



Dress Yourself Program

Kyra Symanski, MA, CCC/SLP, CBIS; Zoe Martinez, MS, OTR/L; and Lindsay Hong, MS, RN, CRRN

INTRODUCTION

- o OT will identify patients appropriate to complete full body dressing with supervision, setup, or MOD 1
- o If participating at supervision or setup level, patient is to use the call light to alert nursing staff that they are ready to get dressed at least 60 minutes prior first therapy session
- o As patients progress in therapy, status will be updated accordingly

PURPOSE

- o To increase a patient's participation and independence with their ADL routine outside traditional OT sessions
- o To improve FIM scores
- o To reduce burden of care and stress on PCT/nursing staff to get patients ready before therapy

CRITERIA FOR PARTICIPATION



- Consistent form of communication
- Ability to use memory strategy and be reliable with following plan
- Safety awareness without cueing required
 - If someone currently has a restraint, they cannot be at a level higher than supervision until restraints are removed
- Requires no physical assistance for getting dressed OR able to get dressed in less than 8 minutes with supervision

STAGES FOR DRESSING



- Stage 1: Patient has to call for nurse at least 60 minutes prior to first scheduled therapy for nursing to supervise dressing (*supervision*)
- Stage 2: Patient has to call for nurse at least 60 minutes prior to first scheduled therapy for nursing to setup clothes for patient to get dressed independently (*setup*)
- Stage 3: Patient dresses independently, including gathering clothing and all necessary adaptive equipment as needed (*MOD I*)

OT ROLE



- Identify appropriate patient
- Agree on goals and establish a plan (review change in position, equipment needed, strategies utilized)
- Print log and post on bathroom door
- Add patient's name to "master log" in shared folder and print to center station
- Initiate "OT to Nursing Communication" in EMR indicating patient is ready to start "Dress Yourself" Program, including level of participation
- Put "Dress Yourself" door sign on patient's door

NURSING/PCT ROLE



- o Notice "OT to Nursing Communication" in EMR and place miscellaneous order stating patient is participating in "Dress Yourself" Program
- o Check log at center station and look for door tag to identify current patients participating in the Program
- o Reinforce participation in the program with the patient
- o Assist the patient gathering items and moving into a good position (i.e. sitting edge of bed, in the wheelchair, supine in bed, etc.)
- o Track successful and unsuccessful attempts across 5 day period on Program (on log posted on bathroom door)

MASTER LOG



Dress Yourself Program
 Program Participants
 10/26/2018 11:06 AM

Patient Name	Room Number	Program Level	Dressing Position	Primary Occupational Therapist
Anthony Rizzo	2528	Sit up	Anywhere	Sarah
Kevin Diaz	2532	Med 1	Seated	Zoe

To be updated daily by OTs and printed/kept at center nursing station in designated "Dress Yourself" binder or folder

BARRIERS TO IMPLEMENTATION AND CONSIDERATIONS



- o Buy-in and follow-through from patients
- o Burden on nursing
- o Staff education must be consistent and clear
- o Patient fluctuations in behavior and medical status
- o Nursing ability to prioritize based on other demands
- o Team (OT/RN) collaboration & consistency is key

KEYS TO SUCCESS



- Orders must be consistent and clear
- Covering therapists/nurses must understand program
- Signage must be consistent

- Modifications – if it's not going well...
 - How to determine when to amend stages v. when to pull program
 - Where is the breakdown?
 - Reassess patient ability to complete assigned level
 - Nursing communication – what other barriers exist (Staffing? Communication?)

FAMILY



- Family involvement
 - If patient is going home with family assist, family may participate in program – trained family member would provide dressing assist (at appropriate assigned stage) instead of nursing staff

DAILY LOG



"Dress Yourself" Program
 Patient Room # _____ 3228
 Date started: 4/7/19
 Patient ID: _____
 Stage (circle): supervisor setup MOOI
 Patient's primary goal: Patient will be independent with dressing prior to discharge

Posted on patient's bathroom door OR wardrobe cabinet. To be updated daily by PCT/nursing staff

Date	Time	Goal met? (Yes/No)	PCT/NR Initials	Additional Comments
4/7	8am	No	JM	patient still in hospital gown at 8:30 nursing check – communicated to primary OT in rounds
4/8	8am	Partially	JM	Patient was partially dressed (pants/shirt but no socks/shoes) by 8:30
4/9	8am	Yes	JM	Dressed/ready by 8:20a
4/10	8am	Yes	JL	Dressed/ready by 8:20a

SUPPORT FOR SUCCESS



- Morning nursing patient checks
 - Are all clothes/tools in place (is setup in place if they are not Mod I?)
- Signage
- OT/patient communication
- Daily report from nursing to primary OT regarding status/success when program is initiated, regular communication after initial phase
- SLP involvement – timers, written reminders, compensatory strategies
- PT involvement – functional mobility, fall risk input

DOOR TAG



Printed/laminated and kept at center nursing station in designated "Dress Yourself" binder


