

## Swing Bed Program Description

(To be used for CAHs choosing Option 2 of the CAH SB QAPI Project)

### Cardiac Rehab

Consists of specifically designed post-acute IP rehab for the older adult after an acute cardiac event such as myocardial infarction, heart failure, intracoronary artery procedures, or cardiac surgical procedures such as coronary artery bypass and valve surgery. These older patients are challenged with a difficult recovery after hospitalization due to the concomitant occurrence of comorbidity, frailty, and restricted activity during the hospital stay. Time in skilled rehab allows for management of the comorbidities, observe for tolerance of new medication or other treatment plan and regain their strength to return home to continue with an OP rehab program.

### Pulmonary Rehab

Consists of specifically designed IP post-acute rehab aimed to achieve increased activities with less shortness of breath by decreasing respiratory symptoms and complications as well as learning new ways of doing tasks for the older adult with chronic lung diseases such as COPD, emphysema, and chronic bronchitis. This may include BiPAP or CPAP as part of the treatment plan for acute exacerbation and/or learning to use these for home discharge.

### Post-Stroke Rehab

Consists of post-acute IP rehab aimed at dealing with the individual's residual impact of a stroke (mobility, ADLs, communication, cognitive and social skills) as well as determining the most appropriate discharge plan which can vary widely between patients in terms of deficits and severity.

### Pneumonia Management & Rehab

Consists of post-acute IP rehab aimed at continuing the medical management initiated in acute care to prevent the high risk of complication often seen in the elderly. This also allows the patient time to regain strength and ensure a successful recovery as well as prevent an unforeseen relapse.

This may include BiPAP or CPAP as part of the treatment plan for short-term acute respiratory infections though may lead to learning to use these for home discharge.

### Short-Term Medical Management

Usually consists of a 2 to 4-day extension of an acute hospitalization for the patient no longer meeting acute level of care but the provider needs more time for observation & management when the likelihood of adverse change in condition require skilled nursing personnel to identify and evaluate the need for treatment modification or initiation of additional medical procedures until treatment regimen is considered effective. Examples are new antiarrhythmic, blood thinner, disorders of fluid electrolyte and acid-base balance, etc)

### **Wound Care Management**

Consists of delivering focused wound care treatment(s) specific to patient's needs based on whether it is a post-surgical incision complication, an nonhealing wound or pressure/venous ulcers.

### **Long-term IV Management**

Consists of delivering IV therapy (such as long-term course of antibiotic via catheter or PICC Line and IV port) for the patient requiring such on an IP basis due to their personal situation not being conducive to a safe return home. Patient may be frail with lack of 24 hr. support, unclean environment, drug abuser etc.. The program allows for a reduction in avoidable acute care utilization, prevention of further infection and rehospitalization as well as preventing or worsening functional decline.

### **Management of Newly Diagnosed Specific Conditions**

Consists of a short-term IP skilled stay for observation & management of less than ideal issues as well as to provide education towards self-management of a newly diagnosed condition such as: newly diagnosed diabetes or new ostomy

### **Neuro-Muscular Disease Specific Rehab**

Consists of post-acute IP rehab for newly diagnosed or worsening neuro-muscular diseases such as Parkinson or Multiple Sclerosis. The team provides evaluations and therapeutic care specific to the diagnosis and patient needs with the goal to maximize a person's ability to function and to maintain quality of life.

### **Orthopedic Rehab**

Orthopedic rehabilitation is a therapeutic approach to recovery, the purpose of which is to correct musculoskeletal limitations (or prevent further limitation) and alleviate pain from trauma, illness, or surgery. This includes post major joint replacement, major fractures, major joint disorders, and post-amputation rehab.

### **Short-Term New Tracheostomy Care**

Consists of temporary trach care management (for instance while patient is awaiting neck surgery) or care of the permanent trach to teach the patient/family on self-care with goal of a discharge to a lesser level of care.

### **Short-Term Ventilation Rehab**

Consists of a weaning program from a tracheostomy or a ventilator (may include non-invasive ventilator weaning). May also consist of a program to teach patient/family with planned vent-care at home for the ventilator-dependent patient (invasive or non-invasive).

### **Post Bariatric Surgery Rehab**

Consists of a physical rehab program for the person who is not yet safe to go home to strengthen the heart & lungs hence improving circulation, reducing the risk of blood clots, promoting wound healing and improving bowel function as well as maximizing ADLs and further education on optimal nutrition

### **Short-Term Nutritional Support**

Consists of 2 different short-term nutritional support for patients requiring such on an IP basis due to their personal situation not being conducive to a safe return home. One is via TPN (may be up to 6-8 weeks) or two is via tube feeding that addresses specific reversible feeding problems at which point they may be weaned from or it consists of working with the patient/family to learn on managing their tube feeding at home once discharged.

### **Short-Term Pain Management**

Consists of short-term (1-2 weeks) end-of life pain management or for the post-acute patient where the provider is attempting to find the right level of pain relief while working with therapy on decreasing physical pain.

### **General Malaise and/or Debility Rehab**

Consists of physical rehab based on patient's specific needs with mobility and ADLs due to debility post long illness of any type or longer acute hospitalization with the goal to return home.

### **Post-Acute Kidney Disease Management**

This program is for patients who need extended care and rehabilitation after an acute renal episode which required acute hospitalization to recover physical strength, continue to receive kidney disease management, and to learn how to manage their disease. This may also include peritoneal dialysis on the unit or community hemodialysis.

### **Medically Complex/Multiple Trauma**

This program is for the patient who needs extended medical care due to more complex systems issues such as slow to resolve pneumothorax, post-acute care of the patient with liver failure, post-accident with multiple trauma etc while regaining or maintaining physical conditioning. (These patients are more complex and affect more than any one of the other skilled programs)