

Physiotherapy in acute care

00:00:00:09 – 00:00:16:06

Mark Hewitt, Physiotherapist, Cardiac Surgery and Cardiology

My name is Mark Hewitt, physiotherapist on cardiac surgery and cardiology here at LHSC. Primary responsibilities and physiotherapist in acute care setting is first of all, just to get the patient moving. Previously it was thought that patient patients sick, they had to stay in bed to get better. But as we now know, that's one of the worst things you can do.

00:00:16:09 – 00:00:36:22

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So, it's very important to get moving after an injury or illness. Some ways we help patients kind of regain their mobility is basically just starting from the basics and how they to get out of bed and just progressing to more functional exercises such as walking, assessing and determining what is the proper gait aid and kind of progressing them into the most appropriate one for them and be the most functional.

00:00:36:28 – 00:00:59:29

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A gait aid is any type of tool that would help with their mobility or walking, so, canes, walkers. We have new equipment such as the Sara Steady. Starting from the basics and then of going hopefully to using the patient, using their more strength and relying less on the gait aid as much as possible. Physios also help with secretion clearance, so helping people if they're too weak to clear secretions.

00:00:59:29 – 00:01:13:12

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So, we have a machine called the cough assist machine, but also some manual techniques such as percussion. So, it's just very important to get patients moving and hopefully help them get back to their functional baseline and back to a place where they can get back home and have the best outcome possible.