

Trauma System Implementation Programme

Rehabilitation Needs Assessment and Rehabilitation Prescription

November 2022

Version 1.4



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RNA/RP Signatories					
Name:	Role:	Signature:			
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Rehabilitation Needs Assessment

Date of Admission:	Date of In	itial RNA:	Time of initial RNA:	
Name			Location	
Address			Allergies	
DOB			Infection Control	
MRN	GP		Advanced care plan incl. DNAR order	
Contact Name	Contact No	Relationsh	ip	
	umber No 🛛			
Consultant:	I	Admitted fr		
Injury type:	Musculoskeletal	BurnsVascula	□ Spinal Cord	Injury
	NeurologicalAbdominal			
	□ Amputation	□ Brain Ir		
Initial GCS: /15 E \ Mechanism of Injury and		Date of Injur	y:	
Summary of Intervention	is to Date (Specialists involved in	patient care)		
Progress, Management, a Previous Medical History	(including mental health)			
Polypharmacy i.e. 5 or m	ore medications pre-injury Yes [No □		
Clinical Frailty Scale Score	5.			
				🥽 Traum
Signature		3 Date		



Care Ireland

Rate care and risk but	only scor	e one			on Complexity Scale-E		led		
	0	c onc	1		2		3		4
Medical	Non-activ	/e	Basic investigation/ monitoring/ treatme	ont	Specialist intervention diagnosis / manageme		Potentially unstable condition		Acute medical/surgical problem
Care	Independ	lent	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	5 Moderate (daily, 15-24 hrs/wk)		High (daily + assistant, 25-30 hrs/wk		Very high (daily + 2 qualified/twice daily, >30 hrs/wk)
Equipment Needs	specialist equipment		al	Requires highly specialist equipment					
	equipment (off the shelf)								
RCS-E Score: CN	M To			22			<u> </u>		
							re referral to the same		
Trauma & Orthoger			eriatrician		ccupational Therapy		narmacist	-	lliative Medicine
Rehabilitation Medi	cine	□ S Ther	peech and Language		ledical Social Worker		ehabilitation dinator		ocational Rehab/
Psychiatrist			apy ietician		sychologist		europsychologist		ssment thotist
 Psychiatrist Neuropsychiatrist 			hysiotherapist		inical Nurse Specialist		ssue Viability		ain Team
Prosthetist			odiatrist				-1		
Rehabilitation Services	Required (ion Se	rvices)				
 Specialist Inpatient Re Community Rehabilitation No Rehabilitation Pre-Injury Informatio 	ation Servio	ces							
Home Environment: Please give details Lives in: Apartment 🗆									
Property is: Privately	-		•	-	Rented 🗆 Sheltered F	lousin	ng 🗆 Homeless 🗆		
Pre-injury mobility: 1 Personal activities of Instrumental activitie Home support service Employment / Occup Unemployed D Emp	daily livin es of daily es: Y	ig: Ind living Ca isure:	ependent 🗆 With a : Independent 🗌 W alls/daydays	issista 'ith as /weel	nce Dependant for sistance Dependant kProvider	all 🗆			



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-traumatic Amnesia		Mood		Anxiety/ Distress		
	Intact 🗆	Yes 🗆		Normal 🗆		Yes 🗆		
	Impaired 🗆	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:	Sp	ecial Diet Yes	□ No □	Diabet	ic Yes 🗆 No 🗆		
	Swallow	Swallow Normal Impaired Nil per oral						
	Food Consistency	Food Consistency Food: level Drink: level (As per IDDSI)						
	Enteral/Parenteral NG PEG RIG TPN							
	Feeding	Feeding Independent Requires assistance						
Continence & Skin	Bladder		Bowel		Skin			
	Catheter Yes 🗆 No 🗆		Independent	with:	Wat	erlow Score:		
	Independent with:		toilet/commode \Box		Braden Score:			
	toilet/commode/urina		Requires assistance:		Pressure Sore Yes \square No \square			
	Requires assistance:		Assist + 1 🗆		Grad	de/location:		
	Assist + 1 🗆		Assist + 2 🗆					
	Assist + 2 🗆							
Mobility	Sitting Out	Transfers		Walking	1	Washing & Dressing		
	Standard Chair 🗆	Independe	nt 🗆	Independent 🗆		Independent 🗆		
	Special Seating \Box	Assist +1]	Assist + 1 🗆		Assisi + 1 🗆		
	Unable 🗆	Assist + 2		Assist + 2 🗆		Assist + 2 🗆		
		Hoisted \Box		Unable 🗆				
Weight Bearing	Upper limbs:	Upper limbs:						
	Lower limbs:							
Equipment	 Orthotics/prostheti Mobility aids/transf Specialist seating Bed/posture manag Activities of daily liv Other (e.g. environr 	er equipment gement ring equipment	nt					





Current Level of Functioning

Cognition, Behaviour, Mood,

Orientation, memory (PTA) executive functioning, perception, anxiety, depression, compliance, etc.

Communication

Comprehension, expression, vision, hearing, reading, etc. Language (interpreter required).

Respiratory Functioning

Details on ventilation, weaning, oxygen support, suctioning, infection status, etc.

Continence and Skin

Level of assistance/devices / medication required to manage bladder and bowel. Details on skin condition and management.





Mobility and ADL's		
assistance, equipment, and ongoing management.	imotor, spasticity, pain, contractures, and fatigue. Include level of	
Risks Identified		
Medically unstable include medical report	Falls Risk 🗆	
Seizures 🗆	Purposeful Walking	
Requires 1:1 care Supervision	Distressed Behaviours:	
	Verbally Physically	
High BMI Low BMI Equipment Needs Standard or bespoke. Seating, transfers/mobility ai	Safeguarding ids, environmental controls, etc.	
Equipment Needs		
Equipment Needs Standard or bespoke. Seating, transfers/mobility ai		
Equipment Needs	ids, environmental controls, etc.	
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Equipment Needs Standard or bespoke. Seating, transfers/mobility ai Psychosocial Include patient/family wishes. Immigration/resider	ids, environmental controls, etc.	



Outcome Measures		
Please complete a Quality of Life Measur	e and <u>at least one</u> functional outco	ome measure.
□ FIM+FAM □	Barthel Index	
□ Satisfaction with Life Scale □	New Mobility Score	🗆 WHIM
□ EQ-5DL □	NPDS	□ NIS
FIM+FAM: Functional Independence Measure + Fu 5 Dimension. NPDS: Northwick Park Dependency So		d Independence Measure. EQ-5DL: European Quality of Life
Anticipated challenges that may imp		
E.g., home environment, unstable medic		
	,	
Ongoing Rehabilitation Needs	Comments	
Medical assessment/Management		
Mobility		
□ ADL's		
Pain Management		
Neurorehabilitation		
Spasticity Management		
Postural Management/Contractures		
Specialist Seating		
Splinting		
Wound Management		
Respiratory Management		
Nutrition		
Continence		
Disability Management		
Palliative Medicine		
Cognitive Rehabilitation		
Communication		
Behavioural Support		
Psychological Support		
Psychiatric		
Environmental Assessment		
Equipment		
Pharmacy		
□ Prosthetics		
Amputee Rehabilitation		
Social Care		
Vocational		
Carer training/education		
Education		
Safeguarding		
🗆 Other		





Discharge Planning

The Rehabilitation Prescription must be completed before patients transfer out of the MTC. The RP should be provided to the patient/family, the GP, the facility the patient has been transferred to, and all services that the patient has been referred to.

Please review and update the following complexity measures:

- Complex Needs Checklist (CNC) or Patient Categorisation Tool (PCAT)
- Rehabilitation Complexity Scale-Extended (RCS-E). Please record Discharge RCS-E: ____ / 22
- Categorisation of rehabilitation services required to meet the patient's needs.

10		cal needs for reha		res 🗆	No 🗆			
If yes please click all that apply - Co			-					
Complex Physical e.g.		olex Cognitive / M	-		Complex psychosocial e.g.			
Complex neuro-rehabilitation		plex communication su			lex discharge planning e.g.			
Prolonged Disorder of Consciousness	gnitive assessment / management allenging Behaviour management			□ Housing/placement issues				
 Tracheostomy weaning Ventilatory support 		lagement	□ Major financial issues					
 Complex nutrition / swallow issues 		 Risk Management Mental Health difficulties 			 Uncertain immigration status Drugs/alcohol misuse 			
 Profound disability / neuro-palliative 	Pre-injury			 Drugs/alconol misuse Complex medico-legal issues (Best interest 				
rehabilitation		injury 🗆			afeguarding)			
Intrathecal baclofen pump	□ Moo	d evaluation/ psycholo	ogical		ional/job role requiring specialist			
Neuro-psychiatric rehabilitation	suppor			vocatio	nal rehab			
Post ICU syndrome	-	or family distress/suppo	ort	Other				
Complex MSK management	_	tional load on staff						
□ Complex amputee rehabilitation needs	🗆 Othe	r						
 Complex pain management Specialist bespoke equipment needs 								
Other								
Rehabilitation Services Required (Catego	orisation	of Rehabilitation Se	rvices)					
Tertiary Complex Specialist Rehabilitat	1000000000000000000000000000000000000	nal Rehabilitation Hos	nital)					
				a lad)				
 Tertiary Complex Specialist Rehabilitat Specialist Inpatient Rehabilitation Serv 				e led)				
 Specialist Inpatient Rehabilitation Serv Community Rehabilitation Services 				e led)				
 Specialist Inpatient Rehabilitation Serv Community Rehabilitation Services 				e led)				
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	ices (Ger ilitation)	iatric & Rehabilitatic	on Medicin		Completed			





edical Card		
ntal Allowance		
me Support Services me Adaptation Grant rsing Home Support Scheme ng Term Care Facility sidency Status her ditional Information / Patient Comments i.e. What is important to you? intact Details of Key Worker / Lead Professional me Profession me Professional nfirmation of RP sent: Y N Date RP Sent:		
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Signature 10 Date	 	

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 nd 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 OR 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 $\frac{1}{2}$ -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





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)	General registered
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	d (RMN)
N 3	 Requires highly specialist nursing care e.g. for very complex needs such a Management of tracheostomy Management of challenging behaviour/ psychosis / complex psychological needs Highly complex postural, cognitive or communication needs Vegetative or minimally responsive states, locked-in syndromes 	Palliative care nursing 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).	Other
	- NEEDS the approximate level of medical care environment for medical/surgical managen	nent
Μ 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 З	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	Other





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)							
TherapyDisciplines:Statenumberofdifferenttherapydisciplinesrequiredtobeactivelyinvolved in treatment							
TD 0	0 – no therapist involvement	Tick therapy discipline	es 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 Ir	nerapy Intensity: State overall intensity of <u>trained</u> therapy intervention required from team as a whole						
TI O	No therapy intervention (Or a total of <1 hour therapy input per week - Rehab needs are met by nursing/care staff or self-exercise programme)						
TI 1	Low level – less than daily (eg assessment / review / maintenance / supervision) <u>OR</u> 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)						
TI 2	Moderate – daily intervention - individual sessions with one therapist to treat for most sessions <u>OR very intensive</u> 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 (eg 2 trained therapists to treat, or total 1:1 therapy >30 hrs/week) Patient has very complex therapy needs requiring two trained therapists at a time (with or without a 3 rd assistant) – eg for complex physical handling needs, management of unwanted behaviours etc						
	OR they require a very intensive programme involving > 30 hours of total therapy time per week.						
Total	Total T score (TD + TI) :						

-	ENT NEEDS the requirements for personal equipment			
E 0	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	Special mattress	Customised seating Customised standing aid Customised orthotic Assisted Ventilation Other	
	Electronicassistivetechnologyorhighly customized equipment that is made or adapted specifically for that individual)	Standing frame off-shelf orthotic Other		



Date_



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 SCORES for current in-patients: Date/				

No.	Patient	Care	Risk	Nursing	Medical	Thera	ру	Equip		Comment
		С	R	N 0-	м	TD	ті	Е	Total	
		0-4	0-4	4	0-4	0-4	0-4	0-2	0-22	
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
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25										
26										
27										
28										
29										
30										

Photocopy if necessary to include further patients. NB. Total RCS score = sum of C or R (use highest score) + N, M, TD, TI & E



