

# Does 7-day therapy working deliver more therapy overall? Data from the national stroke audit for England, Wales and Northern Ireland (SSNAP)

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## Introduction

National stroke guidelines recommend occupational therapy (OT), physiotherapy (PT), and speech and language therapy (SLT) are provided for 45 minutes per day during rehabilitation. This study investigated how 7-day therapy working related to the intensity of inpatient therapy delivered.

## Methods

Data from 98,329 records for patients admitted between April 2019 - March 2020 to 169 acute teams participating in the Sentinel Stroke National Audit Programme (SSNAP) were analysed.

Two factors were compared between stroke units reporting 5-, 6- and 7-day qualified OT/ PT/ SLT working:

- 1) The median number of minutes of OT, PT, or SLT received by the patient per day at each team (during the period the patient required treatment).
- 2) The median % of the patient's days at each team (out of period patient required therapy) on which OT, PT, or SLT was received by the patient.

Sources: SSNAP 2019 Acute Organisational Audit (5/6/7-day therapy) and SSNAP April 2019-March 2020 Full Annual Results Portfolio (median minutes / % days).

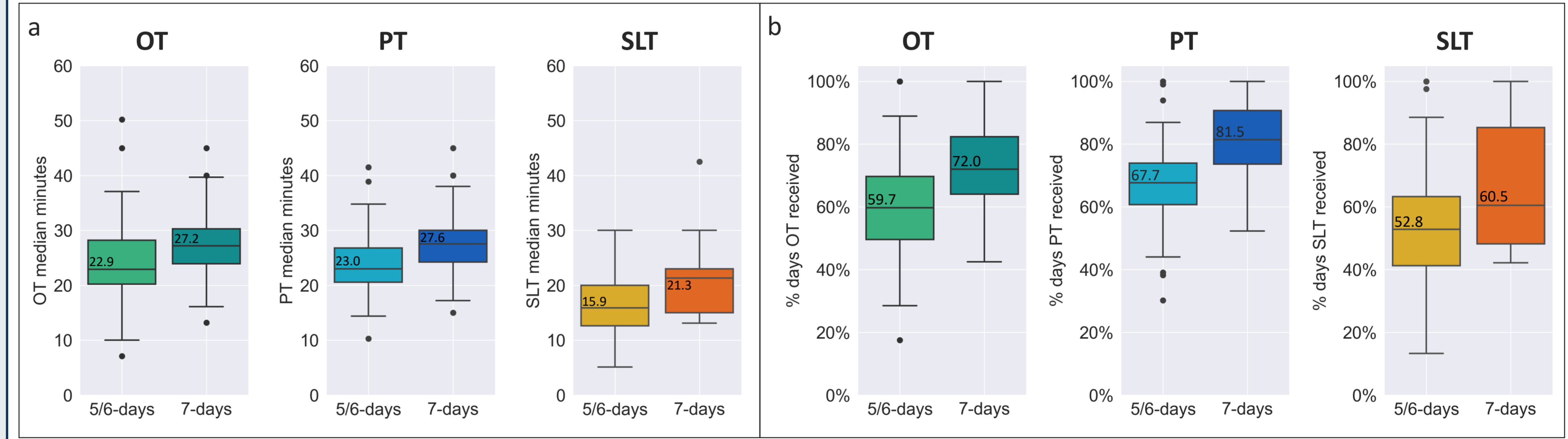
T-test and Wilcoxon rank sum test were used to test differences between cohorts.

## Results

Therapy	5-day	6-day	7-day	Total
OT	71	34	64	169
PT	64	27	78	169
SLT	129	19	17	165

**Table 1.** Number of units reporting 5-, 6-, or 7- day qualified therapist working.

The proportions of patients applicable for therapy were not significantly different at 7-day units than at 5- and 6-day units (p=0.883).



**Figure 1. a)** Comparison of the median number of minutes of therapy delivered by 5/6-day units and 7-day therapy units for OT, PT, and SLT, all showed significant differences (p<0.01) **b)** comparison of the percentage of the patient's days on which therapy was received at 5/6 day units and 7-day therapy units for OT, PT, and SLT, all showed significant differences (p<0.01).

## Conclusions

Our findings indicate that whilst overall therapy intensity is still less than the recommended 45 minutes per day, the total therapy delivered is significantly higher at 7-day services and is not simply 5 days of therapy spread across 7 days. 7-day services providing the recommended rehabilitation intensity levels could promote more rapid recovery and shorter lengths of stay.