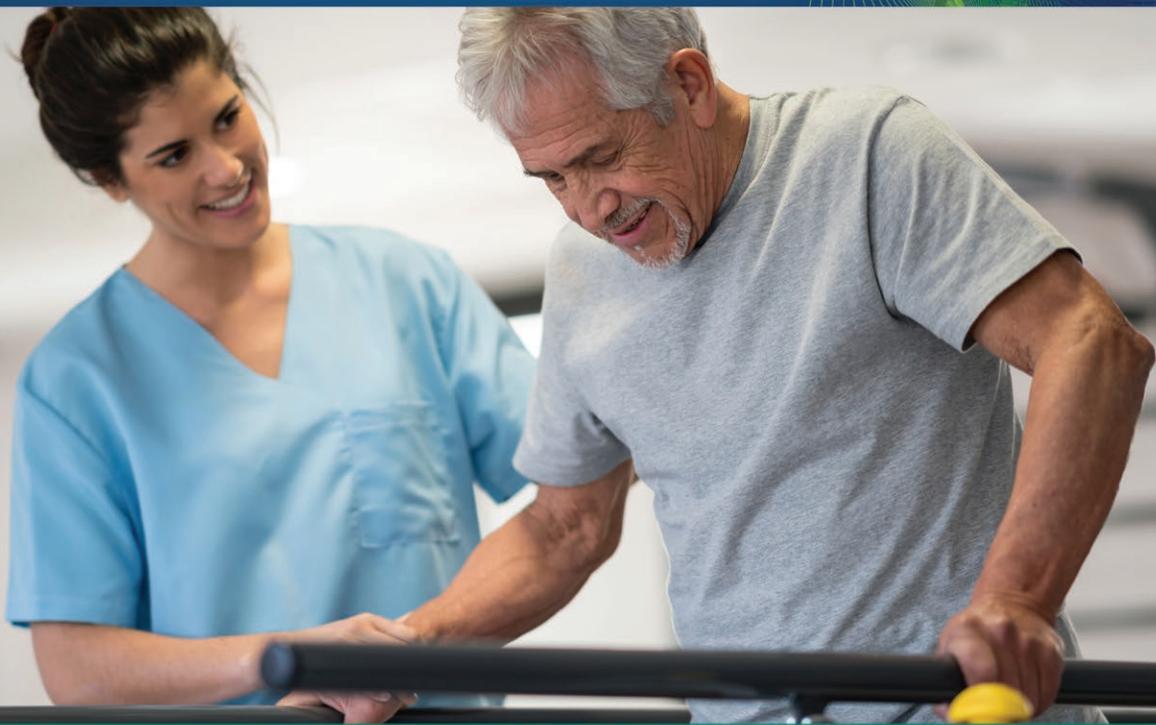


PRIHS: Partnership for Research and Innovation in the Health System

FUNDING AWARDS



Implementation and Assessment of the elder-friendly BEside reconditioning for Functional ImprovemenTs (BE FIT) following Surgery Study

PROJECT FAST FACTS

LEAD: Rachel Khadaroo

INSTITUTION: University of Alberta

PRIHS AWARD: \$947K

THE PROBLEM

After a two-week stay in hospital, many seniors are too weak to return to their normal lives. Since a third of all hospital surgeries are on seniors, immobility creates a heavy burden on the healthcare system and reduces seniors' health and independence unnecessarily.

THE SOLUTION

Co-design, with patients, an in-hospital exercise program (BE-FIT) that focuses on bed mobility, balance, and strengthening.

Hospitalized seniors spend too much time in bed. Doctors used to think rest was the best way to recover from illness. Now, we know that hospitalized seniors lose up to 5% of their muscle strength every day from lying in bed. After a two-week stay in hospital, many are too weak to return to their normal lives. Since a third of all hospital surgeries are on seniors, immobility creates a heavy burden on the healthcare system and reduces seniors' health and independence unnecessarily.

BE-FIT, an in-hospital exercise program, co-designed with patients focuses on bed mobility, balance, and strengthening. BE-FIT uses the patient's own motivation to return to health and involves the whole healthcare team. BE-FIT will be put into practice with healthcare teams using a proven technique that promotes early movement for hospitalized seniors. The combination of BE-FIT and this technique will be tested in three hospitals in Alberta to see if it leads to better results than usual hospital care. The combination will then be integrated within care practices to ensure sustainability.

Just among the 2,100 seniors in the study who could return home 1-day sooner to their normal lives with BE-FIT, savings could reach \$6 million. If all seniors in Alberta who have surgery that requires a hospital stay (32,000 in 2018/19) became involved in BE-FIT, it would save \$62 million each year. The fact that the program works to harness the desire of seniors to get healthy helps make it sustainable.

PROJECT OBJECTIVES:

- Put BE-FIT into practice with healthcare teams using a proven technique that promotes early movement for hospitalized seniors.
- Test the combination of BE-FIT and this technique in three hospitals in Alberta to see if it leads to better results than usual hospital care.
- Integrate the combination within care practices to ensure sustainability.

ABOUT PRIHS

The PRIHS program is designed to align the knowledge production efforts of researchers with the evidence needs of the health system. This is achieved by providing opportunities for researchers to propose solutions to priority health system challenges and access support from SCNs and other expertise within AHS to administer implementation studies. These implementation studies will help AHS identify and advance solutions that improve health care quality, health outcomes and value for Albertans.

VALUE & TERM

Combined pool of funds available: \$7 million. Individual award's period of support: up to three years.

FOCUS AREAS

PRIHS V provides a streamlined process for connecting Alberta's academic institutions with Strategic Clinical Networks™ (SCNs), patients, providers and leaders in AHS to:

- Translate research evidence into testable solutions that address priority health system challenges in Alberta as articulated by the SCNs; and
- Generate the evidence needed to identify and accelerate the spread and/or scale of solutions that foster more efficient and/or effective use of health care resources.

Learn how

albertainnovates.ca