



جامعة الجميع الذكية
EVERYONE'S SMART UNIVERSITY

Everyone's Smart University

Project (Spring 2021)

Student Name	Bahaa Ahmed Alsharafi	اسم الطالب
Students I.D	2021201950	الرقم الجامعي

Section

Course

Master

Code

(PMG506)

Date

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Advanced project Management

Project Title: Therapeutic Suit Program

Introduction:

Sultan Bin Abdulaziz Humanitarian City (SBAHC) is one of the non-profitable projects of Sultan Bin Abdulaziz Al Saud Foundation, under the patronage of the late HRH Crown Prince Sultan Bin Abdulaziz Al Saud, "peace be upon his soul" SBAHC is a 511-bed Rehabilitation Hospital and Medical Centre which started its operation in 2002, providing Physical Rehabilitation and Medical Care to both inpatients and outpatients. SBAHC's Services are designed to assist in restoring health and function of people with disabilities whether in-born or following an acute illness, and to allow for a safe return to a home-based family. SBAHC is accredited by National and International Accrediting Bodies such as Saudi Central Board for Accreditation of Healthcare Institutions (SBAHI), Joint Commission International (JCI) standards, The International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO), and Commission on Accreditation of Rehabilitation Facilities (CARF) wherein 8 of their Specialty Rehab Programs are accredited.⁽¹⁾

Through the system of elastic rubber bands, a patient's body is aligned to as close to normal as possible. This restoration of the posture and proper function of postural muscles allows the patients to learn (or relearn) proper patterns of movement. The patient's body is loaded with very specific and unique pressure that restores deep proprioception from joints, ligaments and muscles. The TheraSuit provides external stabilization to the trunk and therefore allows more fluent and coordinated movement for both upper and lower extremities Fine and gross motor skills improve in 94% of patients. Speech productivity and fluency is noted in 64%. But the major improvement occurs in the vestibular system. ⁽²⁾

Literature review:

Many studies and article showed the benefits of applying therapeutic suit to kids diagnosed with cerebral palsy and/or other neurological disorder, in one case study published on Journal of Pediatric Neurological Disorders founds that's most notable effects concerned temporal gait parameters and kinematic variables. Specifically, when compared with the baseline condition, in the Therasuit condition there was an

increase in single support and a decrease of swing phase duration. The stance phase was longer on the non-paretic side in both conditions due to the child's reduced capability to load and transfer weight, and also because of the muscle weakness on the paretic limb. Although wearing Therasuit was associated with some positive effects on gait, it was not sufficient to improve weight transfer to the left side of the body or for the acquisition of better gait symmetry. The results show that the child's kinematic angles such a marked flexion motion pattern decreased in the Therasuit condition, particularly in the hip and knee joints during the gait cycle. It is possible that the Therasuit provided a higher pattern of extension and a better foot prepositioning for initial contact, thus normalizing dorsiflexion in stance. Typical sagittal-plane abnormalities in the involved limb persisted in the Therasuit condition with some values far from normal. (3)

And to start the program we need to build a project charter as it was explained by PMI "The charter has grown in importance and visibility in recent years. The third edition of A Guide to the Project Management Body of Knowledge (PMBOK® Guide) added a new process "Develop Project Charter," making it a more visible deliverable than in the 2000 edition. That document remains an exception, though, with many program and portfolio management experts giving little attention to this vital project management step. There is an opportunity for more integration of the charter into enterprise-wide approaches to project management." (4)

Methodology:

To start this new program in our facility we build up the project charter by identifying the following:

1. Overview, 2. Objectives or Scope, 3. General Approach, 4. Contractual Aspects,
5. Project Timeline / Schedule / Milestones, 6. Resources, 7. Personnel, 8. Risk Management Plans and
9. Evaluation Methods.

1. Overview:

Therapeutic suit is a treatment approach for pediatric cases to assist them in their dynamic life style.

2. Objectives or Scope:

Provide clinical intervention and training program about therapeutic suit based on evidence best practice.

3. General Approach:

Applying theoretical and practical training to team member to be competent in using therapeutic suit in their treatment plan for kids, and provide orientation and training program to other therapist, families and kids.

4. Contractual Aspects:

Identified the tools and equipment needs to purchase

5. Project Timeline / Schedule / Milestones:

Develop a training schedule to therapist [Appendix \(1\)](#), Develop a treatment session schedule [Appendix \(2\)](#).

6. Resources:

External for tools and equipment. Internal for personnel and education material.

7. Personnel & stakeholders:

Chairman: Rehabilitation associate director-Manal Alsonbol, Project manager: rehabilitation clinical supervisor-Bahaa alsharafi, Operational manager: Senior pediatric physical therapist-Walla ballol.

Staff who will be trained: PT-Meznah # 5381, PT-Nada babaeer# 4956, PT-Fawaz Alqahtani# 5179, PT-Ajyal# 5380, PT-Haneen# 5280, OT-Hafsa Ibrahim# 3846, PT-Mohammed khafagi# 5046, OT-Augustine Sinino # 4516, PT-Sahar Al Khamis# 4815, OT-Mohammed Zoghol# 3900, OT-Alaa Alaidaroos# 5017, PT-Buwule Judeson # 4093, PT-Najla Alajman# 2692, PT-Saud# 4901, PT- Rima# 5188

8. Risk Management Plans and:

Three area will be reviewed a) tools and equipment availability, b) staff compliant, c) patient compliant

9. Evaluation Methods.

Based on the initial evaluation of the patient we use standardize assessment tools such as manual muscle testing and set stand walk test, compare the different between initial assessment score and post therasuit intervention session score.

Results and discussion:

After we call for a meeting with the chairmen and high management, we got approval for the therapeutic suit program and we have been provided with the funds needed to purchase the tools and equipment needed, we followed the timeline for the education program theoretical and workshop, when we started implementation with patient the pandemic of COVID-19 started so the whole operation were on hold, yet as soon as we got back on November 2020 we followed the original plan with modification on the dates and added refreshment session.

As of today the program are running with high demand raised from families, repletion of the program are positive.

References:

- 1) <https://sbahc.org.sa/en-us/AboutUs/Pages/About-us.aspx>
- 2) <https://storage.googleapis.com/production-mydomaincom-v1-0-2/402/574402/rqGsk2BJ/ed3be649de1f4e13a08ea3dbc0f536bd?fileName=TheraSuit%20Article.pdf>
- 3) <https://storage.googleapis.com/production-mydomaincom-v1-0-2/402/574402/rqGsk2BJ/d0184e4efd7c4eb0be6cdcfd0a31a970?fileName=the-immediate-effects-of-therasuit-on-the-gait-pattern-of-a-child-withunilateral-spastic-cerebral-palsy-2572-5203-1000111%201.pdf>
- 4) <https://www.pmi.org/learning/library/charter-selling-project-7473>

1			Lecture	Lecture	Lecture	1st work shop	1st work shop	2nd work shop	2nd work shop	3rd work shop	3rd work shop	4th work shop	4th work shop
2		BN	1-Jul	10-Jul	16-Jul	24-Jul	25-Jul	29-Jul	30-Jul	3-Nov	4-Nov	5-Nov	6-Nov
3	PT Meznah	5381											
4	PT Nada babaeer	4956											
5	PT Fawaz Alqahtani	5179											
6	PT Ajjal	5380											
7	PT Haneen	5280											
8	OT Hafsa Ibrahim	3846											
9	PT Mohammed khafagi	5046											
10	OT Augustine Sinino	4516											
11	PT Sahar Al Khamis	4815											
12	OT Mohammed Zoghol	3900											
13	OT Alaa Alaidaroos	5017											
14	PT Buwule Judeson	4093											
15	PT Najla Alajman	2692											
16	PT Saud	4901											
17	PT- Rima	5188											
18													
19													
20	Color code		Attended	Not applicable	Missed session								

Appendix 1

Therapist schedule (March 2021)								
	Patient's name	MRN	Therasuit size	Unit/Department	Refferal therapist	The goal of refferal	valuation feedback	update note
1	Al barqi, Ahmed Abdullah	115812	large	pes 3	mansor	gait training , trunk control	to improve sitting position , muscle strength , standing with less recurvatum, gait training	showed improvement in setting balance and standing alingment
2	Al shamari, Saad Fahad	112204	small	peds 1	najla	gait training	to improve gait pattren	showed improvement in dynamic standing balance
3	Shahad Ali	120443	small	peds 6	Haneen	dynamic sitting balance	to improve static and dynamic sitting balance	showed improvement in static and dynamic standing balance
4	Joudi Al dousari	93775	small	Peds 1	Yousef	gait training	to improve gait pattren and balance	need more session
5	Ba junaid, Aseel Hattan	104082	Meduim	peds 3	khafaji	standing balance , gait training	to improve gait pattren and balance	showed improvement in dynamic standing balance
6	Al rashidi, Turkey	138464	Meduim	Peds 1	Ajjal	Gait training	To Imporve Gait pattern	showed improvement in dynamic standing balance
7	haya alsubei	131881	small	Peds 2	Haneen	Static standing balance, Gait training,	To improve gait pattren and balance	showed improvement in dynamic standing balance

Appendix 2