

Rehab, Reduce, Reuse - Enhanced Discharge to Assess (ED2A): A Collaborative Approach



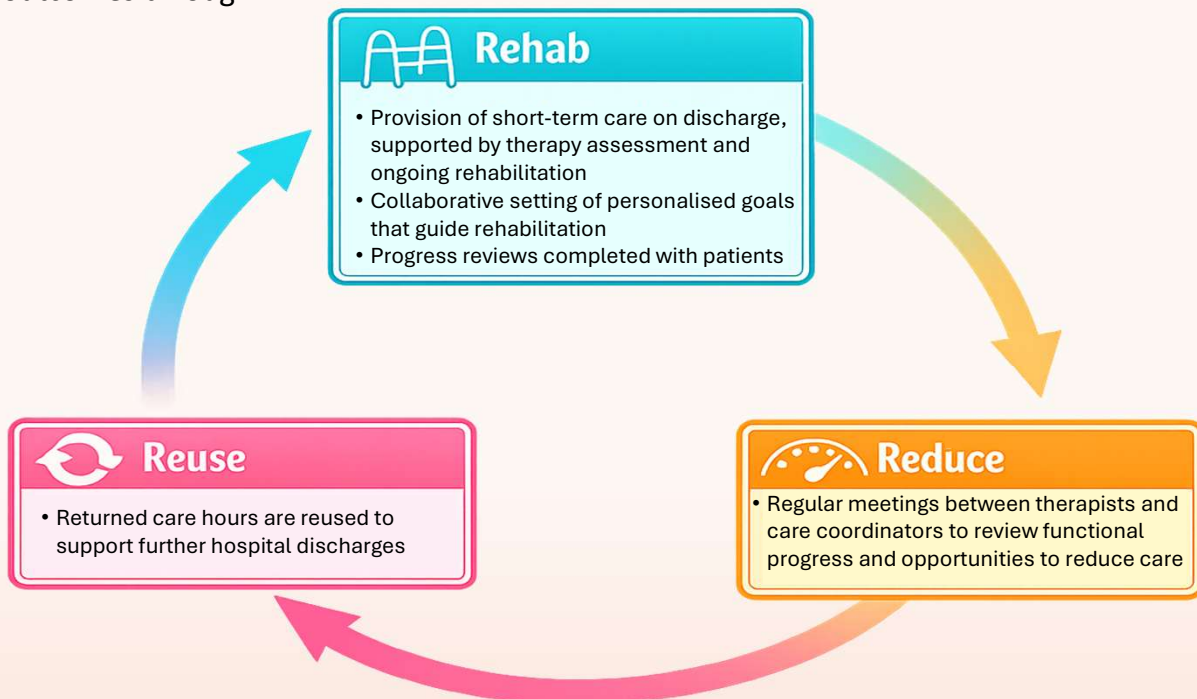
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Aim

To allow early supported discharge of medically fit patients through home-based Occupational Therapy (OT) and Physiotherapy (PT) rehabilitation, with ongoing input up to four visits per day. Delivered collaboratively with care teams across East Lothian Health and Social Care Partnership (HSCP), it aligns with the principles of the Health & Social Care Service Renewal Framework (2025).

Method

Launched in February 2024, ED2A brings together the OT/PT D2A service and care capacity to optimise patient outcomes through:



Impact & Outcomes

Collaborative working has successfully demonstrated how short-term rehabilitation focused care supports:

Patient Benefits

- Improved functional independence
- Reduced requirement for long term care provision

System Benefits

- A reduction in ongoing care
 - From 9.2 daily care hours to 40.4 hours saved
 - From 21.5 daily care visits to 79.9 daily visits saved
 - estimated yearly cost saving of more than £430,000
- Training was delivered by OT/PT staff to carers to support rehabilitation delivery.

Conclusion

The model demonstrates the effectiveness of a collaborative approach to rehabilitation and care, enabling patients to achieve greater functional independence, reducing reliance on care. By empowering individuals to take an active role in their rehabilitation, the model enhances patient autonomy, lessening the financial impact on care provision. It ensures that support is delivered in the right place at the right time, thereby freeing capacity across the system and improving overall service efficiency.