

0035

**An observational study of patient activity levels in a co-located acute and rehabilitation stroke unit**

Alison King<sup>1</sup>, Annie McCluskey<sup>1,2</sup>, Karl Schurr<sup>3</sup>

<sup>1</sup>University of Sydney, Sydney, NSW, Australia, <sup>2</sup>The Royal Ryde Rehabilitation Centre, Sydney, NSW, Australia, <sup>3</sup>Bankstown Lidcombe Hospital, Bankstown, NSW, Australia

**Background:** Stroke patients spend large proportions of their day alone, inactive or completing activities which are unlikely to contribute to their recovery. This low level of activity is likely to limit rehabilitation potential. A rehabilitation team at one Sydney hospital investigated patient levels of activity and compared the findings with previous studies. **Aim** To describe the time use and activity levels of inpatients in a co-located acute and rehabilitation stroke unit. **Methods** A quantitative observational design was used. A behaviour map was completed on all participating inpatients (n=11). Patients were observed over four days (three week days and a Saturday) at 10-15 minute intervals between 07.00 h and 19.00 h. Physical activity, location and person(s) present were recorded on each occasion. A total of 12 allied health professionals and students were involved in data collection. Agreement between pairs of observers was analysed using the Kappa statistic. **Results** Inpatients spent a large proportion of their time (76%) in the bedroom, and nearly half their time (44%) engaged in solitary behaviour. Inpatients spent a small proportion of their time in contact with an allied health professional (11%) and over half their time completing no activity or inactive (62%). The findings from this study are similar to previous stroke observation studies. **Conclusions** Findings are now being used to review the current rehabilitation environment. Strategies will be implemented to help increase patient activity levels before repeating data collection in 2010. This study provided baseline data and participating allied health professionals, the research skills to enable the study to be repeated as part of an ongoing quality improvement process. Occupational therapists attending this paper will learn how to conduct an observational study in their own rehabilitation units.