



# THERAPEUTIC RECREATION IN ACUTE CARE

THERAPEUTIC RECREATION AT MAYO CLINIC HOSPITAL ARIZONA

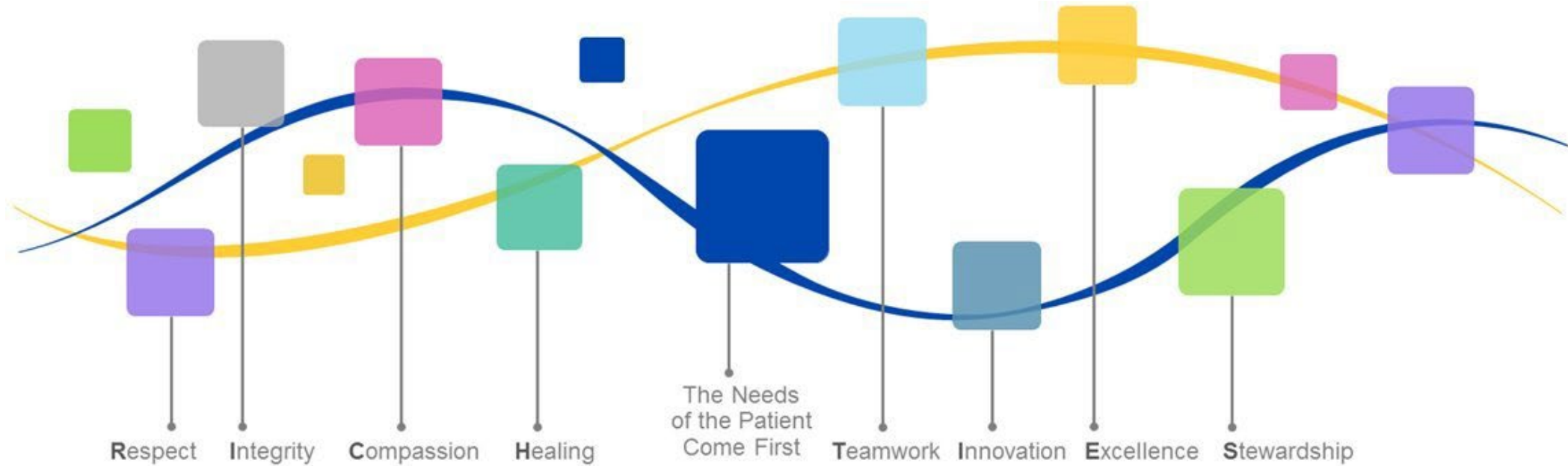
Ashley Robinson, MS, CTRS  
Karlie Borowicz, MA, CTRS

Mayo Clinic Hospital, Arizona  
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# LEARNING OBJECTIVES

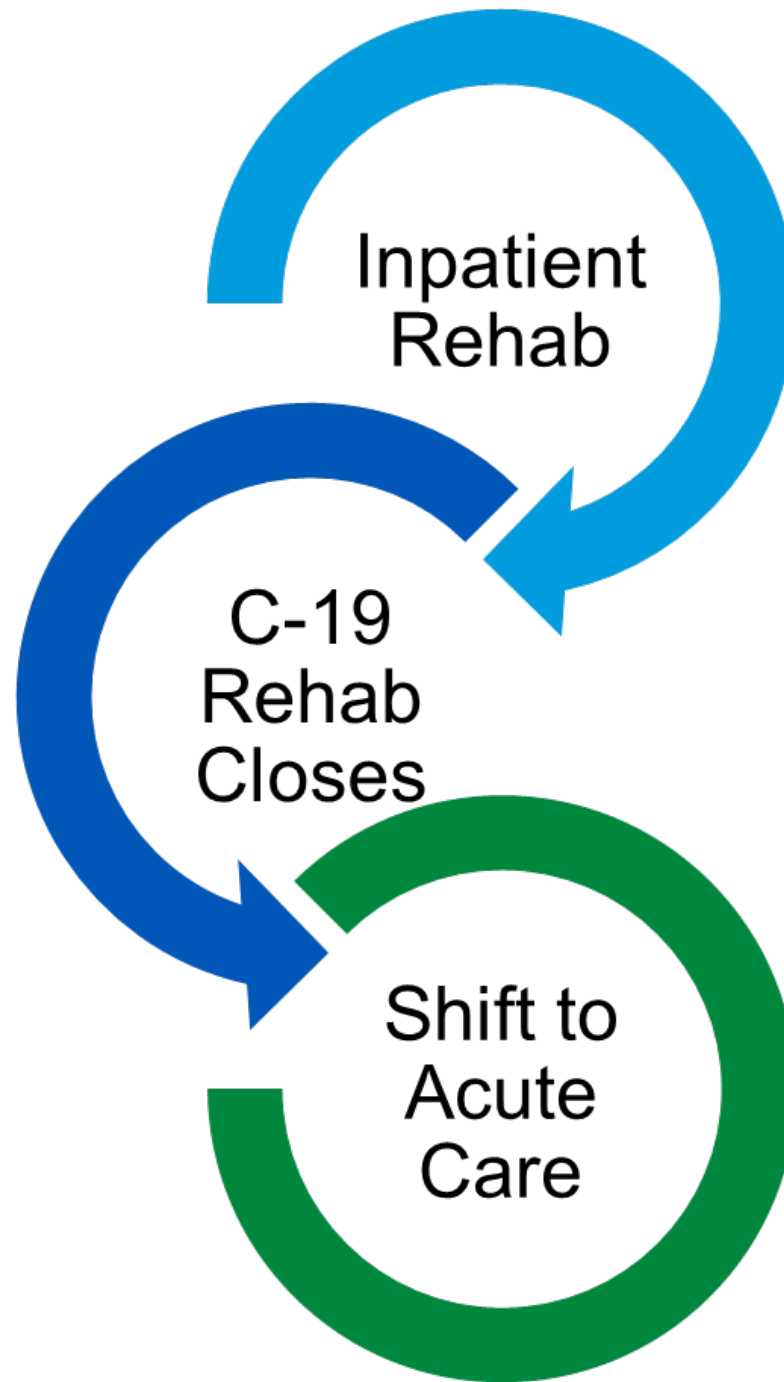
1. The learner will be able to identify at least 3 populations served within the acute care setting.
2. The learner will be able to identify 3 factors that contribute to TR consultation in the acute care setting.
3. The learner will be able to identify 3 evidence-based interventions that can be utilized in the acute care setting.
4. The learner will be able to identify 3 barriers to TR in the acute care setting.

# MAYO CLINIC VALUES



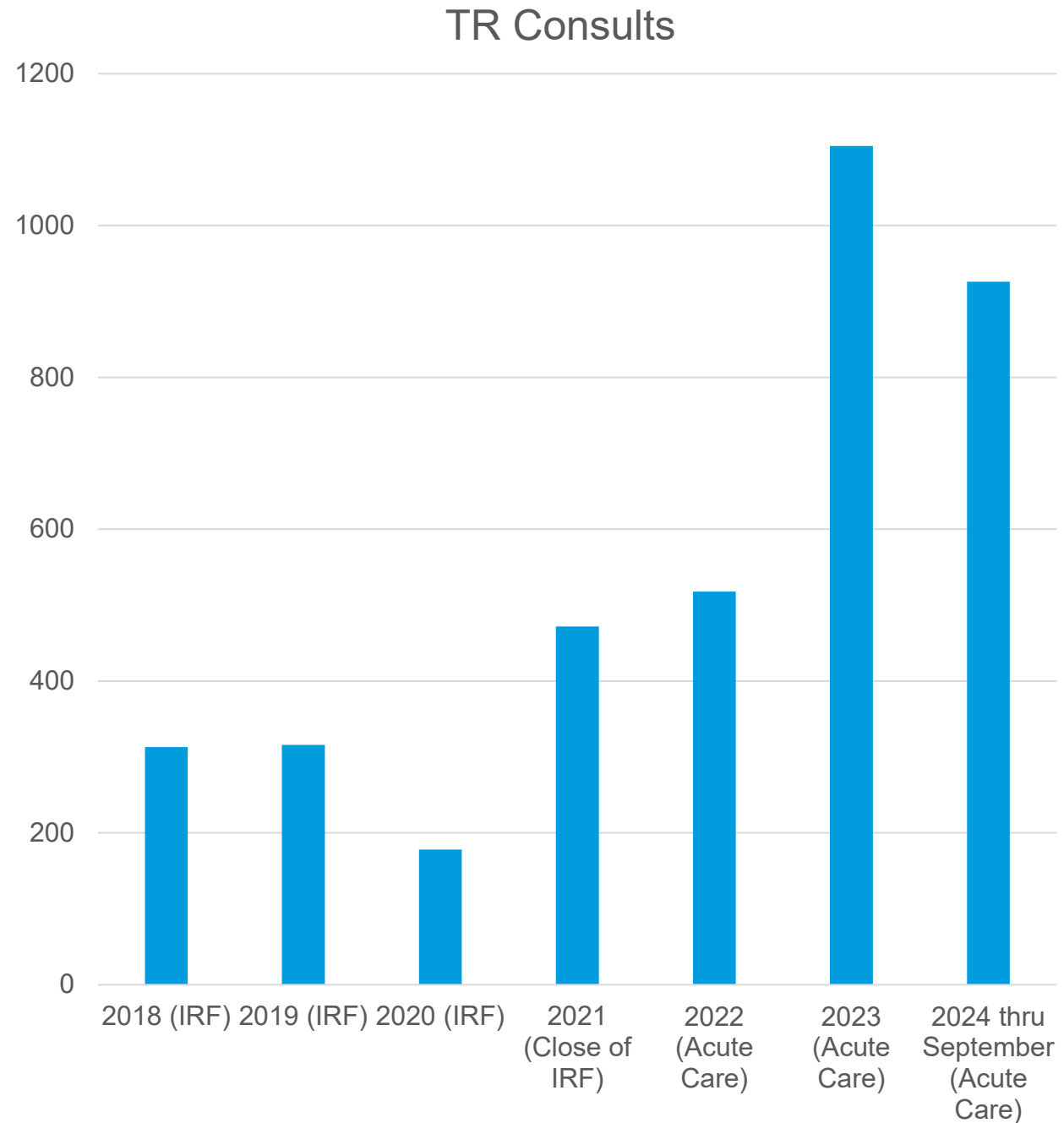
**Primary Value: *The Needs of the Patient Come First***

# HISTORY OF TR AT MAYO CLINIC ARIZONA



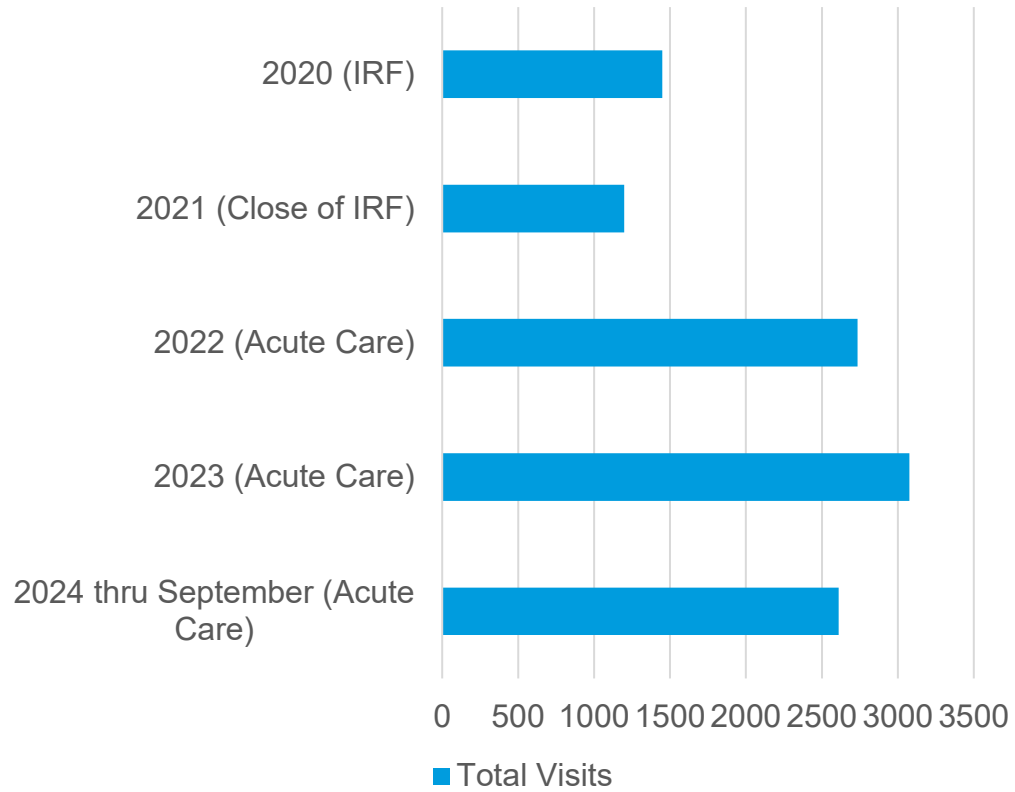
## MOVING TR FROM INPATIENT REHAB TO ACUTE CARE – OUR PROGRAM NOW

- Inpatient Rehab – 7 bed unit
- Started with 1:1 sessions in room
- Started transitional outings – time outside, café, gift shop, etc.
- Completed education with nursing staff
- Co-treatments with Physical & Occupational Therapies
- Initiated Recreation Therapy presence in Pain Rehabilitation (PRC)
- Re-initiated inpatient Pet Therapy visits
- Re-initiated Recreation Therapy Internship Program
- Initiated Recreation Therapy Group Sessions

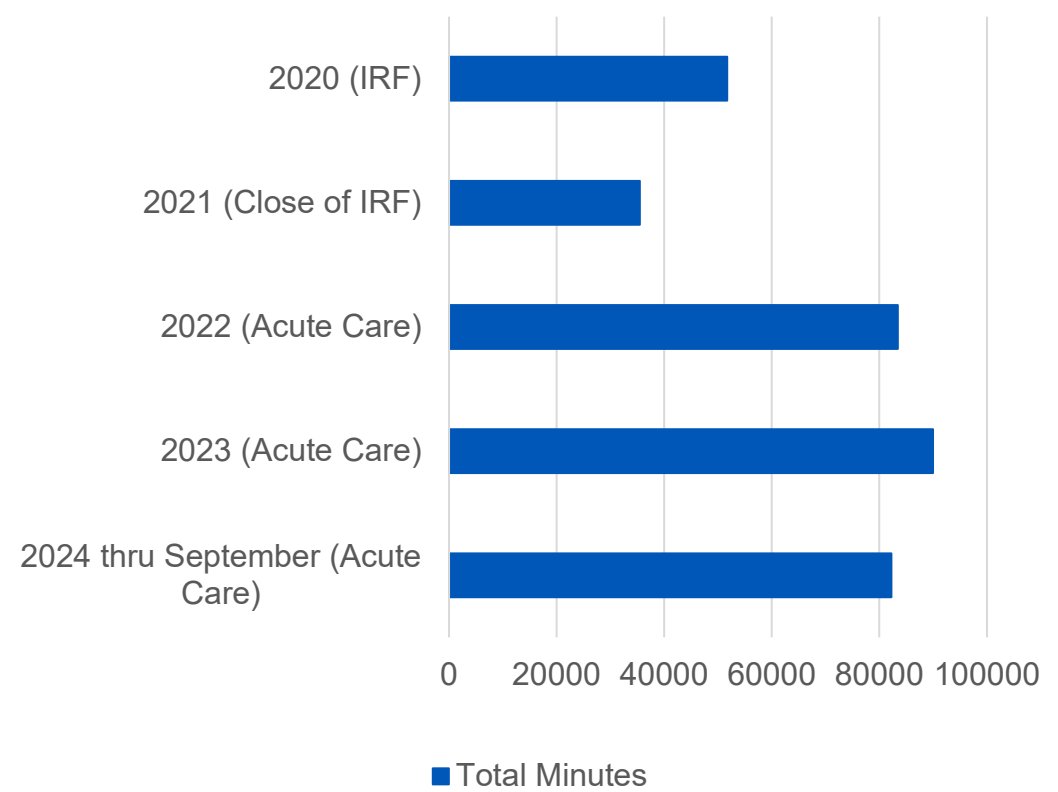


# TR VISIT DATA

### Total Visits

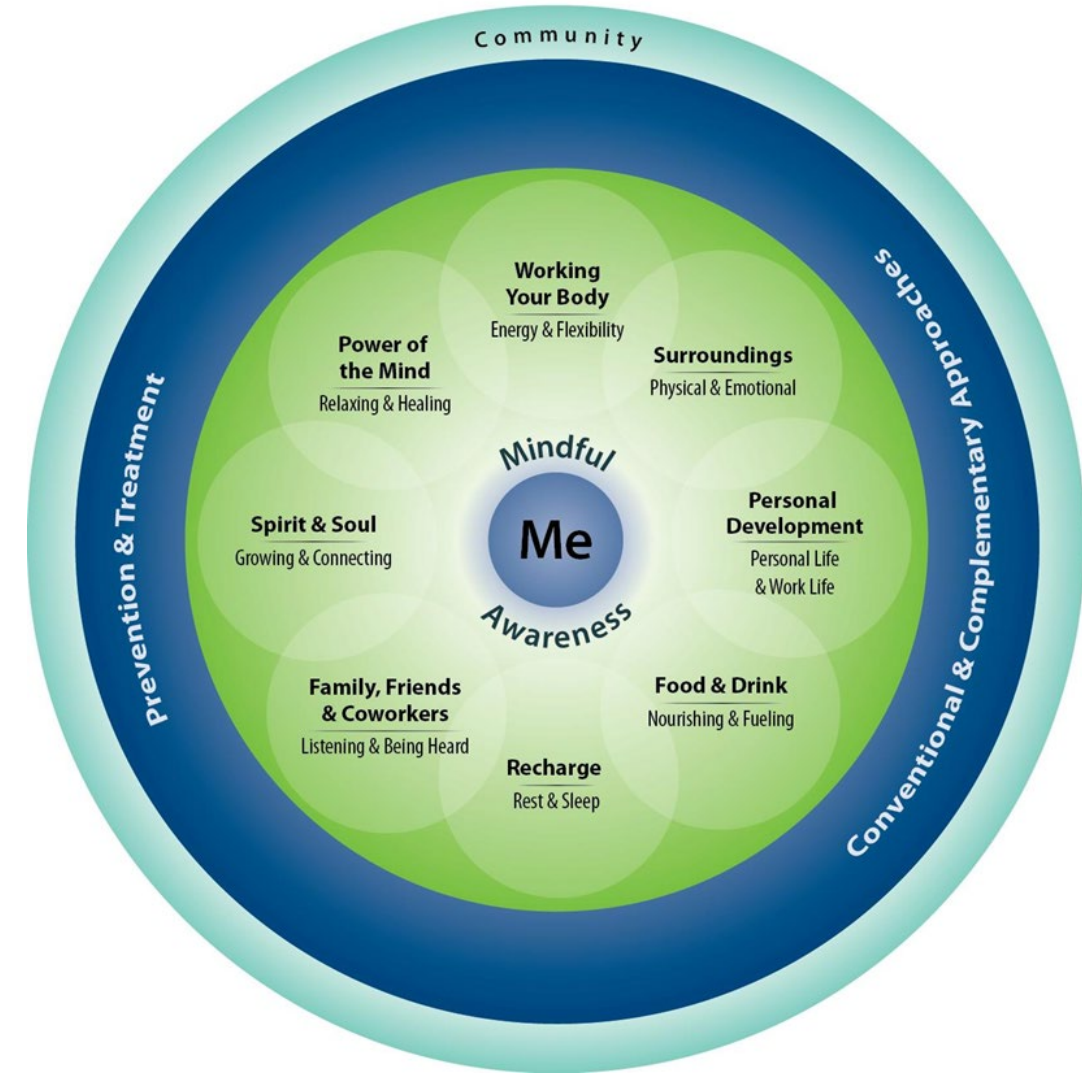


### Total Minutes



# REASONS FOR TR CONSULTATION

- Delirium & Dementia
- Mental Health
- Prolonged Hospitalization
- Intellectual/Developmental Disability
- Low Motivation/Failure to Thrive
- Poor Coping Skills
- Lack of Social/Emotional Support
- Change of Status/Baseline in PLOF (stroke, GB, transplant complications, SCI, TBI, etc.)
- Non-Pharmalogical Pain Management



# POPULATIONS WE WORK WITH

- Alzheimer's, Dementia & Delirium
- Cardiac Conditions (CHF, LVAD)
- GI Conditions
- Guillan Barre
- Intellectual/Development Disability
- Intensive & Progressive Care
- Palliative & End of Life
- Mental Health
- Oncology
- Organ Transplant (heart, lung, liver, kidney, pancreas)
- Orthopedics (amputation, joint replacements, etc.)
- Neurology(stroke, seizures, encephalopathy, etc.)
- Stem Cell Transplant
- Respiratory Illness
- Young Adults (16-29)



# TR TREATMENTS

## 1:1 Interventions

- Emotional Coping
- Relaxation Techniques
- Pain Management
- Diversion
- Transitional Outings
- Creative Expression
- Cognitive Stimulation
- Delirium Prevention
- Physical Fitness
- Functional Engagement
- Social Engagement
- Community Resources

# TR TREATMENTS

## Group Interventions

- Leisure Education
- Pet Therapy
- Social Skills
- Cognitive Stimulation
- Creative Expression/Arts
- Leisure Engagement



# CO-TREATMENTS & COLLABORATIONBS

- Physical Therapy
- Occupational Therapy
- Child Life Specialist
- Social Work
- Chaplain Services
- Pain Rehabilitation Clinic (PRC)



# BARRIERS TO TR SERVICE

- Knowledge of TR and its Benefits
- Staff Support
- Resources
- Therapist to Patient Ratio
- Scheduling Conflicts
- Medical Status

# ADDITIONAL COLLABORATIONS & RESPONSIBILITIES

- Staff Wellness Champion
- Disability Mayo Employee Resource Group (MERG)
- Pain Rehabilitation Clinic (PRC)
- Reduce Occupational Violence Rates (ROVR)
- Student Supervision
- Inventory & Ordering of Supplies
- Coordination with Volunteer Services
- Humanities in Medicine
- Advocacy & Education on TR for staff, patients/families and community members



# OPPORTUNITIES FOR RESEARCH

- Virtual Reality (neurology, pain management, escapism)
- Benefits of Pet Therapy for hospitalized patients
- Impact of Leisure Engagement in Acute Care Patients experiencing anxiety, depression
- Impact of TR service on reducing need for restraints/security presence in adults with altered mental status (ROVR)

# SUPPORTING EBP

- The Role of Diversional Activities in the General Medical Hospital Setting
- Non-pharmacological interventions for preventing delirium in hospitalised non-ICU patients
- The effect of mandala colouring on anxiety in hospitalized COVID-19 patients: A randomized controlled clinical trial
- The Best Medicine: Personal Pets and Therapy Animals in the Hospital Setting
- Recreation Therapy: Reducing the Effects of Isolation for the Patient in a Protected Environment

# REFERENCES

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**QUESTIONS?**

[Robinson.Ashley1@mayo.edu](mailto:Robinson.Ashley1@mayo.edu)

[Borowicz.Karlie@mayo.edu](mailto:Borowicz.Karlie@mayo.edu)

