

How to Get Projects Going: Journey through Implementation of EKSO Robotic Walking Into Rehabilitation

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Are you frustrated because it's hard to get a great idea/technology/practice off the ground and make it last long term? Us too! So we took a new path

Pre Implementation Science

- Training plan did not allow for immediate opportunities to consolidate skills
- Lack of a sustainability plan
- Lack of dedicated time and resources for ongoing coaching and mentorship
- Technology located far from usual treatment space
- No method to evaluate competency



Resulted in:

- Technologies under used
- Poor experience with technologies leading to reduced enthusiasm for new innovation

Implementation Science

- Provides a structured plan to ensure success
- Is done by systematically encouraging teams to consider all important elements prior to incorporating change and allows a way of checking regularly that you are doing what you said you would do



Success

At the end of 3 years we:

- Doubled the number of physical therapists who are using EKSO with patients
- Completed pilot research project involving patients with Multiple Sclerosis (MS)
- Expanded our use to include new patient populations (Pediatrics)
- Created an infra structure which allowed for growth and sustainability
- Increased access to include a variety of diagnostic categories (Spinal Cord Injury, Stroke, Brain Injury, MS, Cerebral Palsy)
- Used with over 80 patients in both inpatient/outpatient settings

SPEED LIMIT
Not Fast
2-4 years to full implementation

Detailed planning and documentation are key

Implementation team must include clinical users who are impacted by and committed to the plan

Frequently check you are following the plan
Let data guide changes

Ongoing practice and coaching are needed for staff to maintain skills

LESSONS LEARNED

CAUTION

- Staff need significant opportunity to use technology immediately after training to ensure consolidation of knowledge and confidence in delivering the therapeutic intervention.
- Implementation Science requires significant time initially to ensure that a solid plan is in place.

