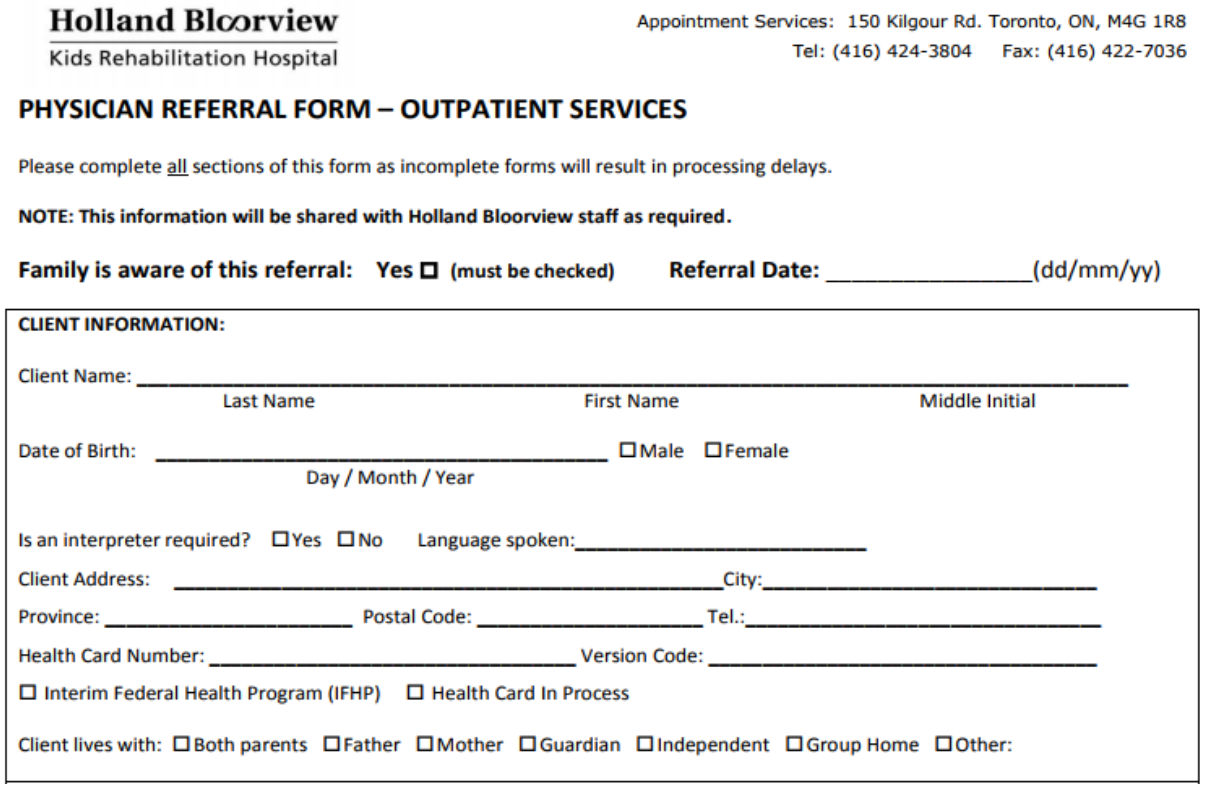
- Eligibility Criteria:
  - Youth who are 4 weeks post concussion with persistent concussion symptoms.
  - Unable to return to school, sports, etc.
  - There is no catchment area and therefore the clinic has assisted children from all over Ontario.
  - A referral must be sent from a family Doctor or Pediatrician and must be on the Holland Bloorview outpatient physician referral form.

Holland Bloorview
Kids Rehabilitation Hospital

Overview of persistent symptoms concussion clinic

Link to referral:

https://www.hollandbloorview.ca/programsandservices/Referrals



Holland Bloorview
Kids Rehabilitation Hospital

Appointment Services: 150 Kilgour Rd. Toronto, ON, M4G 1R8
Tel: (416) 424-3804 Fax: (416) 422-7036

PHYSICIAN REFERRAL FORM – OUTPATIENT SERVICES

Please complete all sections of this form as incomplete forms will result in processing delays.

NOTE: This information will be shared with Holland Bloorview staff as required.

Family is aware of this referral: Yes ☐ (must be checked) **Referral Date:** _____(dd/mm/yy)

CLIENT INFORMATION:

Client Name: _____
Last Name First Name Middle Initial

Date of Birth: _____ ☐Male ☐Female
Day / Month / Year

Is an interpreter required? ☐Yes ☐No Language spoken:_____

Client Address: _____City:_____

Province: _____ Postal Code: _____ Tel.:_____

Health Card Number: _____ Version Code: _____

☐ Interim Federal Health Program (IFHP) ☐ Health Card In Process

Client lives with: ☐Both parents ☐Father ☐Mother ☐Guardian ☐Independent ☐Group Home ☐Other:

Wait time:
currently approx. 3 months

Toronto abi Network

Holland Bloorview
Kids Rehabilitation Hospital

Overview of persistent symptoms concussion clinic

- Clinical Services:
  - Concussion services offered may include medical follow up with a Neurologist or a Developmental Pediatrician, occupational therapy, physiotherapy, social work and neuropsychology consultation.
  - Services are individualized and depend on goals and priorities.
  - These services are considered consultative and are not ongoing supports.
  - Typically, individuals will see OT, PT and SW up to 3 visits per clinician.
  - Neuropsychology consultation will see individuals for a half day assessment or a one hour consult.

Holland Bloorview
Kids Rehabilitation Hospital

Overview of persistent symptoms concussion clinic

- Concussion education is offered through Concussion and You.
- Provides information on symptom management, helps develop a pathway to return to school/activity.
- Families can attend in person or participate via webinar.
- Link to register: www.hollandbloorview.ca/concussionandyou

Holland Bloorview
Kids Rehabilitation Hospital

Overview of Persistent Symptoms Concussion Clinic

What's New:

- The concussion team has developed a "Team Assessment Pathway" for clients experiencing persistent symptoms of concussion and other co-morbities.
- The team assessment involves multiple components and was designed to balance clinical resources while considering the individual therapeutic needs of clients and families experiencing complex concussion recovery.
- All treatment plans and goals are created with the youth and parent throughout the assessment day.

Team Assessment Flow

Holland Bloorview
Kids Rehabilitation Hospital

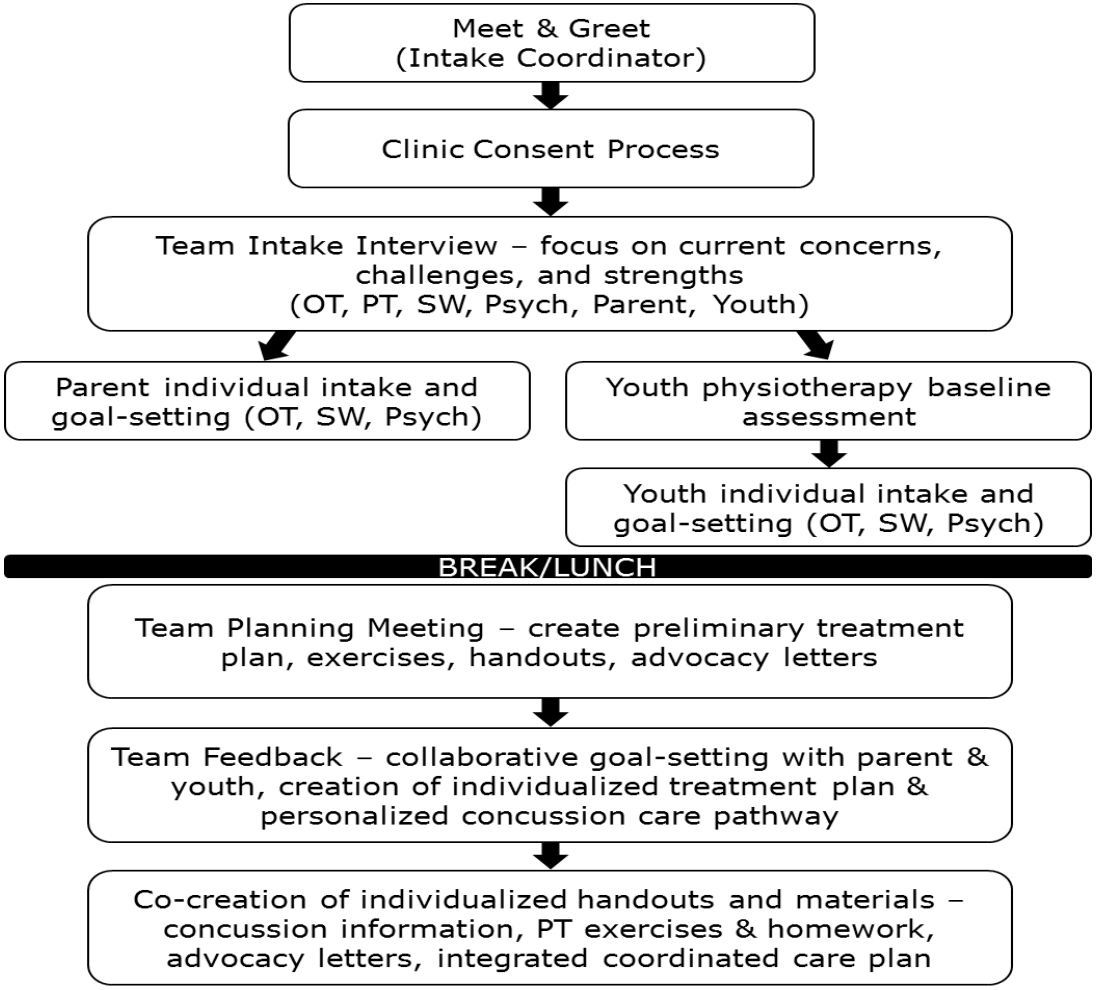


Figure 1. Clinical team assessment flow. Resulting in co-creation of treatment plan, targeted goals, and a personalized concussion care pathway.

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Holland Bloorview
Kids Rehabilitation Hospital

Overview of persistent symptoms concussion clinic

- What's new cont'd:
  - An app is currently being developed to enable individuals to manage their symptoms and obtain vital concussion information and resources.
  - The app will also enable clinicians to provide therapy exercises and educational resources to assist with the individual's goals.
  - Will provide links to relevant concussion resources such as the Concussion and You Handbook, research opportunities, etc.
  - Link to Handbook http://hollandbloorview.ca/programsandservices/Concussioncentre/Concussioneducation/Handbook

Overview of persistent symptoms concussion clinic

Thank you for your time!

Questions?

- **Contact information:**

Cyndy Bryson

Intake coordinator

Brain Injury Rehab Team,

Outpatient, Concussion Services

150 Kilgour Rd. Toronto, ON M4G 1R8

416-425-6220 ext. 3239

cbryson@hollandbloorview.ca

Referral Process

- The ABI Community Profile referral form can be found on our website http://www.abinetwork.ca/uploads/File/ABI_Community_Profile_Master.pdf
- Referrals require an ABI diagnosis, medical and rehab documentation.
- The referral form is updated often, be sure to note if you are using the most recent version
- Seeking advice about an appropriate referral?
  - 1) Contact Referral Coordinator to discuss
  - 2) Review the following document online- http://www.abinetwork.ca/uploads/File/Program_Descriptions_Master.pdf

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Contact Information

info@abinetwork.ca

416-597-3057

To receive updates on future events visit:
http://www.abinetwork.ca/subscribe