



Transitional Care Unit

At Cabrini Health we have recently opened a Transitional Care Unit in order to improve the care outcomes for patients. The aim in the Transitional Care Unit is to provide a program of independence, increased mobility and nutrition to assist the recovery of the patient from an acute illness, surgery or an exacerbation of a chronic condition. The Consultant Geriatrician or the Patient Care Coordinator will refer the patient to the unit from 3 Central or other wards in the hospital. The patient will still remain under the care of his/her treating doctor, but will be supported and advised by the Geriatrician in the Transitional Care Unit.

The Transitional Care Unit

The Transitional Care Unit is a 10 bed unit with patients allocated to the beds within the unit as they become available. The patient will still be classified as requiring acute care and the health insurance funding will not be affected.

The Model of Care

The Model of Care will encourage the patient to return to the level of walking and normal daily activities undertaken prior to admission to Cabrini Hospital. It will be necessary for the patient to bring his/her walking aids with them on admission to the TCU. The patient will dress each morning in his/her normal clothes or usual attire and walk to the dining room, situated just outside the main ward for lunch.

Promoting Independence

It is important that the patient wears suitable footwear, not slippers, when walking to make sure that the patient is safe with firm supportive footwear. It is also important that the patient makes decisions regarding his/her normal dressing, washing and showering activities. Some patients shower in the morning and other patients prefer to shower in the evening. The relatives and the carers of the patient will be responsible for washing the patient's clothes, as no washing facilities or staff members are available on the ward to attend to laundry duties.

The staff will support and encourage the patient to be as independent as possible and this will include completing most activities themselves. Hence, the staff will encourage the patient to undertake the activities of walking, showering, dressing and feeding.

Walking and Exercise Program

The patient will undertake an active walking program four times a day and an assessment and plan will be made to guide the patient when increasing his/her walking activity and exercise. It is very important that the patient completes this exercise program and walking activity. Family members may assist the patient to walk during their visits.

Visitors will be requested to take advantage of the normal visiting times so that the patient is able to attend the exercise activities. The patient will also have a rest period from 1 pm to 2 pm each day. This plan of care will ensure that the patient will have every opportunity to improve his/her mobility and return to normal activities on discharge.

