

STROKE REHABILITATION BEST PRACTICE HIGHLIGHTS



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Early Supported Discharge

Early Supported Discharge (ESD) is a level of stroke rehabilitation service, designed to accelerate a patient's transition from hospital to home, particularly for those who have had a mild stroke. This is achieved by provision of rehabilitation therapies delivered by an interprofessional team, in the community usually in the patient's home. These services are provided at the same intensity as inpatient rehabilitation (5 days per week for up to 3 hours a day). ESD is intended as an alternative to a complete course of inpatient rehabilitation.

Where is ESD available in CESN?

An ESD service is being piloted in North Simcoe Muskoka LHIN at the Royal Victoria Regional Health Centre in Barrie. Pilot results will inform future planning.

Anticipated Benefits of ESD include:

- earlier discharge from inpatient settings
- more efficient, cost effective rehabilitation
- adoption of best practices and capacity building
- timely access to specialized services in the setting that best meets the clients' needs
- reintegration into the community
- increase in client/family satisfaction with services and quality of life
- improved functional outcomes

Interested in Developing an ESD Program?

The Ontario Stroke Network's ESD Provincial Integrated Work Plan (PIWP) Group developed documents for health system administrators, planners and clinical teams to support implementation of ESD services. Links to the Final Report from this group and its key deliverables are included in the table below.

PIWP DELIVERABLE	DOCUMENT NAME	LINK
	Final Report	http://ontariostrokenetwork.ca/documents/2015/05/ontario-stroke-networks-provincial-integrated-working-group-early-supported-discharge-final-report.pdf
Identify common core elements of ESD	Early Supported Discharge—Core Elements	http://ontariostrokenetwork.ca/stroke-rehabilitation-resource-centre/wp-content/uploads/sites/2/2014/01/ESD-Core-Elements-Table-April-1-2015-Final.pdf
Identify evaluation indicators		
Develop a sample business case template to support creation of regional ESD programs	Early Supported Discharge - Sample Business Case Elements	http://ontariostrokenetwork.ca/stroke-rehabilitation-resource-centre/wp-content/uploads/sites/2/2014/01/ESD-Sample-Business-Case-Elements-April-1-2015-Final.pdf
Identify/develop additional implementation tools and educational resources and recommend priorities for their development	Early Supported Discharge for People with Stroke: An amenable and cost-effective alternative to in-hospital rehabilitation	http://ontariostrokenetwork.ca/stroke-rehabilitation-resource-centre/wp-content/uploads/sites/2/2014/04/OSN-Backgrounder-Early-Supported-Discharge-Sept-25-2014-FINAL.pdf
	Early Supported Discharge literature review compiled by ESD Provincial Integrated Working Group 10 Feb 2014	http://ontariostrokenetwork.ca/stroke-rehabilitation-resource-centre/wp-content/uploads/sites/2/2014/01/Provincial-Integrated-Working-Group-Early-Supported-Discharge-table-PUBLIC-10-Feb-2014.pdf

Questions or Comments?

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For more information on ESD visit Central East Stroke Network's website at <http://cesnstroke.ca/professional/stroke-rehabilitation/early-supported-discharge/>