

# LIFE-LONG FOLLOW-UP CARE FOR PERSONS WITH SCL - SLOVENIAN MODEL



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# Primary rehabilitation for patients with SCL

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*"one and only"*

- inclusion criteria for **admission**.
- **dismissed** (most often) when goals are achieved.
  - at home
  - in (nursing) care institutions (retirement homes, long-term care facilities) across Slovenia – NO FORMAL NETWORK FOR SCL patients.

# Where to if not at home after dismissal?

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Efforts to establish a network for life-long care of younger and elder persons needing both exigent nursing care and social reintegration.

# Before dismissal

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- **Educational program** for patients and relatives and/or informal caregivers before dismissal.
  - Focus is on teaching techniques for giving assistance.
- **Team field work** (OT + SW)
  
- Monthly presentations to patients and relatives of the activities of the Slovenian Paraplegic Association.
  
- NO FORMAL PEER-COUNSELING PROGRAM (yet)!

# Vocational rehabilitation

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- A triage consultation done during primary rehabilitation.
- Vocational assessment and retraining is done later (after at least 6 months - waiting list).

Until then patients don't return to work but stay at home (if employed - on sick leave).

# Follow-up system (?) after dismissal

NO HEALTH INSURANCE COMPANY (public or private)  
OR NATIONAL REQUIREMENTS  
OR STANDARDS  
OR PROGRAM FOR THE FOLLOW-UP.

*“professional self-regulation”?*

# Follow-up

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Outpatient clinic for persons with SCL at URI Soča

- ❖ 2 days/week, minimum 5 patients/day;
- ❖ 2 MDs, specialist in PRM (working 5 days/week at the Dpt and other outpatient clinics).

Addressing all SCL related issues that can be dealt at URI Soča and referring to other specialists (if empowered by GPs) →

## 8 → SCL related and other issues addressed

- ⑩ new health/medical problems
- ⑩ worsening of chronic conditions
- ⑩ skin integrity, PUs assessment (+OT, + registered nurse)
- ⑩ respiratory problems (referral to internal med. spec. at URI Soča)
- ⑩ AD related problems
- ⑩ spasticity management (referral to the team for baclofen pump at URI Soča)
- ⑩ pain management
- ⑩ sexuality related problems
- ⑩ neurogenic bowel and bladder problems (UD at URI Soča, referral to urology)
- ⑩ clinical nutrition management (team for clinical nutrition at URI So)
- ⑩ wheelchair and seat-cushion related problems
- ⑩ home and car adaptations
- ⑩ prescription of medical devices and aids
- ⑩ social status



# Referring to other specialists

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- Plastic surgeon (UKCL, 1 doctor) - the next Tuesday.
- Urologist (UKCL, 3 doctors) - few weeks waiting.
- Internal medicine specialist (URI Soča, 2 doctors) - the same day.
  
- Other specialists available as for the general population.

# Follow-up at the outpatient clinic

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## First examination after dismissal

- after 3 months: employed, with specific medical conditions needing early control, with improvement expected
- after 6 months: all others.

## Next examinations/consultations

- when needed

Allways after check-up and with GP's or other specialist's referral.

- For examination / consultation always needed a referral.
- No emergent referrals!
  - emergency medicine network in Slovenia

Still problems in recognising AD and other SCL related issues!!!

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**1 - IZVAJALEC**  
ŠTEVILKA IZVAJALCA \_\_\_\_\_ ŠIFRA ZDR. DEJAVNOSTI \_\_\_\_\_  
(naziv izvajalca)

**2 - ZDRAVNIK**  
 OSEBNI  NMP  NADOMESTNI  NAPOTNI  
Številka zdravnika \_\_\_\_\_  
(imenski žig)

**3 - ZAVAROVANA OSEBA**  
(številka zavarovane osebe) \_\_\_\_\_ (datum rojstva) \_\_\_\_\_  
(priimek) \_\_\_\_\_  
(ime) \_\_\_\_\_  
(ulica, hišna številka) \_\_\_\_\_  
(poštna številka) \_\_\_\_\_ (kraj) \_\_\_\_\_  
(telefonska številka) \_\_\_\_\_  
(e-pošta\*) \_\_\_\_\_

**4 - NAPOTNICA**  
ŠTEVILKA NAPOTNICE \_\_\_\_\_  
ŠTEVILKA ZDRAVNIKA \_\_\_\_\_

**5 - VELJAVNOST**  
1 - ENKRATNO   
2 - ZA OBDOBJE \_\_\_\_\_ MESECEV

**6 - OBSEG POOBLASTILA**  
1. PREGLED IN MNENJE   
2. ZDRAVLJENJE OSNOVNE BOLEZNI / POŠKODBE IN NJENIH POSLEDIC   
3. NAPOTITEV NA ZDRAVLJENJE K DRUGIM SPECIALISTOM IN V BOLNIŠNICO

**7 - RAZLOG OBRAVNAVE**  
01. BOLEZEN   
02. POŠKODBA IZVEN DELA   
03. POKLICNA BOLEZEN   
04. POŠKODBA PRI DELU   
05. POŠKODBA IZVEN DELA PO TRETJI OSEBI   
07. TRANSPLANTACIJA

**8 - STOPNJA NUJNOSTI**  
1. NUJNO   
2. HITRO   
3. REDNO

**9 - PREDNOSTNI KRITERIJI**  
1. NOSEČNOST   
2. DOJENJE   
3. PREPREČITEV NASTANKA POTREB PO DODATNIH ZDRAVSTVENIH STORITVAH   
4. OCENA NEZMOŽNOSTI ZA DELO

**10 - TUJI ZAVAROVANEC**  
ŠIFRA DR. DEJAVNOSTI \_\_\_\_\_

**11 - RDP**  
Šifra \_\_\_\_\_ opis \_\_\_\_\_

**12 - RAB**  
Šifra \_\_\_\_\_ opis \_\_\_\_\_

VRSTA SPECIALNOSTI NAPOTNEGA ZDRAVNIKA \_\_\_\_\_

KRAJ \_\_\_\_\_ DNE \_\_\_\_\_ ŽIG \_\_\_\_\_ (podpis zdravnika) \_\_\_\_\_ OBRNI

PRIIMEK IN IME ZAVAROVANE OSEBE \_\_\_\_\_

NAROČEN V SPECIALISTIČNI AMBULANTI \_\_\_\_\_

DNE \_\_\_\_\_ OB \_\_\_\_\_ URI \_\_\_\_\_ PRI ZDRAVNIKU \_\_\_\_\_

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□ GP's or other specialist's referral

→ e-referral

# Medical rehabilitation after primary rehabilitation

- If inclusion criteria for re-admission are met.
- If medical complications arise that can be solved at URI Soča.
  
- re-admission at the department.
- therapies at the outpatient clinic.
  
- Not the same as the Slovenian Paraplegic Association rehabilitation programs!

# Path of assessment of a PU

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## I level (GPs)

- activation of the home care nursing service
- referring to other specialists

## II level (specialists)

- consultation at the plastic surgeon / dermatologist /infectologist office
- cleaning the PU, giving advice, operation planning and surgery performance
- exclusion of possible intrinsic causes

## III level (URI Soča, UKCL/M)

- assessing the wound, causes that led to PU, assessing aids, sitting and lying in bed, re-admission is planned.

Thank you for your time and questions.