Telerehabilitation - use of videoconferencing for provision of Community Speech & Language Therapy post Stroke

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Background

- Speech and Language Therapy in Newry and Mourne is a small resource.
- Project aimed to investigate the use of technology to supplement traditional SLT community stroke provision in the locality.
Objectives

- To provide more intensive SLT
- To improve clinical outcomes for clients
- Facilitate shorter clinical sessions
- To reduce travel time
- To reduce travel costs
- To increase clinical capacity
Method – 2 models

- Domiciliary-
  - VC unit installed in client’s home

- Clinic base-
  - VC unit installed in Kilkeel Primary Care Centre
# Outcomes

<table>
<thead>
<tr>
<th></th>
<th>Sessions via VC</th>
<th>Likely face to face sessions</th>
<th>Mileage saved (Return)</th>
<th>Travel time saved (Minutes for return journey)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pt 1 (10 mins and 2 miles away)</td>
<td>17</td>
<td>10</td>
<td>40</td>
<td>200 (3hrs 20mins)</td>
</tr>
<tr>
<td>Pt 2 (20 mins and 9 miles away)</td>
<td>40</td>
<td>25</td>
<td>450</td>
<td>1000 (16hrs 40mins)</td>
</tr>
<tr>
<td>Pt 1 in Kilkeel HC (20 miles and 45 mins away)</td>
<td>6</td>
<td>6</td>
<td>240</td>
<td>540 (9 hours)</td>
</tr>
<tr>
<td>Pt 2 in Kilkeel HC (20 miles and 45 mins away)</td>
<td>3</td>
<td>2</td>
<td>80</td>
<td>180 (3 hours)</td>
</tr>
<tr>
<td>Pt 3 in Kilkeel HC (20 miles and 45 mins away)</td>
<td>3</td>
<td>2</td>
<td>80</td>
<td>180 (3 hours)</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>69</strong></td>
<td><strong>45</strong></td>
<td><strong>890</strong></td>
<td><strong>35 hours</strong></td>
</tr>
</tbody>
</table>
Client outcomes

- If I had a choice I would prefer using the video link 3 or 4 times a week instead of having you here once or twice. It’s a no brainer!
- I think it’s a brilliant idea, it means he gets more speech therapy and it’s, you know, it’s good to see her coming out here but equally if the same quality of care can be given over the video link as can be given on a 1 to 1 then great!
SLT outcomes

• Significantly decreased travel times allowing more patients to be seen in a day
• Increased response times to new referrals due to increased capacity
• Clients able to be seen for more intensive treatment
• Better for SLT wellbeing!!
The way forward

- Continue use with Stroke clients
- Develop further with adult services eg dysphagia, P.D, ENT, Fluency
- Investigate use with paediatric SLT services
- Expand use into more community Clinics
- Expand use into all localities in SHSCT