



## Day hospital model of care proves effective in the rehabilitation setting

If you travel around the United States, you will find two or three different models of day hospital programs that operate as part of a larger organization, such as a rehabilitation hospital, outpatient program, or large healthcare system.

One model takes a behavioral approach, employing group therapies and focusing on teaching appropriate behaviors and life skills. This model is common among organizations that serve people with brain injury, and is effective with individuals who have

At Madonna, the Rehabilitation Day Program (RDP), serves individuals with a wide variety of rehabilitation diagnoses...

moderate to severe cognitive deficits and/or non-functional behaviors. The behavioral approach program typically offers skilled physical, occupational, and speech therapies 1-3 times per week as an adjunct to the program, based upon the needs of the person served.

Generally, individuals also receive assessment and counseling from a

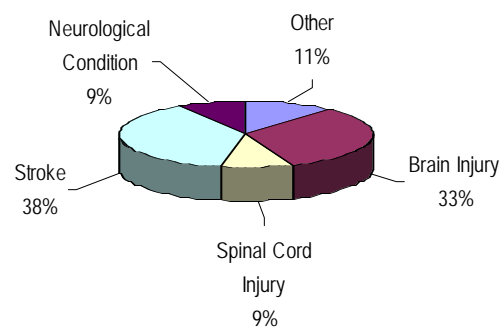
neuropsychologist. Many of these programs also offer vocational rehabilitation assessment, counseling and training in appropriate work behaviors for those who are interested.

Frequently, these programs use specially trained non-professional staff, called life skills coaches or instructors, who provide individual instruction and lead the groups. Funding for these types of programs is often private pay, or paid for under a state's Brain Injury Medicaid Waiver program. There is limited coverage by private or government sponsored payers.

The other commonly found model takes a medical rehabilitation approach, and serves a wider population of individuals. This model is similar to an inpatient rehabilitation program, except the person served goes home at the end of the day. It provides intensive, coordinated, multidisciplinary outpatient rehabilitation with the ultimate goal of reintegration into community, home and life roles. The population served varies from organization to organization.

At Madonna, the Rehabilitation Day Program (RDP) serves individuals with a wide variety of rehabilitation

RDP Admissions by Diagnosis



diagnoses, although the largest percentage of those have brain injury or stroke. Individuals receive the following services, as appropriate: rehabilitation nursing, social work/case management, physical therapy, occupational therapy, speech language pathology, aquatic therapy, therapeutic recreation, neuropsychology, vocational rehabilitation, and prosthetics/orthotics.

Similar to an inpatient program, day hospital models include an interdisciplinary team plan with integrated goals, prediction of outcomes and discharge recommendations. The structure of a patient's day varies among different organizations from full-day or half-day, but most require that patients need and be willing to attend 3 to 5 days

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per week, and programs generally include a combination of individual and group therapies, with a frequent hands-on practice in a community setting.

Madonna has chosen to offer a flexible model where individual schedules are built around specific patient needs and preferences.

Day hospital programs are an effective and efficient approach to rehabilitation for three groups of individuals. The first and most common population is those individuals who have completed an inpatient rehabilitation program and while they no longer meet the medical necessity guidelines for 24-hour nursing care, still require intense, coordinated rehabilitation.

At Madonna, approximately 75 percent of the patients served in RDP were admitted immediately following an inpatient acute rehabilitation hospital stay. Typically these individuals are seen five days per week, and receive 3-5 hours of therapy, including BID physical, occupational or speech therapy, as needed. This has proven to be an effective model for these individuals and their family members, who often are unsure about being able

to care for their loved ones. Nursing and therapy staff are able to reinforce techniques and provide guidance regarding care at home.

Another group of persons served in a day hospital setting are individuals who are admitted immediately following an acute care hospitalization because they do not meet the medical necessity or rehabilitation requirements of an acute rehabilitation hospital program, i.e. they do not need 24-hour nursing care, close medical supervision, and/or three hours of therapy per day. Examples of this population include patients with mild brain injury or stroke, or those who have had an amputation and are now ready for intense prosthetic training.

The third population appropriate for a day hospital setting is individuals who have completed a period of home health services and are now at a point where they can tolerate and benefit from intense, community re-entry focused rehabilitation.

For Madonna's RDP, functional outcomes are measured using a tool called the FIM + FAM. Patients in RDP generally make a gain of 20+

points on this scale and are discharged with an overall score of 180/210 or greater, or average score of 6 - Modified Independent - after an average length of stay of 22 days. In addition to functional gain, most day hospitals also measure patient satisfaction and maintenance of gains.

Please contact Kristen Miles, BSN, OP Nurse, at (402) 483-9618 for more information or to refer a patient to Madonna's Rehabilitation Day Program.

*Visit [www.madonna.org](http://www.madonna.org) to learn more about our programs and services at Madonna Rehabilitation Hospital.*

## Case Manager Corner

Day hospital care is funded in different ways. At Madonna, we have chosen to simply bill for the individual and group therapies provided as we would for any other outpatient. The revenue collected is sufficient to cover the additional cost of a rehabilitation nurse, therapeutic recreation therapist, and part-time social worker.

 **Madonna  
Rehabilitation Hospital**  
5401 South St.  
Lincoln, NE 68506

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