

FUNCTIONAL TRAJECTORY

BASELINE

- Determine baseline (prior to acute illness, reference point 2 weeks prior to admission) function:
 - Able to perform basic ADL without assistance: bathe, dress transfer from bed to chair, toilet?
 - Able to perform IADL without assistance: pay bills, handle medications?
 - Mobility: able to walk without assistance? Use of cane, walker or wheelchair?
- Identify living situation: at home (alone or with other?), assisted living, board and care, skilled nursing facility, long-term care nursing home?
- Identify social supports: primary caregiver, spouse, children, other relatives, friends or associates, guardian?

ADMISSION

- Complete functional assessment (with nurse)
- Current performance (capacity) of basic ADL
- Cognitive function: dementia, delirium?
- Assess nutritional status: malnourished, dehydrated?
- Assess affect: anxious, depressed?
- Assess mobility: observe gait, upper and lower extremity range-of motion.
- Estimate hospital length of stay (DRG diagnosis can be used as guideline)
- Meet with interdisciplinary team to review functional assessment, diagnoses, anticipated length of stay (LOS), and expected discharge site.

PATIENT-CENTERED INTERVENTIONS

- Identify the individualized interventions and health professional services needed for the patient in order to achieve the anticipated LOS and discharge site: physical therapy, occupational therapy, speech therapy, nutrition services, medication review (e.g., by pharmacist, geriatrician).
- Review trajectory daily by updating the functional status: identify any barriers to achieving anticipated, modify patient-centered interventions needed to achieve goals.

DISCHARGE

- The patient's baseline level of physical functioning predicts the discharge level of functioning.
- Reassess performance of basic ADL: is patient able to bathe, dress, transfer and independently?
- Check mobility: is patient able to walk independently?
- Assess clinical stability: does the patient have new symptoms of delirium, fever, hypotension or hypertension?
- Discharge to home or alternate site based on the functional status, available home supports, need for rehabilitation or placement in long-term care setting.

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