

## A Day-in-the-Life of a Canadian Physiotherapist – Long Term Care



Long term care facilities in Canada, also called 'nursing homes' or 'residential facilities', provide inpatient care to those who are not able to live at home. This may be due to the client's mental or physical health needs or they do not have the family supports or resources to allow them to stay in their own home. These long term care facilities are found both in the private and public sector. Clients seen in the long term care facilities are often referred to as 'residents' to promote a home-like atmosphere. An example of a possible day-in-the-life of a physiotherapist working in the long term care sector is provided below:

Timeframe	Activity
8:00am-8:15am	<ul style="list-style-type: none"> <li>✓ Arrive at work.</li> <li>✓ Meet with physiotherapy assistant and get updates about any changes in resident status, check emails and voicemails.</li> </ul>
8:15am-8:45am	<ul style="list-style-type: none"> <li>✓ Check nursing report for updates over the weekend.</li> <li>✓ Collect any new physiotherapy referrals.</li> </ul>
8:45am-10:00am	<ul style="list-style-type: none"> <li>✓ Work with physiotherapy assistant regarding the evaluation and revision of treatment programs, exercise programs.</li> <li>✓ Ambulate residents, with the physiotherapy assistant, those residents who require significant assistance, and reassess transfer techniques with residents who are having difficulty.</li> </ul>
10:00am-11:30am	<ul style="list-style-type: none"> <li>✓ Attend Falls Prevention Sub-Committee weekly meeting with the unit Manager, a registered nurse, licensed practical nurse, and occupational therapists to discuss residents who have fallen in the last week. Falls prevention strategies are then put in place, such as requesting medication review by attending physician, environmental assessment, hip protectors, bed sensors, wheelchair assessment, seatbelt alarms, or walking aids that may be required. Each fall is discussed using information from the resident's fall incident report form. Falls are tracked and statistics are documented.</li> </ul>
11:30am-12:00am	<ul style="list-style-type: none"> <li>✓ Follow up from falls meeting, which may include contacting family members to discuss fall prevention measures.</li> </ul>

12:00pm- 12:30pm	✓ Have lunch break.
12:30pm- 1:30pm	✓ Perform physiotherapy assessment of new admissions. Assess each new admission to determine functional mobility, ambulatory status, range of motion/strength, risk for falls, pain management, and to determine need for physiotherapy intervention. Transfer assessment is documented for the caregivers and posted at the bedside.
1:30pm- 2:30pm	✓ Attend Resident Care Conferences – The multidisciplinary team meets with the resident and family members to discuss the care plan.
2:30pm- 2:45pm	✓ Break time
2:45pm- 4:00pm	<ul style="list-style-type: none"> <li>✓ Work with physiotherapy assistant and establish new treatment programs or see any residents with changes in status.</li> <li>✓ Follow up on new physiotherapy referrals.</li> <li>✓ Work with occupational therapist on any resident concerns, for example, seating or positioning issues.</li> </ul>

**Reflective Questions:**

1. Were there tasks indicated in the sample day-in-the-life schedule that you were not familiar with performing? If so, which ones?
  
2. How does this day differ from your present practice? What changes to your practice must you make or what new knowledge or skills do you need in order to complete these tasks with confidence?