

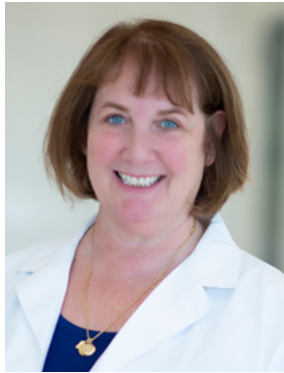


# The right care for your patients

A COMPREHENSIVE GUIDE  
TO INPATIENT REHABILITATION

# A LETTER FROM DR. LISA CHARBONNEAU

*Chief Medical Officer, Encompass Health*



At Encompass Health, we take treating your patients as seriously as you do, and it shows in our outcomes and dedicated staff. It's why we've been named a Modern Healthcare Best Place to Work 11 years in a row. Because our staff and clinicians are passionate about what they do and are dedicated to getting your patients back to what matters most.

Inpatient rehabilitation is the highest level of post-acute care, and the setting your patients need if they are recovering from a serious injury, illness or surgery. At our hospitals, they will receive direct physician oversight, 24/7 care from rehabilitation nurses and intensive therapy to help them regain the skills they need. Your patients won't get that level of care in a skilled nursing facility or other post-acute setting. In this guide, learn more about inpatient rehabilitation and how your patients could benefit from this level of care and the Encompass Health difference.



Dr. Lisa Charbonneau, Chief Medical Officer



# TABLE OF CONTENTS

Why inpatient rehabilitation?	3
Inpatient rehabilitation v. skilled nursing facility	5
What to look for in an inpatient rehabilitation hospital	5
Contact an Encompass Health rehabilitation liaison	9

# Why inpatient rehabilitation?

Inpatient rehabilitation combines a hospital level of care with intensive therapy to return your patient to their highest level of independence after a serious illness or injury.

Patients in an inpatient rehabilitation hospital receive three hours of therapy a day, five days a week from at least two of the following disciplines: physical therapy, occupational therapy and speech language pathology.

Unlike other settings, inpatient rehabilitation provides the medical staffing needed to care for complex patients, who may also have one or more chronic conditions, allowing for the treatment of the whole patient.

## Commonly treated diagnoses in the inpatient rehabilitation setting include but are not limited to:

- Stroke
- Traumatic brain injury
- Non-traumatic brain injury
- Hip fracture, replacement and other complex orthopedic conditions
- Amputation
- Spinal cord injury
- Trauma
- Neurological conditions, such as Parkinson's, multiple sclerosis, Guillain-Barre and more

## Rehabilitation includes physical, occupational and speech therapy. Advanced therapies and care\* include:

- Respiratory
- Balance and vestibular
- Cardiac
- Oncology
- Dialysis
- Pain management
- Pulmonary
- Spasticity management
- Medication reconciliation and onsite pharmacy/pharmacists
- Caregiver training and education
- Home evaluation

\* Programs and therapies may vary, so check your location to see what is available.



## Matt's story:

Getting back home and back to normal

Matt May had a stroke at age 44. The stroke didn't affect May's cognitive and speech function, but he had a lot of work to do to regain mobility on his left side. After being discharged from the hospital, he went to Encompass Health for rehabilitation.

"I was paralyzed basically on my left side," he said. "There was a lot of therapy teaching me how to take a shower, how to put on my clothes. I didn't really have any grip. I think that was the most frustrating thing."

May was eager to get back to his family and work and live independently again. At the start of his stay, he worked on improving his ability to perform activities of daily living, and rebuilding strength and muscle function on his affected side. As the strength and range of motion in his shoulder and affected side improved, May focused on the finer movements of his left hand—like pinching and grasping.

After two weeks of therapy at Encompass Health, May was discharged home, walking across his lawn with only a cane for help.



Each patient's story is different.

[Click here](#) to read about patients who chose Encompass Health for their care.





## Questions to consider when determining if inpatient rehabilitation is right for your patient:

1. Does your patient need help transferring from one surface to another?
2. Is your patient struggling to perform activities of daily living (ADLs) such as bathing, hygiene, and eating?
3. Is your patient in need of a mobility device such as a walker or wheelchair?
4. Does your patient have multiple medical conditions that require ongoing close medical oversight?



# Not all rehabilitation is the same

Rehabilitation comes in many forms, and not all settings are the same. While both inpatient rehabilitation and skilled nursing facilities (SNF) offer rehabilitation, the therapy requirements and level of care are not the same.

## OVERVIEW: Inpatient rehabilitation vs. skilled nursing home

In an **INPATIENT REHABILITATION HOSPITAL**, your patient will benefit from:



**Three hours of therapy a day, five days a week:** This will be spread out throughout the day to allow your patient rest and recovery



**Physician\* visits at least three times per week and 24-hour nursing care:** Patients will be assessed by a rehabilitation physician frequently as well as other physicians as needed, and nurses are available to meet immediate medical needs



**A shorter stay:** The average length of stay in inpatient rehabilitation is about two weeks



**An interdisciplinary care team focuses on the patient and their goals:** Their care team includes doctors, nurses, therapists, dietitians, case managers and more



**A focus on independence:** Therapies are designed to increase functional independence, build confidence and improve quality of life



**Reduced risk of transfer back to an acute care hospital:** Specialized care increases chances of a safe return to their community

In a **SKILLED NURSING HOME**, your patient will receive therapy and nursing care, but unlike inpatient rehabilitation hospitals:



There are no legal requirements mandating the number of hours of nursing care or therapy per day



Physician visits are less frequent and only required one time per month by CMS



Their stay will likely be longer (about a month)

Source: MedPAC March 2018 Report to Congress, Internal Reporting \*UDS outcomes 2020

\*Encompass Health provides access to independent physicians.

# What to look for in an inpatient rehabilitation hospital

Just like the different settings of care are not the same, all inpatient rehabilitation providers are not the same. When considering which provider to send your patients to, consider the following:

## Do they offer therapy for the real world?

The more realistic the therapy, the better for your patients. Look for providers with therapy that simulates real life scenarios.

At Encompass Health, all hospitals are equipped with an Activities of Daily Living suite complete with a kitchenette, bedroom and bathroom.



<b>1</b> .....	A bedroom and bathroom help patients practice safely getting in and out of bed and performing personal hygiene tasks.
<b>2</b> .....	In the kitchen, patients will work with therapists to practice daily tasks such as cooking, cleaning, reaching and more.
<b>3</b> .....	The suites are stocked with household tools such as vacuum cleaners and laundry supplies to let patients practice these tasks in a safe space.



Encompass Health also developed REAL Therapy, a program unique to Encompass Health hospitals, that simulates community activities, such as pumping gas, dining out and grocery shopping.

A successful therapy program is one that focuses on function and getting patients back into the community, and the REAL Therapy program was designed to do just that.

REAL Therapy simulation stations might include:

- 1** Restaurants and delis
- 2** Grocery stores
- 3** Car transfer and gas stations
- 4** Laundromats

*ADL suites and REAL Therapy options vary by location.*





## Does the provider offer advanced technologies to meet patients' needs?

Advanced therapy technologies can address anything from balance and gait deficits to swallowing and sensory issues. Encompass Health continually invests in advanced technologies to help your patients reach their individual goals.

Encompass Health's Therapy Innovation Committee meets regularly to research the latest technologies in rehabilitation, so hospitals are equipped with the best equipment and devices to help your patients recover.

## Are they committed to reducing readmissions and improving outcomes?

Hospital readmissions are costly and set a patient back in their recovery. At Encompass Health, a variety of programs specific to the inpatient rehabilitation setting are dedicated to reducing hospital readmissions.

### **Electronic health records**

Encompass Health was an early adopter of an electronic health record platform in the post-acute setting, which now allows it to develop predictive models specific to that space and patient. Using artificial intelligence and hundreds of thousands of Encompass Health EHRs, the model alerts clinicians if a patient is at risk of readmitting to the hospital.

### **REACT**

REACT, or Reducing Acute Care Transfers, alerts clinicians to an increased risk of an acute transfer while your patient is at an Encompass Health hospital. Running from the time of admission, the model uses more than 40 clinical features to determine risk.





### **Readmission Prevention Program**

This model determines a patient's readmission risk leading up to and after discharge from an Encompass Health hospital. Using both clinical features and social determinants of health to determine risk, Encompass Health clinical leaders developed a playbook for clinicians to follow after a high-risk patient is discharged to help mitigate the risk.

### **Fall Prevention Model**

Falls present a serious risk to patients and often lead to hospital readmissions. Encompass Health's fall model predicts a patient's fall risk while in an Encompass Health hospital, so clinicians can put measures in place to reduce the risk of one occurring.

Other initiatives Encompass Health has adopted to improve your patients' outcomes include:

### **Infection control**

Standardized and improved infection control practices in order to reduce the risk of infection to patients in the inpatient rehabilitation setting

**Sepsis/Systemic Inflammatory Response Syndrome (SIRS) - Prevention & early intervention**  
Implemented Cerner's evidence-based predictive model to identify patients at-risk for sepsis or SIRS.

### **Medication reconciliation**

Implemented a multidisciplinary reconciliation process involving pharmacists and physicians

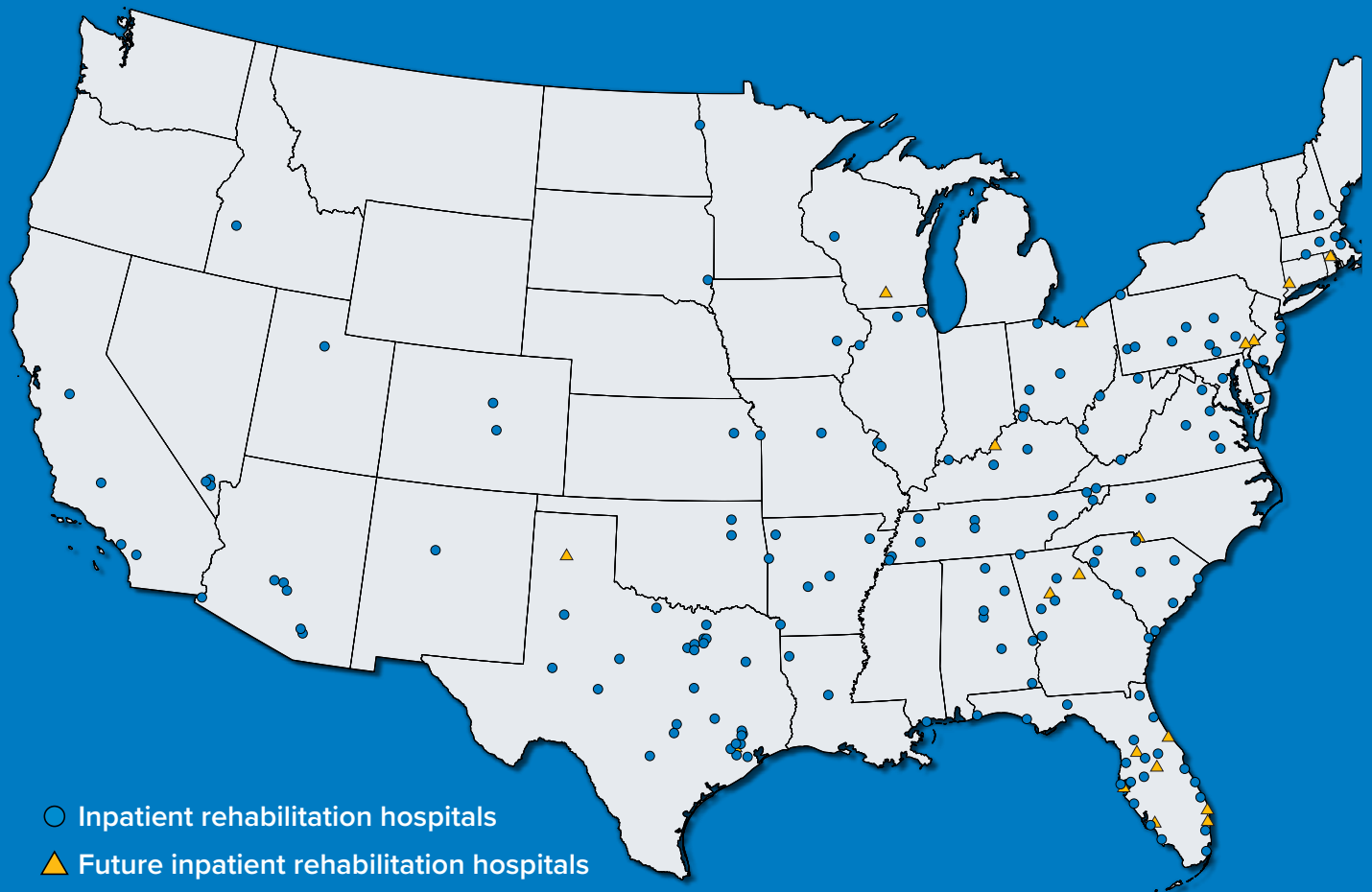
### **Opioid use**

Implemented a multidisciplinary approach to pain management to maximize use of non-pharmacological treatment modalities

### **Chronic condition management**

Developed evidence-based clinical protocols that can be tailored to individual patients with the following chronic conditions such as CHF and COPD.





# Contact an Encompass Health Rehabilitation Liaison

Encompass Health is the nation's largest system of inpatient rehabilitation hospitals with more than 150 hospitals in 36 states and Puerto Rico. To make a referral or to see if inpatient rehabilitation is right for your patient, contact a rehabilitation liaison near you.

**FIND A LOCATION ►**

Don't see a location in your market? Encompass Health is growing its national footprint every year.

**VIEW FUTURE LOCATIONS ►**



### **Our purpose**

We serve our patients and communities through customized rehabilitation that exceeds expectations. Our care teams are committed to achieving the best possible outcomes and getting patients back to what matters most.

Visit [encompasshealth.com](https://encompasshealth.com) to learn more or **find the location** nearest you.