

# Presentation Abstracts

## Theme 1: Innovation in models of care

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**Abstract title:** *Improving the outcome of a young stroke patient using tele-rehabilitation*

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In 2015, Barwon Health, Western District Health and Colac Area Health received funding from the Victorian Stroke Clinical Network to facilitate and pilot a regional stroke tele-rehabilitation model. One component of the project was the use of video technology for clinical supervision to allow less experienced treating-therapists access to specialist regional medical and allied health staff. There were multiple therapists and patients involved in the 23 sessions that occurred during the project. This case study shows an example of this process and supports the potential of stroke tele-rehabilitation to enhance stroke survivor outcomes whilst enhancing the capabilities of junior and rural clinicians.

Over the course of six months, Andrew, a new graduate Physiotherapist working in Colac Area Health's outpatient rehabilitation program, was supported in Mr X's care by Natasha, Physiotherapy Clinical Lead in Neurology at Barwon Health. Through a live video feed with Mr X present Natasha was able to view the sessions. This enabled learning in real time of the particular handling required for patient assessment and treatment techniques with on the spot feedback. All three participants feel that Mr X's physiotherapy sessions were more efficient and his physical outcome improved as result of the project. Andrew has gained neurological physiotherapy skills and Natasha has developed skills in supervising remotely. Links between the two rehabilitation services have been developed, benefiting other clients.

Despite some technological challenges we feel that the use of tele-rehabilitation has the potential to benefit regional and rural stroke survivors and their treating therapists.

### **Biography**

Andrew is a grade 1 physiotherapist working at Colac Area Health. He obtained his Bachelor of Physiotherapy from Monash University in 2014. He works in outpatient rehabilitation with a mixed caseload on an acute general medical / orthopaedic ward.

Natasha is a senior physiotherapist working in the Inpatient Rehabilitation Neurology Team and the Spasticity Clinic at the McKellar Center, Barwon Health. She has worked as a physiotherapist with neurological clients for the past 15 years. She completed a Masters of Health Science (Stroke Management) through the University of Newcastle in 2012.