

Board Briefing Report

Title of Paper	Patient Story to Solent NHS Trust Board	
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References	None	
Situation	<p>The patient attended Falls Clinic at the Royal South Hants Hospital for a total of eight x one hour rehabilitation sessions from July to September 2017. She was given three specific home exercises to practise:</p> <ol style="list-style-type: none"> 1. Sit to stand (no hands) x12 2. Supported one leg stand x10 secs on each leg 3. Supported heel-toe stand x10secs with each leg in front <p>The then chief nurse (LM) observed one of this lady's rehabilitation sessions, and asked if she would be prepared to attend a Board meeting to give her story. After completion of her session at the Falls Clinic she was referred to the Falls Revolution exercise classes at Fairfax Court (a 12-week programme).</p> <p>Self-Management Plan</p> <p>She was asked to continue to practise strength and balance exercises at home, so there is no deterioration. She was asked to please consider seeking further exercise classes to maintain her fitness, once Falls Revolution was completed.</p>	
Background	<p>This 80-year-old lady was seen at home by the Southampton Community Independence Service in 2017, following a stroke. She used to live alone in a flat but was now living in a convent care home.</p> <p>They then referred her for specialist balance rehabilitation. She first attended the Falls Clinic at the Royal South Hants hospital in July 2017.</p>	
Assessment	<p>Initial Assessments:</p> <p>Timed Up and Go: 8.94 seconds without any walking aids (this is good). Able to stand up and sit down x10 in 30 seconds without using her hands (the average for an 80-year-old lady is x12 in 30 seconds). BERG balance score: 50/56 • Able to stand unsupported on one leg for 3-4 seconds • Able to heel-toe stand unsupported for 3-4 seconds • Turned 3600 in 5-7 seconds (slow) • Functional Reach 13cm (low weight shift)</p> <p>The BIODEX balance platform:</p> <p>Clinical Test of Sensory Integration of Balance (CTSIB): able to stand unsupported for 30 secs with eyes open or closed on a firm surface. Unable to balance on a foam surface without support for 30 seconds, even with her eyes open.</p> <p>Unable to balance on an unlocked/mobile platform. Initially had difficulty focusing on tasks, and on transferring weight over her feet towards the edge of her sway envelope, especially to her left. She also lacked confidence.</p> <p>Outcomes:</p> <p>CTSIB:</p> <ul style="list-style-type: none"> • Sway on firm surface with eyes open better than Norm • Sway on firm surface with eyes closed at Norm level 	

- Able to balance for 30 seconds on foam cushion with eyes open, with slightly more sway than the expected Norm
- Just able to balance on a foam cushion with eyes closed for 30 seconds – mostly wobbling backwards, but now able to correct this.

Managed to maintain her balance on an unlocked platform to a very unstable level (platform settings 12 to 3, where setting 1 is the hardest). Achieved direction control goals (accuracy 65%+) in all eight directions to the edge of her sway envelope, including holding those peripheral positions for up to 2 seconds. She also managed to move around the edge of her sway envelope, clockwise and anticlockwise, with control. On the last session, she demonstrated just how automatically she was moving and balancing by chasing a moving target (Random Control) on the BIODEX screen (through weight shift) with 98% accuracy.

BERG balance score: 55/56

- Able to stand unsupported on one leg (either) for 10 seconds
- Able to heel-toe stand unsupported with either foot in front for 30 secs
- Turned 360 in 4 seconds each direction (expected Norm)
- Functional Reach 15cm (the only item not to score full marks)

Dynamic Gait Index score: 19.5/24 (just within the range that still predicts a risk of falling)

- Mild gait impairment without a walking aid
- Able to achieve changes in gait velocity after practice
- Minor disruptions to gait pattern when turning head side to side whilst walking
- Slight change in gait velocity when looking up & down whilst walking
- Turned safely when asked to pivot turn, but slowly. No loss of balance
- Able to step over and around obstacles without any disruption of gait pattern
- Able to ascend & descend 6" & 8" practice stairs reciprocally without using handrails

Able to stand up and sit down x12 in 30 seconds (no hands)

Able to get down onto and up from the floor.

She reported that she was enjoying walking outside more, as she felt able to safely look around her, and no longer had to concentrate so hard on keeping her balance.

**Recommendations
/ Issues**

Issues the service are considering: No BIODEX in the Portsmouth services that are part of NHS Trust