

# Advanced Practice Summary Report

<b>Project title</b>	Advanced practice physiotherapist in diabetes.
<b>Health service</b>	Melbourne Health.
<b>Project aim</b>	Providing exercise management programs to diabetic inpatients within Melbourne Health through an AP physiotherapist.
<b>Key outcomes</b>	<ul style="list-style-type: none"> <li>• Improved access for acute in-patients with diabetes to evidence-based individualised exercise interventions, behavioural change management and community exercise program linkages. 36 patients seen during 3 month intervention period, extrapolated to 144 patients over 12 month period.</li> <li>• Reduced length of stay for patients receiving intervention. Median decrease in acute length of stay of 4.5 days for those patients receiving intervention. Extrapolated over 12 months this is estimated to create additional capacity of up to 648 acute bed days per annum to improve patient flow into acute beds.</li> <li>• Improved patient flow into subacute beds. Patients in intervention group were 14% less likely to require a subacute inpatient stay, creating an estimated 423 subacute bed days per annum of additional capacity.</li> <li>• Pilot data indicates positive trends for behaviour change in exercising sustained at 6 weeks post discharge. Initial trends from data indicate that patients who received the intervention were performing an average 54 minutes more moderate exercise per week than previously, and were spending 148 fewer minutes per week in sedentary behaviours (i.e. sitting).</li> <li>• Developed formal role competencies to support advanced scope of practice role utilising the Allied Health Credentialing, Scope of Practice, Competencies and Capabilities Framework (DHHS, 2015).</li> <li>• Developed clinical practice guidelines for exercise prescription in diabetes management in collaboration with key stakeholders.</li> <li>• Increased staff and patient knowledge regarding exercise for patients with diabetes.</li> </ul>
<b>Total investment</b>	<p>Funding provided: \$77,036</p> <ul style="list-style-type: none"> <li>• Funding costs included: Staffing costs (Grade 3 clinician and project officer), operational costs (interpreters), equipment / capital (exercise equipment and IT)</li> </ul> <p>Total FTE to provide service:</p> <ul style="list-style-type: none"> <li>• Grade 3 clinician and project officer</li> </ul>
<b>Resources available</b>	<ol style="list-style-type: none"> <li>1. Advanced Scope of Practice for ordering Parenteral Nutrition procedure</li> <li>2. Advanced Scope of Practice for ordering Parenteral Nutrition assessment tool</li> <li>3. Advanced scope training package</li> <li>4. Exam Advanced Scope of Practice</li> <li>5. Final report Advanced Scope of Practice PN 2016</li> <li>6. Financial Acquittal Advanced Scope of Practice</li> <li>7. Final Report</li> </ol>