

Outcome Report 2018

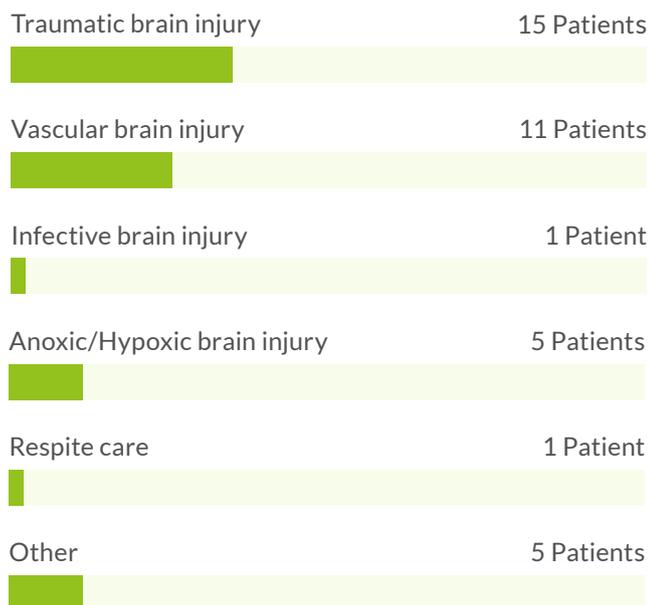
Murdostoun Brain Injury
Rehabilitation Centre



Murdostoun Brain Injury Rehabilitation Centre is a specialist centre for people over the age of 16 years with a traumatic or acquired brain injury.

We provide specialist rehabilitation, support and care for people in the very early stages of recovery right through to helping them to be able to live independently.

During 2018 we admitted 38 patients to our Brain Injury Centre. They were diagnosed as follows:



To check that our therapeutic model delivers good outcomes for our patient group, we routinely use a range of industry-recognised outcome measures to obtain an objective measure of all our interventions.

Whilst this is important, we also recognise that progress against such measures does not always adequately reflect those important small steps towards independence that our patients achieve.

How do we measure patient outcomes?

Commonly we use the following outcome measures to chart the progress our patients make:

- Northwick Park Nursing Dependency Scale
- Barthel Index
- Rehabilitation Complexity Scale (RCS-E)
- Functional Independence and Functional Assessment Measures (FIM/FAM)

On admission, all patients are assessed using the above scales to give us an indication of each patient's capabilities at this point in time and to provide guidance on the development of personalised care plans. We repeat these assessments at intervals during a patient's admission to monitor progress and then we do a final assessment prior to discharge.

We then take each patient's scores on admission and compare them with their score on discharge. Depending upon the outcome measure used, this score will either show a negative or positive trajectory. For the purpose of this report, rather than comment upon each individual's scores, we have taken a mean across the 2018 patient cohort.

How well do our patients recover?

Key Measure 1



Excluding patients who stayed with us for a period of respite care, we discharged 33 patients during 2018.

The average length of stay for these 33 patients was approximately four months.

This was the same as our average length of stay for our 2017 patient cohort.

Barthel Index of Activities of Daily Living

The Barthel Index provides a record of what a patient can physically do without any physical or verbal help.

This provides a measure of independence; the higher the score, the greater the independence achieved during the time from admission to discharge.

If person is able to achieve all the tasks on this scale without assistance, the maximum score would be 20 points.



ON ADMISSION

Patients score **10.33**



ON DISCHARGE

Patients score **11.11**



To put this in context, an increase of just one point on one everyday skill, for example “grooming” can make the difference between a person needing assistance and no longer requiring any help for everyday grooming tasks such as shaving, brushing their hair or teeth.

Northwick Park Dependency Score (NPDS)

This scale was designed specifically to assess how many people would be required to help a person with a brain injury complete a task and the time that would be needed to complete the task.

A completely independent person would score a maximum of 0 points.

Lower scores represent greater independence.



ON ADMISSION

Patients score **26.26**



ON DISCHARGE

Patients score **23.63**



Rehabilitation Complexity Scale (RCS)

This scale provides an overall measure of a patient's care, nursing, therapy and medical needs and helps to inform the type of rehabilitation input a patient needs.

It is generally used for those patients with very complex rehabilitation needs.

Lower scores represent a reduction in complexity.

For example a score of two for equipment would indicate that an individual requires highly specialist equipment, whereas a score of 0 indicates that an individual requires no equipment at all.



ON ADMISSION

Patients score **9.93**



ON DISCHARGE

Patients score **5.04**



FIM/FAM

The FIM/FAM scale measures how people with a brain injury improve under our care by looking at both physical and cognitive gain. There are two elements to the Fim/Fam scale that measures this functional gain.

- The Functional Independence Measure (FIM) is an 18-item measure of disability with each item being scored between one and seven. This measures how able a patient is physically.

- The Functional Assessment Measure (FAM) enhances FIM with an additional 12 items also scored between one and seven looking largely at cognitive and psychosocial function.

With both elements of FIM/FAM a higher score indicates greater independence and less disability.



ON ADMISSION



ON DISCHARGE



A score of 7 indicates that an individual is independent with that specific function or ability. An increase of just one point on “grooming” could mean that an individual no longer requires

any assistance for everyday grooming tasks such as shaving, brushing their hair or teeth.

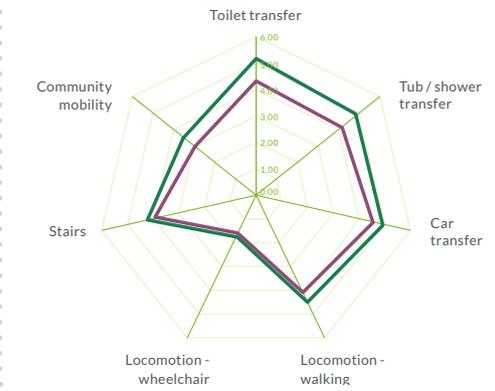
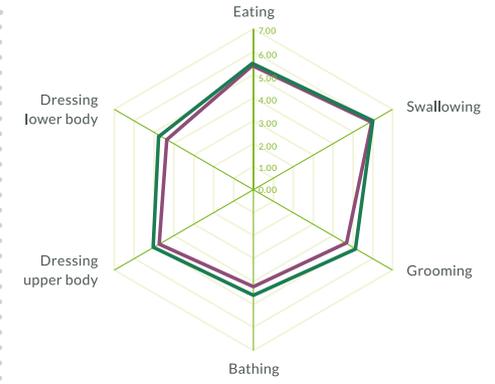
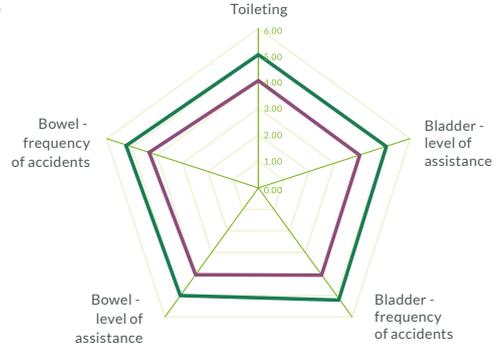
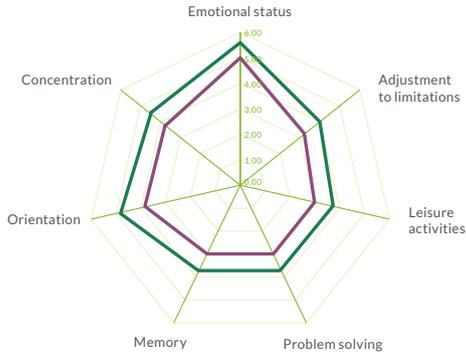
FIM/FAM



ON ADMISSION



ON DISCHARGE



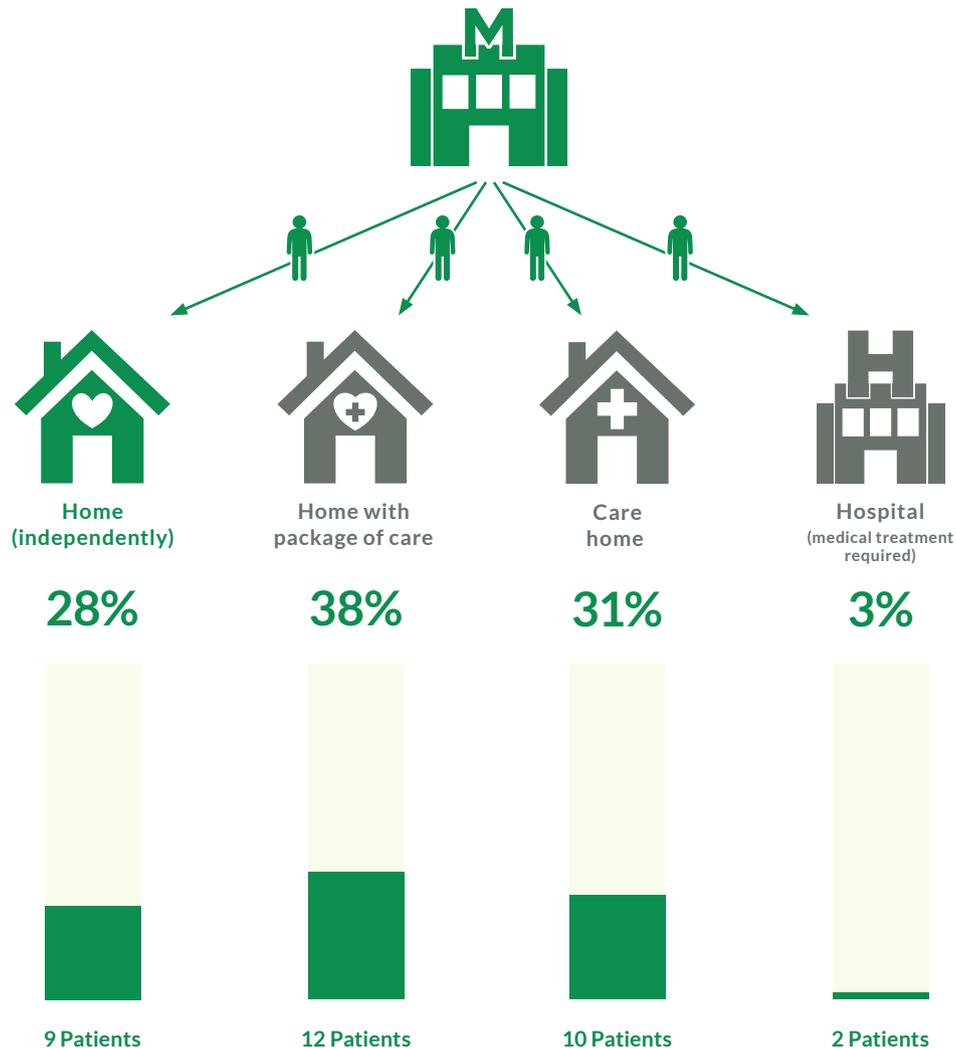
Where do our patients go?

Key Measure 2



In 2018, on discharge from our brain injury centre, two thirds of our patients were able to go home to live independently or with a package of care.

Where realistic, it is always our aim to try to help patients to a point that they can live independently, but our care is always tailored to each individual patient and their particular need.



If you would like any further information on our outcomes or our services, please contact us:

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