

# **Trauma System Implementation Programme**

Rehabilitation Needs Assessment and Rehabilitation Prescription

November 2022

Version 1.4



## **HSE Rehabilitation Prescription Document**

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Approval Date	May 2022	Responsibility for Implementation	All Health sector employees
Revision Date	May 2023	Responsibility for Review and Audit	The Trauma System Implementation Programme

	RNA/RP Signatories						
Name:	Role:	Signature:					





## **Rehabilitation Needs Assessment**

Date of Admission:	Date of Ini	itial RNA:	Time of initial RN	NA:
Name			Location	
Address			Allergies	
DOB			Infection Control	
MRN	GP		Advanced care plan incl.	DNAP order
		Dalatianahin	Advanced care plan inci.	DIVAR OTUE!
Contact Name  Medical Card: Yes 2 Nu	Contact No Mo 2	Relationship		
Consultant:	IIIbeiINO	Admitted fron	n·	
Injury type:	☐ Musculoskeletal	☐ Burns	1.	☐ Spinal Cord Injury
mjany type.	☐ Neurological	□ Vascular		□ Other
	☐ Abdominal	☐ Thoracic		
	☐ Amputation	☐ Brain Inju	ry	
Initial GCS: /15 E V	M	Date of Injury:		
Mechanism of Injury and		Date of frigary.		
Mechanism of injury and	List of all injuries			
Summary of Interventions	to Date (Specialists involved in p	patient care)		
Progress, Management, a	nd Complications			
Progress, ivialiagement, a	nd complications			
Previous Medical History	(including mental health)			
Polypharmacy i.e. 5 or mo	re medications pre-injury Yes	No □		
Clinical Frailty Scale Score				
Cillical Flailty State Store	•			





Rate care and risk but	only scor	e one			on Complexity Scale-I		ded		
Nate care and risk but	0	c one	1	a care	2	<u> </u>	3		4
Medical	Non-activ	re	Basic investigation/ monitoring/ treatme	ent	Specialist intervention diagnosis / manageme		Potentially unstable condition		Acute medical/surgical problem
Care	Independ	ent	1 carer		2 carers		≥ 3 carers		1:1 supervision
Risk	None		Low risk		Medium risk		High risk		Very high risk
Nursing	None		Qualified		Rehab Nurse		Specialist Nurse		High Dependency
Therapy Disciplines	None		1		2-3		4-5		≥6
Therapy Intensity	None		Low level (< daily, < hrs/wk)	15	Moderate (daily, 15-2- hrs/wk)	4	High (daily + assistant, hrs/wk	25-30	Very high (daily + 2 qualified/twice daily, >30 hrs/wk)
Equipment Needs	No need specialist equipmen		Requires basic special equipment (off the shelf)		Requires highly special equipment		t		
RCS-E Score: CN_	M Td			22					
	P	rofess	sions required to su	pport	t identified needs and	l ensu	re referral to the same	9	
☐ Trauma & Orthoger	iatrician	□ G	eriatrician	□ C	ccupational Therapy	☐ Pł	narmacist	□ Pa	Iliative Medicine
☐ Rehabilitation Medi	cine	□ S <sub>I</sub>	peech and Language	□ N	Medical Social Worker		ehabilitation		ocational Rehab/
		Ther	• •				dinator		ssment
☐ Psychiatrist☐ Neuropsychiatrist			ietician hysiothoranist		sychologist inical Nurse Specialist	_	europsychologist		thotist
☐ Prosthetist			hysiotherapist odiatrist	⊔ U	inical Nurse Specialist	□ 11S	ssue Viability		ain Team
Personal activities of	Bungalo bwned  ndepende daily livin s of daily es: Y  N	w  Loc nt  g: Ind living	Two-Storey  Nursical authority owned  Walking aid  Whependent  With a Independent  Wals/day days	sing H	ome  Other  Sheltered  Ssistance  Wheelchance Dependant for Ssistance Dependant	nair 🗆			
Unemployed □ Emp	loyed part	:-time	E □ Employed full-t	time [	□ Student □				





## **Rehabilitation Prescription**

### **Summary of Current Impairments**

Neurological	Motor Loss	Sensory Lo	ss	Muscle Tone		Joint Range	
	Yes □	Yes □		Normal 🗆		Normal	
	No □	No □		Impaired		Impaired	
	Consciousness	Vision	Hearing	Low level aw	are	Communication	
	GCS:/15	Intact 🗆	Intact	Yes □		Intact	
		Impaired□ Impaired□		No □		Impaired 🗆	
	Cognition	Post-traum	natic Amnesia	Mood		Anxiety/ Distress	
	Intact	Yes  Normal				Yes □	
	Impaired $\square$	No □		Impaired		No 🗆	
Respiratory	Assisted Ventilation	Tracheosto	omy	Oxygen Supp	ort	Mgt/Weaning Plan	
	Yes 🗆	Yes □		Yes □		Yes	
	No □	No □		No □		No 🗆	
Nutrition & Swallow	MUST Score:	Spo	ecial Diet Yes	□ No □	Diabet	ic Yes   No	
	Swallow	Normal □ Impaired □ Nil per oral □					
	Food Consistency	Food: level_	Drink: le	vel (A	s per II	DDSI)	
	Enteral/Parenteral	NG □ PEG □ RIG □ TPN □					
	Feeding	Independen	t □ Requ	ires assistance			
Continence & Skin	Bladder		Bowel		Skin		
	Catheter Yes □ No □		Independent v	with:	erlow Score:		
	Independent with:		toilet/commo	de □	Braden Score:		
	toilet/commode/urinal		Requires assis			sure Sore Yes $\square$ No $\square$	
	Requires assistance:		Assist + 1 □		Grad	le/location:	
	Assist + 1 □		Assist + 2 □				
	Assist + 2 □						
Mobility	Sitting Out	Transfers		Walking		Washing & Dressing	
	Standard Chair	Independe	nt 🗆	Independent		Independent	
	Special Seating □	Assist +1 □		Assist + 1 $\square$		Assisi + 1 □	
	Unable 🗆	Assist + 2	]	Assist + 2 □		Assist + 2 □	
		Hoisted □		Unable 🗆			
Weight Bearing	Upper limbs:						
	Lower limbs:						
Equipment	☐ Orthotics/prosthetic ☐ Mobility aids/transfe ☐ Specialist seating ☐ Bed/posture manag ☐ Activities of daily livi ☐ Other (e.g. environn	er equipment ement ing equipmer	nt				





Date\_\_\_\_\_

### **Current Level of Functioning**

Cognition, Behaviour, Mood,	
Orientation, memory (PTA) executive functioning, perception, anxiety, depression, compliance, etc.	
onemation, memory (1 17) executive functioning, perception, anxiety, depression, compilance, etc.	
Communication	
Comprehension, expression, vision, hearing, reading, etc. Language (interpreter required).	
Respiratory Functioning	
Details on ventilation, weaning, oxygen support, suctioning, infection status, etc.	
betails on ventiliation, wearing, oxygen support, suctioning, infection states, etc.	
Continence and Skin	
Level of assistance/devices / medication required to manage bladder and bowel.	
Details on skin condition and management	
Details on skin condition and management.	
Details on skin condition and management.	
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Details on skin condition and management.	
Details on skin condition and management.	





Nutrition and Swallow	
Include weight/BMI, swallow studies, and ability to feed	d. Management plan for impaired swallow.
Mobility and ADL's	
Details on musculoskeletal, weight-bearing, sensorimot	or, spasticity, pain, contractures, and fatigue. Include level of
assistance, equipment, and ongoing management.	
Risks Identified	
	Falle Bick □
Medically unstable □ include medical report	Falls Risk □
Seizures □	Purposeful Walking
Requires 1:1 care $\square$ Supervision $\square$	Distressed Behaviours:
	Verbally □ Physically □
High BMI □ Low BMI □	Safeguarding □
Equipment Needs	
Standard or bespoke. Seating, transfers/mobility aids, e	unvironmental controls etc
Standard of Despoke. Seating, transfers/mobility aids, e	invironmental controls, etc.
Psychosocial	
	C II (THE A) C III I
Include patient/family wishes. Immigration/residency, s	sateguarding (TUSLA), forensic history
Alcohol / Smoking/ Drug or Substance Misuse	





	tcome ivieasures	-		
Ple	ase complete a Quality of Life Me	I	ctional outcome	1
	FIM+FAM	☐ Barthel Index		-
		□ New Mobility Score		-
	EQ-5DL	□ NPDS		
	+FAM: Functional Independence Measure			] an Quality of Life
	mension. NPDS: Northwick Park Depende			
An	ticipated challenges that may	impact discharge		
E.g	., home environment, unstable m	edical status, etc.		
On	going Rehabilitation Needs	Comments		
	Medical assessment/Manageme	ent		
	Mobility			
	ADL's			
	Pain Management			
	Neurorehabilitation			
	Spasticity Management			
	Postural Management/Contract	ures		
	Specialist Seating			
	Orthotics			
	Splinting			
	Wound Management			
	Respiratory Management			
	Swallow			
	Nutrition			
	Continence			
	Disability Management			
	Palliative Medicine			
	Cognitive Rehabilitation			
	Communication			
	Behavioural Support			
	Psychological Support			
	Psychiatric Environmental Assessment			
	Equipment Assessment			
	Pharmacy Prosthetics			
	Amputee Rehabilitation			
	Social Care			
	Vocational			
	Carer training/education			
	Education			
	Safeguarding			
	Other			
	Guiei			





Additional Comments / Actions for GP or F	Patient					
Discharge Planning						
Discharge Planning  The Rehabilitation Prescription must be co	mnletec	Lhefore nationts tran	sfor out o	of the MTC	The PR should be provided to	
the patient/family, the GP, the facility the	-	•				
referred to.	patient	ias been transferred	to, and a		that the patient has seen	
Please review and update the following co	mplexity	/ measures:				
<ul> <li>Complex Needs Checklist (CNC) o</li> </ul>	r Patient	Categorisation Tool	(PCAT)			
<ul> <li>Rehabilitation Complexity Scale-E</li> </ul>	xtended	(RCS-E). Please rec	ord Disch	arge RCS-I	E: / 22	
<ul> <li>Categorisation of rehabilitation see</li> </ul>	ervices re	equired to meet the p	oatient's r	needs.		
Does the patient have COMPLEX ongo	ing clini	cal needs for rehab	ilitation	Yes □	No □	
If yes please click all that apply - Cor	_					
Complex Physical e.g.	Comp	lex Cognitive / Mo	od e.g.	Со	mplex psychosocial e.g.	
☐ Complex neuro-rehabilitation		olex communication sup	•		ex discharge planning e.g.	
□ Prolonged Disorder of Consciousness		itive assessment / mana		☐ Housing/placement issues		
☐ Tracheostomy weaning		enging Behaviour mana	gement	☐ Major financial issues		
☐ Ventilatory support☐ Complex nutrition / swallow issues☐		Management al Health difficulties			ain immigration status □	
☐ Profound disability / neuro-palliative		njury 🗆		☐ Drugs/alcohol misuse☐ Complex medico-legal issues (Best interest		
rehabilitation		injury □			feguarding)	
☐ Intrathecal baclofen pump		d evaluation/ psycholog	ical		onal/job role requiring specialist	
☐ Neuro-psychiatric rehabilitation	support			vocationa  Other	al rehab	
□ Post ICU syndrome	-	☐ Major family distress/support				
□ Complex MSK management	☐ Emotional load on staff					
☐ Complex amputee rehabilitation needs☐ Complex pain management	□ Otne	□ Other				
☐ Specialist bespoke equipment needs						
□ Other						
Rehabilitation Services Required (Categor	risation o	of Rehabilitation Serv	vices)	•		
☐ Tertiary Complex Specialist Rehabilitation	on (Natio	nal Rehabilitation Hosp	ital)			
☐ Specialist Inpatient Rehabilitation Service	ces (Geri	atric & Rehabilitation	n Medicin	e led)		
☐ Community Rehabilitation Services						
☐ No Rehabilitation						
Onward Referrals		Recommended	In Prog	ress	Completed	
Complex Discharge Planner (Neurorehabil	itation)			. 500		
Public Health Nurse	7					
Disability Manager						
Primary Care Team						
Community Occupational Therapist - Hom	e					
Environmental Visit						
Advocacy Body						
Irish Wheelchair Association						
Spinal Injuries Ireland						
Acquired Brain Injury Ireland						
Headway Ireland						
Maternity Services						
TUSLA Organisations						
Other Voluntary Organisations			1			





Medical Card				
Benefits (Income)				
Rental Allowance				
Home Support Services				
Home Adaptation Grant				
Nursing Home Support Scheme				
Long Term Care Facility				
Residency Status				
Other				
Additional Information / Patient	Comments i.e. What i	s important to y	ou?	
Court of Dotallo of Koulder door / I	I Du-f!I			
Contact Details of Key Worker / I	-ead Professional			
Name	Profession		Contact	
Confirmation of RP sent: Y \( \simeq \)				
Confirmation of RP sent: Y  Agencies RP sent to (must be sent				
Confirmation of RP sent: Y ☐ N Agencies RP sent to (must be sent				





### **Appendix 1**

RCS Version 13. Prof Lynne Turner-Stokes 05.04.2012 The Rehabilitation Complexity Scale – Extended (RCS-E)

For each subscale, circle highest level applicable

#### CARE or RISK

Describes the level of support the patient needs for either basic self care or to maintain their safety

NB: If not sure which to record, rate both CARE and RISK and use highest score

#### BASIC CARE AND SUPPORT NEEDS

Includes assistance for basic care activities (either physical help or stand0by supervision) Includes washing, dressing, hygiene, toileting, feeding and nutrition, maintaining safety etc.

C 0	Largely independent. Manages basic self-care tasks largely by themselves.
	May have incidental help just to set up or to complete – e.g. application of orthoses, tying laces etc
C 1	Requires help from 1 person for most basic care needs ie for washing, dressing, toileting etc.  May have incidental help from a 2 <sup>nd</sup> person – e.g. just for one task such as bathing
C 2	Requires help from 2 people for the majority of their basic care needs
C 3	Requires help from ≥3 people for basic care needs
C 4	Requires constant 1:1 supervision e.g. to manage confusion and maintain their safety

#### RISK- COGNITIVE / BEHAVIOURAL NEEDS

(An alternative care primarily for 'walking wounded' patients who may be able to manage all/most of their own basic care, but there is some risk for safety eg due to confusion, impulsive behaviour or neuropsychiatric disturbance)

Includes supervision to maintaining safety or managing confusion eg in patients to have a tendency to wander, or managing psychiatric / mental health needs.

R 0	No risk – Able to maintain their own safety and to go out unescorted
	Able to maintain their own safety at all times
R 1	Low risk – standard precautions only for safety monitoring within a structured environment But requires escorting outside the unit
	Maintains own safety within a structured environment, requiring only routine checks, but requires accompanying when outside the unit
R 2	Medium risk – additional safety measures <u>OR</u> managed under MHA section
	Additional safety measures even within a structured environment, eg alarms, tagging, or above standard monitoring (eg 1-2 hrly checks)
	OR managed under section of the Mental Health Act (time for additional paperwork etc)
R 3	High risk –Frequent observations (May also be managed under MHA section)
	Needs frequent observations even within a structured environment, eg ½ -1 hrly checks, or 1:1 supervision for part(s) of the day/night
R 4	Very high risk - Requires constant 1:1 supervision
	Needs 1:1 supervision all of the time





SKILLED N	NURSING NEEDS			
Describes th	e level of skilled nursing intervention form a qualified or specialist trained nurse			
N 0	No needs for skilled nursing – needs can be met by care assistants only	Ticknursingdisciplines required:		
N 1	Requires intervention from a qualified nurse (with general nursing skills and experience) e.g. medication, wound/stoma care, nursing obs, enteral feeding, setting up IV infusion etc)	nurses Mental Health		
N 2	Requires intervention from nursing staff who are trained and experience in rehabilitation e.g. for maintaining positioning programme, walking / standing practice, splint application, psychological support Requires highly specialist nursing care e.g. for very complex needs such a	Palliative care nursing		
N 3	Management of tracheostomy Management of challenging behaviour / psycho / complex psychological needs  Highly complex postural, cognitive or communication needs  Vegetative or minimally responsive states, locked-in syndromes	Specialist neuro nurse (eg MS, PD, MND)		
N 4	Requires high dependency specialist nursing (high level nursing skills and intensive input) eg medically unstable, requiring very frequent monitoring/ intervention by a qualified nurse - hourly or more often, (usually also specialist training eg IV drug administration or ventilation etc).			
MEDICAL Describes th	NEEDS e approximate level of medical care environment for medical/surgical manager	nent		
М 0	No active medical intervention - Could be managed by GP on basis of occasional visits)	Tick medical interventions required:		
M 1	Basic investigation / monitoring / treatment (Requiring non-acute hospital care, could be delivered in a community hospital with day time medical cover) i.e. requires only routine blood tests / imaging. Medical monitoring can be managed through review by a junior medic x2-3 per week, with routine consultant ward-round + telephone advice if needed)	Blood tests Imaging (CT / MRI) Other Investigation State type		
M 2	Specialist medical / psychiatric intervention - for diagnosis or management/procedures (Requiring in-patient hospital care in DGH or specialist hospital setting) i.e. requires more complex investigations, or specialist medical facilities e.g. dialysis, ventilatory support. Frequent or unpredictable needs for consultant input or specialist medical advice, surgical intervention , psychiatric evaluation/treatment.	Medication adjustment / monitoring  Surgical procedure (eg tenotomy)  State type		
М 3	Potentially unstable medical /psychiatric condition - Requiring 24 hour on-site acute medical / psychiatric cover (depending on type of need)  Potentially unstable: May require out-of hours intervention – e.g. for uncontrolled seizures, immuno-compromised condition, - or for psychiatric medical adjustment / emergency risk assessment etc)  Needs to be managed in a setting where there is on-site 24 emergency medical /psychiatric cover.	Medical procedure (eg Botulinum toxin) State type  Specialist opinion State discipline  Medico-legal or capacity		
M 4	Acute medical / surgical problem (or psychiatric crisis) Requiring emergency out-of-hours, intervention Requires acute medical/surgical care e.g. infection, acute complication, post surgical care. le actual involvement of the 24 hour medical (or	Other		





surgical or psychiatric) services, whether on a planned or unplanned basis

### THERAPY NEEDS

Describes the

- a) number of different therapy disciplines required and
- b) intensity of treatment

Includes individual or group-based session runs by therapists, but NOT rehabilitation input from nursing staff which is counted in N2

(NB The Northwick Park Therapy Dependency Assessment (NPTDA) can be used to calculate total therapy hours in more complex cases e.g. and provide more detailed information regarding time for each discipline etc. It also includes quantitative information on the rehabilitation time provided by nursing staff)

Therapy Disciplines: State number of different therapy disciplines required to be actively involved in treatment

Петаруі	Jiscipiiries. State number ordine	rentinerapydisciplines	required to be actively i	nvoived in treatment				
TD 0	0 – no therapist involvement	Tick therapy disciplines required:						
TD 1	1 discipline only	Physio O/T	Psychology Counselling	Orthotics Prosthetics				
TD 2	2-3 disciplines	SLT Dietetics	Music/art therapy Play therapy/school	Rehab Engineer Other:				
TD 3	4-5 disciplines	Social Work Other	DEA/Jobcentre Plus Recreational					
TD 4	≥6 disciplines		therapy Other					
Therapy I	ntensity: State overall intensity of	trained therapy intervent	tion required from team	as a whole				
TI 0	No therapy intervention (Or a total of <1 hour therapy input programme)	per week - Rehab needs a	are met by nursing/care sta	aff or self-exercise				
TI 1	Low level – less than daily (eg assessment / review / maintenance / supervision)  OR Group therapy sessions only (ie Patient does not receive therapy sessions every day ( or has <1 hour therapy per day) This usually means that a) they currently have mainly needs for care, nursing or medical treatment, or b) they are on a low intensity review only or group-based programme – or c) they are on a winding-down programme in preparation for discharge)  Moderate – daily intervention – individual sessions with one therapist to treat for most sessions OR very intensive Group programme of ≥6 hours/day (ie Patient may have treatment from a number of different therapists (see TD), but is treated by one therapist at a time They will normally have therapy sessions every day 5 days a week, for a total of 2-3 hours per day (some of which may be periods of self-exercise under distant supervision if they are able) Or they have therapy in group based sessions on a very intensive basis (> 6 hours per day spent in group sessions)							
TI 3	High level – Daily intervention with therapist PLUS assistant and/or additional group sessions Patient requires a second pair of hands for some treatment sessions, treatments (eg physical handling) and so is treated by a therapist with an assistant (who may be unqualified) OR they require an intensive programme ≥25 hours of total therapy time per week, (eg 4-5 hours per day 5 days per week) some of which may be sessions with a therapy assistant, or group-based sessions in addition to their individual daily therapy programme							
TI 4	Very High level – very intensive (e. Patient has very complex therapy is 3rd assistant) – eg for complex physical handling	needs requiring two trained	therapists at a time (with o					

EQUIPMENT NEEDS  Describes the requirements for personal equipment						
ΕO	No needs for special equipment	Basic Special Equipment	Highly Specialist Equipment			
E 1	Requires basic special equipment (off the shelf)	Wheelchair/seating Pressure cushion	Environmental control Communication aid			
E 2	Requires highly specialist equipment (eg  Electronic assistive technology or highly customized equipment that is made or adapted specifically for that individual)	Special mattress Standing frame off-shelf orthotic Other	Customised seating Customised standing aid Customised orthotic Assisted Ventilation Other			

OR they require a very intensive programme involving > 30 hours of total therapy time per week.



Total



Total T score (TD + TI):....

### RCS v 13 – extended: Service Summary Sheet

CENTRE DETAILS				
Name of centre				
No of neuro-rehabbeds				
Type of service	Complex specialised rehabilitation service			
	Specialist rehabilitation service			
	General rehabilitation service			
Sample of patients	All current in-patients			
	Selected sample from a total of			
REHABILITATION COMPLEXITY SCORE	S for current in-patients: Date/			

No.	Patient	Care	Risk	Nursing	Medical	Therapy		Equip		Comment
		С	R	N 0-	М	TD	TI	E	Total	
		0-4	0-4	4	0-4	0-4	0-4	0-2	0-22	
1										
2										
3										
4										
5										
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Photocopy if necessary to include further patients. NB. Total RCS score = sum of C or R (use highest score) + N, M, TD, TI & E





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