

Early Supported Discharge Service (ESDS) – Weekend Working Trial

Clare Hodgson- Clinical Specialist Occupational Therapist

Background

Leicester, Leicestershire and Rutland ESDS historically has worked Monday-Friday 8.00-16.30

It was highlighted that a number of patient's could not be discharged from the acute stroke unit on a Friday thus increasing their in-patient length of stay
Working on a Monday in ESDS was extremely busy as new patient's discharged over the weekend were assessed alongside the existing caseload



Methods

- Real-time-data was collected during the trail – Sept 2024 until 1st Jan 2025
- 1 x therapy support worker and 1 x qualified therapist or technical instructor worked each Saturday during the trail
- ESDS identified appropriate patient's for the Saturday visit using a prioritisation system
- The trail was supported by the wider QI team in line with promoting flow through the whole stroke pathway

Prioritisation for Saturday visit:

- Initial assessment for patient's within 24 hours of discharge
 - Discharge visits from ESDS
 - New patient OT and PT assessments
- Rehabilitation visits that would reduce length of stay on ESDS

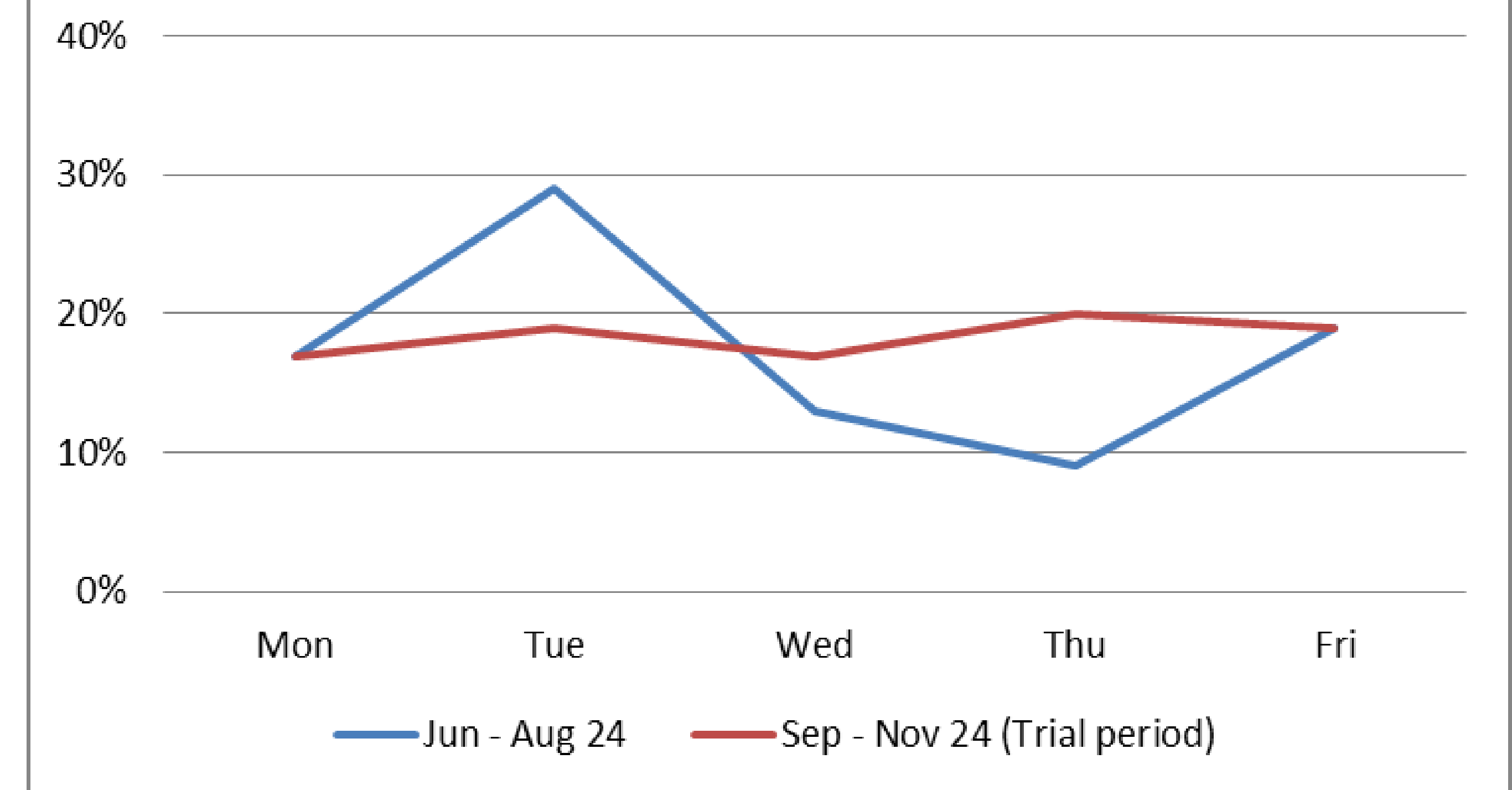
Patient Feedback

"Yes- discharge may have been delayed until Monday"

"Really grateful for being seen on Saturday as I was anxious over the weekend after being discharged Friday"

"Appreciated the visit very much because I want to use every day possible, time is precious"

% Discharges from ASU to ESDS



Graph 1 – Improved consistency

Recommendations

- Provision of a Saturday service on ESDS
- Funding for additional therapists to support a Saturday service
- Consideration of extended working hours 6 days a week (08.00-18.00) to support flow through the stroke pathway
- Depending on the level of additional staff ESDS potentially could increase capacity, thus further supporting the wider stroke pathway

Aims

- Reduced length of stay on acute stroke unit
- Increase the number of patients receiving their initial ESDS therapy assessment within 24 hours of discharge
- Increase the number of patients discharged from ESDS
 - Reduced length of stay on ESDS
 - Offer rehab to patient's on a weekend
- Improve flow through the whole stroke pathway

Results

- ✓ ESDS response rate and number of patients seen within 24 hours increased by 21%.
- ✓ Average length of stay on ESDS reduced by 9.5 days creating more flow across the stroke pathway.
- ✓ Increased number of patient's discharged from ESDS created more capacity for new patients to receive the service.
- ✓ Improved consistency across Mon-Friday discharges from acute stroke unit to ESDS (Graph 1)

Conclusions

The weekend working trial demonstrated the positive impact working in ESDS on a Saturday had on response times, numbers of patients receiving ESDS and wider flow through the stroke pathway

Positive feedback was received from patients and staff