

# EFFICIENCY OF REHABILITATIVE INTERVENTIONS BASED ON TREATMENT OUTCOME MEASURES

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## Background and Aims

A retrospective research study was conducted by reviewing the medical documentation of 1024 patients treated at Department of Physical Medicine and Rehabilitation with Rheumatology at University Hospital of Split (Department). Factors such as age, gender and individual diagnoses were considered from the patients' medical history. Treatment outcome measures provided upon hospitalization and hospital discharge were recorded. The presence of a descriptive assessment of the patient's condition upon discharge was also investigated. The collected data was analyzed using the McNemar test to compare measures taken at admission and discharge within the same group. The objective of this study was to estimate the efficiency of rehabilitative interventions among patients treated at Department, based on treatment outcome measures.

## Results

The results indicate a lack of pursuit of treatment outcome measures at Department. Among the 1024 cases, the most common treatment outcome measure, the Barthel Index of Functional Independence (BI), was determined upon admission and discharge in 614 cases (60%) while, it was not determined in 243 cases (24%) of patients. Furthermore, in the discharge summaries of 563 patients (55%), a descriptive assessment of the change in condition is mentioned. Out of the 563 patients for whom such a change was described, only 340 (60.4%) had the BI calculated both at admission and discharge. In as many as 148 (26.3%), the BI was not determined at either admission or discharge.

## Conclusion

The study concludes that treatment outcome measures are insufficiently used and inadequately implemented at the Department. The implementation of these measures is limited to a few basic tests and measurements, and even these are not consistently implemented or are implemented incorrectly in a significant number of patients. Improvements are needed to ensure the proper utilization of treatment outcome measures, adherence to protocols, and accurate implementation in order to effectively evaluate patient progress and treatment effectiveness.

**Keywords:** Rehabilitation Medicine, Outcome Measures, Barthel