

INTRODUCTION

It is well recognised that following admission to hospital with a burn injury, Physiotherapy intervention is essential to optimise positive patient outcomes. Despite admissions occurring any day of the week, Physiotherapy services are often prioritised on weekends and delivered by staff with minimal burn experience.

AIM

To review and compare the current burn weekend Physiotherapy service at the Professor Stuart Pegg Adult Burn Centre, Brisbane with those weekend services provided by other Australian and New Zealand adult burn units.

METHOD

A retrospective review was conducted of all patients who received weekend physiotherapy whilst admitted to the Professor Stuart Pegg Adult Burn Centre in 2017. Comparable information about the weekend Physiotherapy services provided at other Australian and New Zealand adult burn centres was collected via a survey.

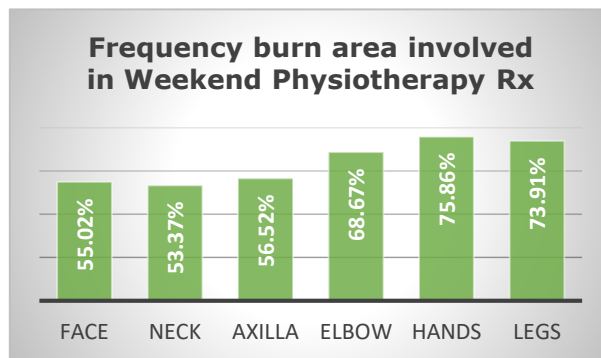
A Review of Weekend Physiotherapy Services for Patients with Burn Injuries

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RESULTS

Review at Professor Stuart Pegg Adult Burn Centre

- Mean number of patients seen by Physiotherapy per weekend day = **6.5 patients** (range 1-12)
- Mean Physiotherapy time provided per weekend day = **5.48 hours** (range 1.16 – 8.83hours)
- Mean patient age = **39.8years** (range 16-89yrs)
- Mean %TBSA = **28.07%** (range 0.25-90%)
- **90%** of new weekend admissions were reviewed within 24hrs
- **81.5%** of sessions were conducted by physiotherapists who had completed a burn unit rotation of minimum duration 3 months



CONCLUSION

The information gathered from both the review at the Professor Stuart Pegg Adult Burn Centre and the survey of adult burn centres across Australia and New Zealand is useful in determining ongoing weekend Physiotherapy staffing levels and training requirements to ensure patients have equity of access to Physiotherapy treatment regardless of the day of the week.

SURVEY OF BURN CENTRES

Burn Centre	Type of Burn Weekend Physio Service	Approximate Physio Rx time per Weekend day	Weekend Criteria Reported
QLD Prof Pegg Adult Burn Centre, RBWH	Prioritised	Mean time = 5.48hrs per day	- Pts unable to perform stretches independently to full ROM due to muscle weakness, pain or other mitigating factors - Commencement or progression of ROM post surgery - First time mobility - Respiratory intervention - New burn admission - Review to facilitate discharge
NSW Concord Hospital	Prioritised	Adhoc basis from weekend service covering acute care	- Respiratory intervention
VIC Victorian Adult Burn Centre, Alfred Health	Prioritised	3hrs	- Respiratory interventions completed by respiratory physio service - Facilitate immediate discharge - First time mobility - Commencement of ROM following 1 st graft check - ROM for "at risk" joints and unable to achieve full ROM independently - New patients requiring advice
SA Royal Adelaide Hospital	Prioritised	~1hr per day but dependent on burn admissions	- Respiratory intervention - Larger %TBSA with involvement of multiple joints - Commencement of ROM/mobility on weekend day post graft - New admissions screened
WA Adult Burn unit, Fiona Stanley Hospital	Prioritised	7.6hrs per day - Shared with ENT and plastics caseload	- Respiratory intervention - ROM of joints likely to deteriorate eg hands / axilla - Oedema management to optimise wound healing - Review to facilitate discharge - New admissions - Commencement of ROM/mob at first dressing change - Pts unable to perform full ROM independently eg neurological disorders
NZ National Burn Centre, Auckland	Prioritised	~2-4hrs Physio + ~2-5hrs Physio Assistant - Shared with plastics and paed caseload	- Respiratory intervention - Day 1 post major surgery - Burn pts who would otherwise deteriorate or need treatment progression - Review to facilitate discharge



The weekend dream...



The weekend reality...

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