

Make Patient Time The Most Important Currency In Healthcare

*Prof Brian Dolan FRSA
MSc(Oxon), MSc(Nurs), RMN, RGN*

[@brianwdolan](https://www.facebook.com/last1000days)
brian@dolanholt.co.uk

Your Last 1000 days

<https://www.youtube.com/watch?v=kbdjhN2471c>



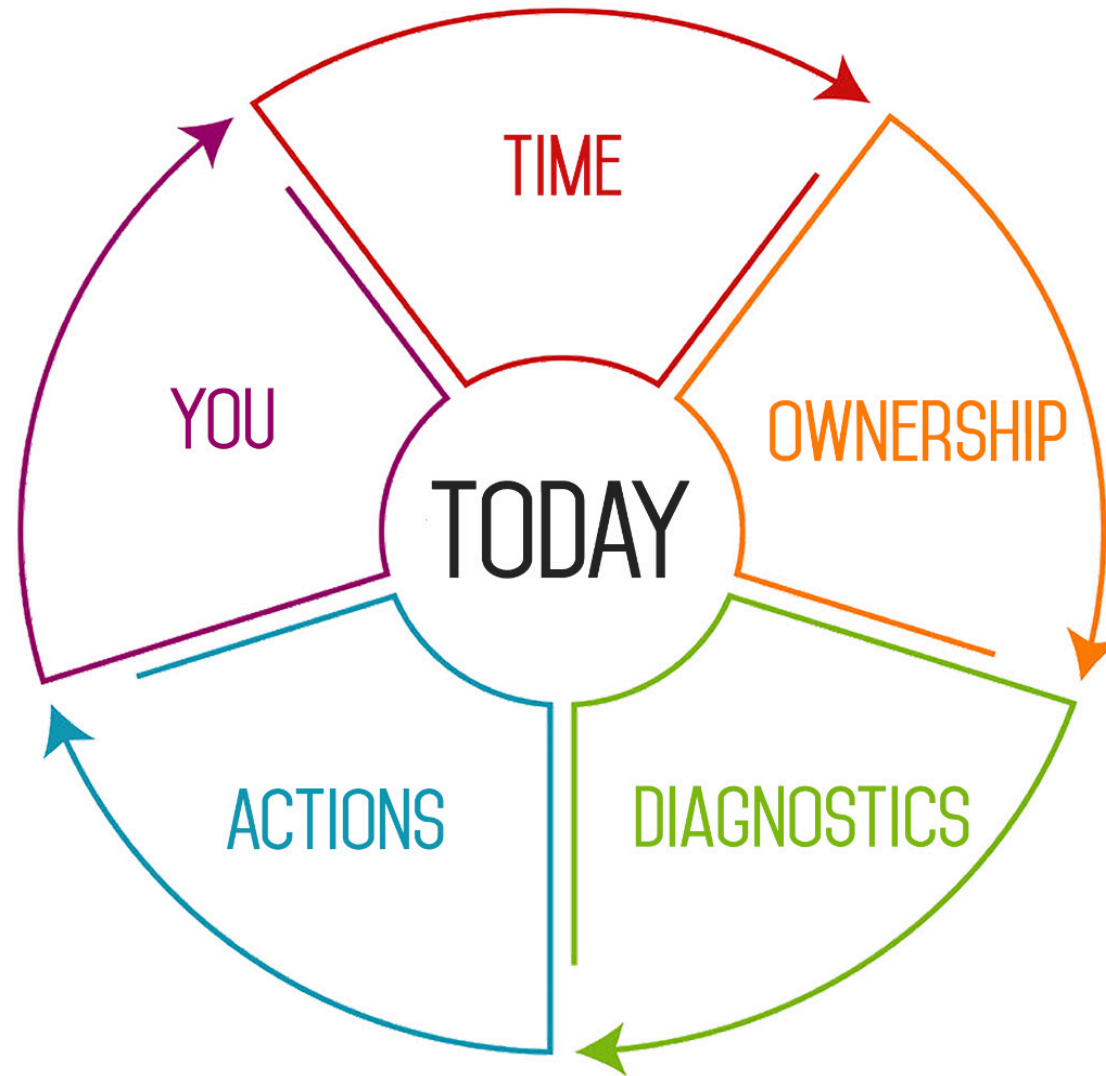


How many of your last
1000 days would you
choose to spend in
hospital?

Prof Brian Dolan

- FRSA, MSc(Oxon), MSc(Nurs), RMN, RGN
- Director, Health Service 360
- Visiting Prof of Nursing, Oxford Institute of Nursing, Midwifery and Allied Health Research, Oxford
- Honorary Prof of Leadership in Healthcare, University of Salford, Manchester
- Director of Service Improvement, Canterbury DHB, NZ

@BrianwDolan #last1000days #EndPJparalysis

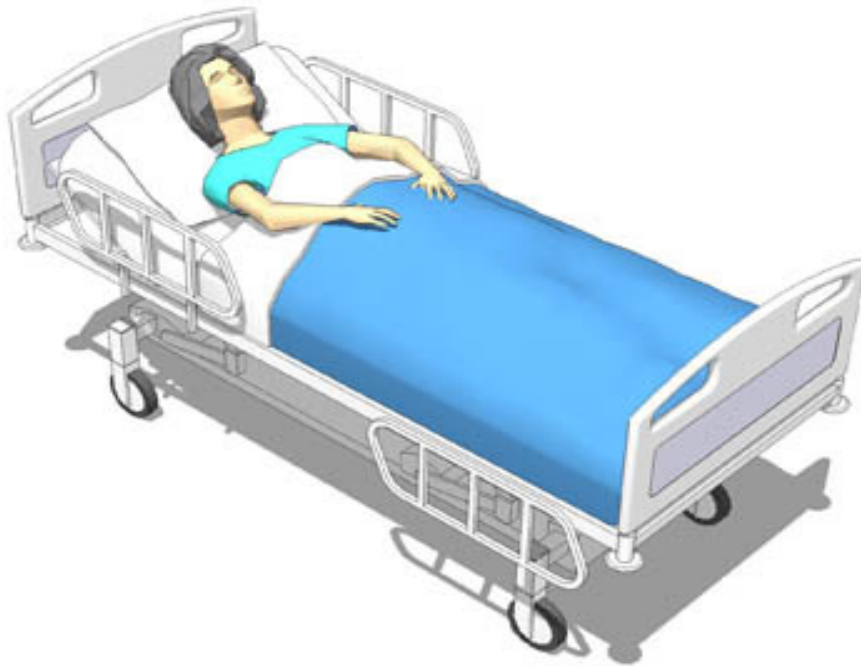


TODAY model



Special Offer

Spend one week like this....



and you'll get

20% OFF

your quads power &



1.5kg of muscle loss &

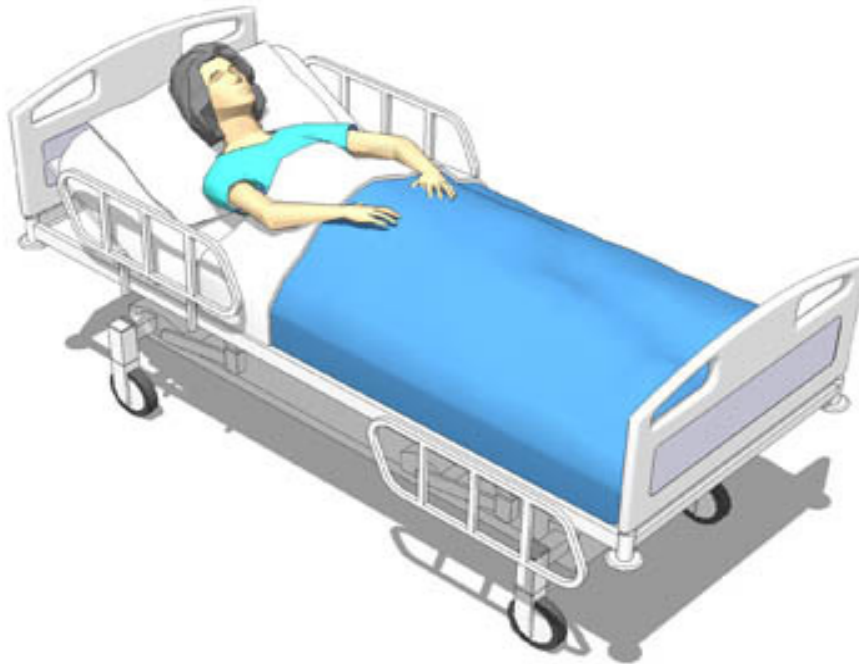
10% off

your aerobic capacity



Special Offer

**Spend three weeks
like this....**



...and we'll give you a
reduction in fitness
equal to a full



30 years of aging!



But that's not all

Hospital inactivity is also associated with....

 **48%**

Increase risk of disability

 **48%**

Increase in the chance of needing help with ADLs
1 month after discharge

 **ON-GOING**

Muscle weakness 3-5 years after discharge

 **6 6%**

Of expected 6 minute walk test results 1 year after
discharge

 **5x**

The risk of needing institutional care on discharge



And we're still not done

Hospital inactivity can also lead directly to....

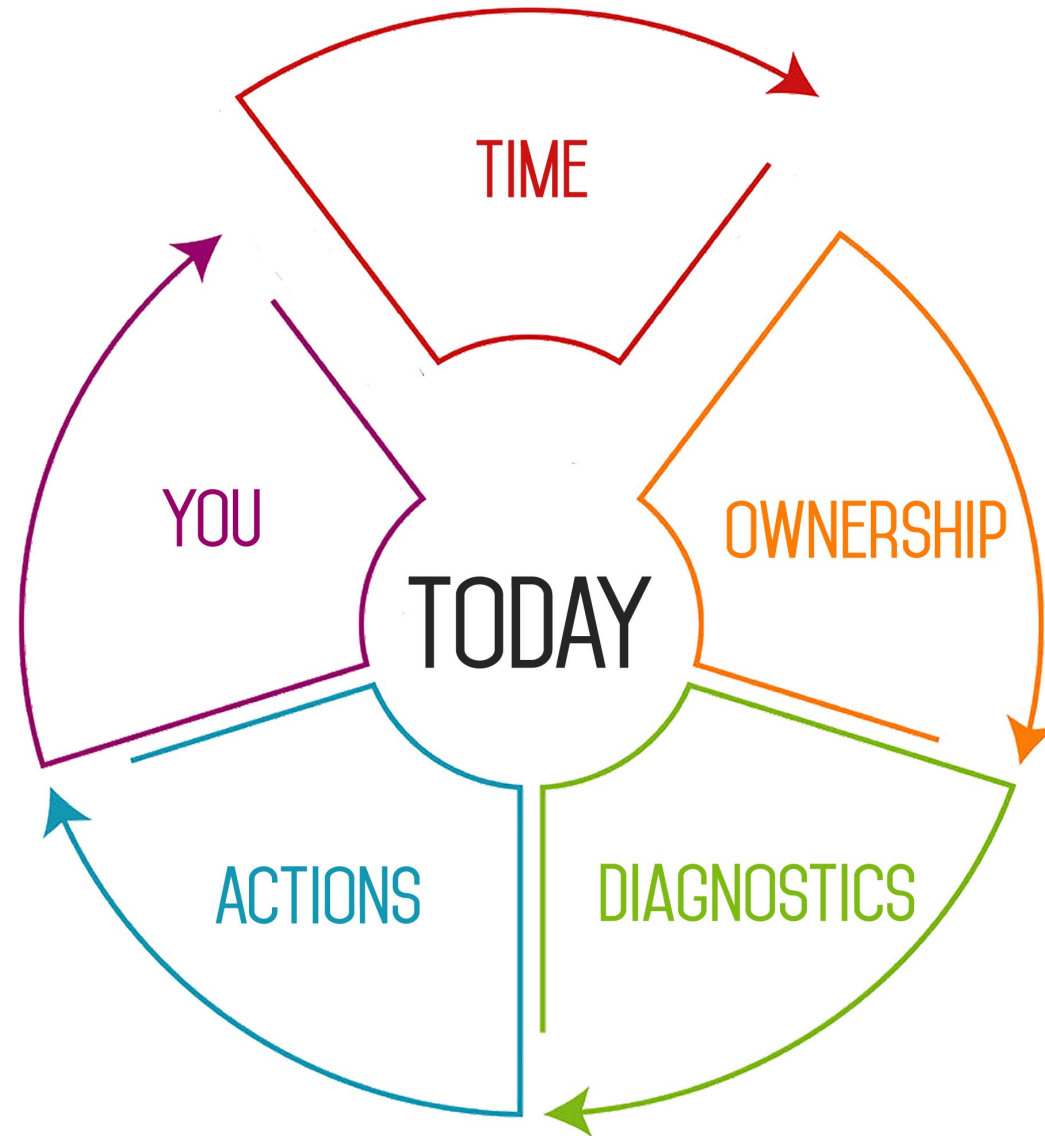
- Accelerated bone loss
- Malnutrition
- Delirium
- Sensory deprivation and
- Incontinence

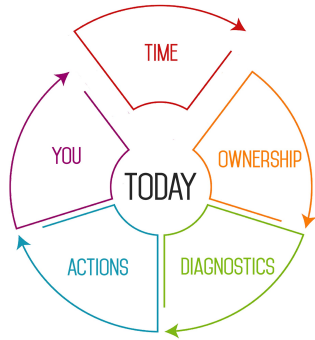
213



Patients' time is the most
important currency in
healthcare

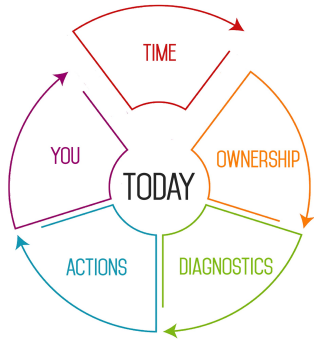
Time





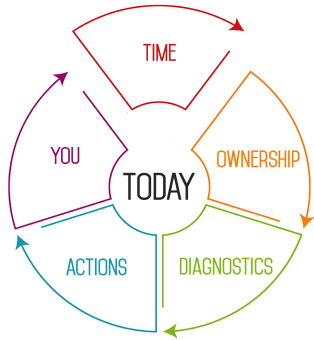
TIME

is the most important currency in healthcare. How to maximize time, minimize wasted time and prioritize patients' time.



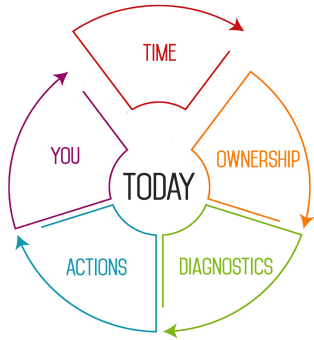
The currency is time

- Access targets are about time
- Waiting lists are measured in time
- Harm is frequently caused as a consequence of time ill spent
- Beds are not capacity, too often they are places where patients spend their time waiting for things to happen



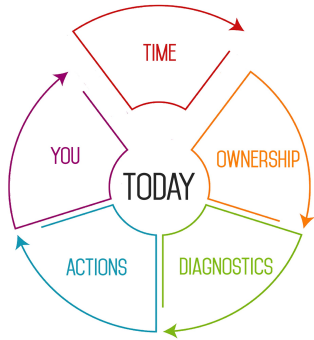
The currency is time

- DNAs (missed appointments)
- Even on the day patients go home, they wait for:
 - Ward rounds
 - Discharge paperwork
 - Medication/prescriptions
 - Surprised relatives to pick them up!



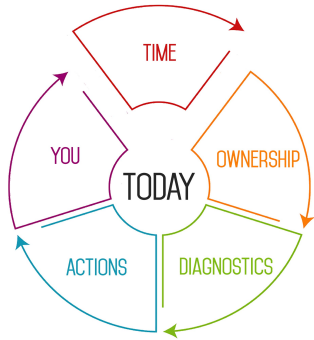
The currency is time

- Looking for equipment
- Waiting for people to call back
- Being involved in pointless meetings
- Staff salaries are about buying time



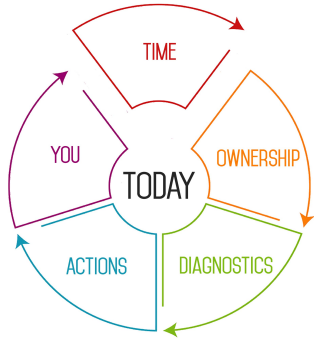
Questions of time

- What makes patient time so important?
- What personal/family experience have you had related to waiting as a patient/relative?
- What did you notice particularly about time?



How to track time

- **Reflect**
 - How you spend your day?
 - Look at patterns
 - Do they add value for patients?
- **Involving other people**
 - What do others do?
 - How do they spend their time?
 - How does it overlap?
 - How can you work together to spend your time more effectively
- **Think like a patient**
 - Do you understand what's happening to you?
 - Do I know why I am waiting?
 - Do I know when things are going to happen?



Your time is your most
valuable currency, spend it
wisely