

Cycle of Healthcare

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Objectives

1. Understand the differences of various levels of care
2. Manage the patient in the current level of care
3. Identify when the patient is ready to transition
4. Understand the use of interdisciplinary communication to progress patients to the next level of care

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Primary Care

A primary care physician (PCP), or primary care provider, is a health care professional who practices general medicine. PCPs are the first stop for medical care.¹⁸

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Acute Care

Acute services therefore include all promotive, preventive, curative, rehabilitative or palliative actions, whether oriented towards individuals or populations, whose primary purpose is to improve health and whose effectiveness largely depends on time-sensitive and, frequently, rapid intervention.⁷

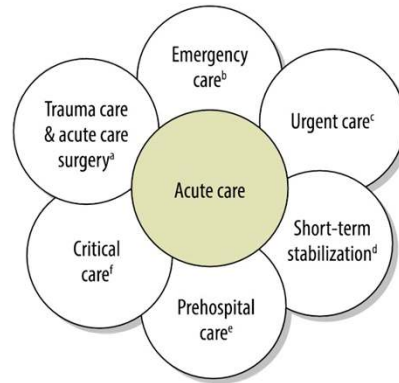
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Several types of ACUTE care

Certified Acute⁷

- Hospitals with Emergency Rooms (STAC)
- Hospitals without Emergency Rooms (LTAC)
- Critical Illness Recovery Hospitals (LTAC)
- Hospitals certified as inpatient rehab (certified acute)
- Critical Access Hospitals



[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3646345/#:~:text=The%20term%20acute%20care%20encompasses,1\).](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3646345/#:~:text=The%20term%20acute%20care%20encompasses,1).)

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Critical Access Hospitals

1. Have 25 or fewer acute care inpatient beds
2. Be located more than 35 miles from another hospital
3. OR Be more than a 15-mile drive from another hospital in an area with mountainous terrain or only secondary roads.
4. Maintain an “annual average” length of stay of **96 hours** or less for acute care patients
5. Provide 24/7 emergency care services

<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/CertificationandCompliance/CAHs>

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What is the CAH 96 hour rule?

A person may remain in a CAH inpatient for more than 96 hours. However, if a physician can't certify at admission that they expect the person to be discharged or transferred to a hospital within 96 hours, CMS will not pay for the services provided.

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CAH Services Provided

1. Emergency and Urgent Care
2. Heart and Vascular care
3. Imaging Services
4. Lab Services
5. Mother and Baby Care
6. Orthopedic Care
7. Urology Care

<https://www.adventhealth.com/hospital/adventhealth-wauchula/our-services>

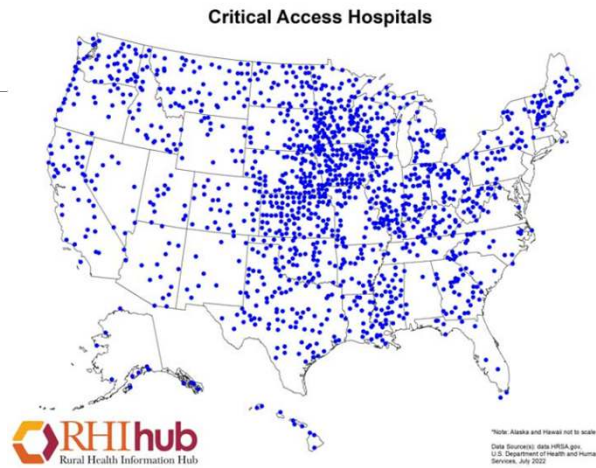
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CAH Locations

To Find a CAH near you:

<https://www.flexmonitoring.org/critical-access-hospital-locations-list>



<https://www.ruralhealthinfo.org/topics/critical-access-hospitals>

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Short Term Acute Care

1. Most common type of hospital
2. Accommodate short inpatient stays and outpatient care
3. Short-term acute care (STAC) hospital is a medical center specializing in the short-term medical treatment of patients.
4. Average LOS **5.5 days**

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Services Provided

1. Critical healthcare services
2. Surgery
3. Treatment for urgent illnesses and injuries
4. Pulmonary and Critical Care
5. Respiratory Services/Vent Weaning
6. Infectious Disease/Wound Care
7. Cardiology
8. Endocrinology
9. Imaging and Radiology

[https://www.definitivehc.com/resources/glossary/short-term-acute-care-hospital#:~:text=A%20short%2Dterm%20acute%20care%20\(STAC\)%20hospital%20is%20a,and%20outpatient%20care%20as%20well.](https://www.definitivehc.com/resources/glossary/short-term-acute-care-hospital#:~:text=A%20short%2Dterm%20acute%20care%20(STAC)%20hospital%20is%20a,and%20outpatient%20care%20as%20well.)

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Examples of STAC

1. John Hopkins Hospital
2. Cedars-Sinai Medical Center
3. Duke University Hospital
4. Orlando Regional Medical Center
5. Emory University Hospital
6. Advent Health

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Long-Term Acute Care

1. certified as acute-care hospital
2. focus on patients who, on average, stay more than **25 days**
3. are transferred there from an intensive or critical care unit
4. Offer the same in-depth care received in traditional hospitals over an extended recovery period⁹

<https://www.medicare.gov/Pubs/pdf/11347-Long-Term-Care-Hospitals.pdf>

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LTAC vs. STAC

1. Smaller departments
2. Patients have a longer stay so time is on their side
3. Continuity in caregivers due to smaller departments
4. Lower patient to staff ratios

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Acceptable transition from STAC to LTAC

1. Patients need more intensive/highly skilled care after their STAC stay
2. Safe for transport
3. If ventilated, conventional modes of ventilation are preferable
4. Goal to wean is highly desirable
5. Acceptable oxygen levels
6. Able to be discharged from the LTAC within acceptable timeframe

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Are LTACHs the same as Long-Term Care?

No.

1. Long-term care usually refers to care that's basically custodial, like help with feeding or dressing, even if there's some health care given.
2. Medicare doesn't cover this kind of care, which can be given in your own home or in facilities, like assisted living facilities.
3. LTCHs are hospitals that give inpatient services to people who need a much longer stay to get well.

<https://www.medicare.gov/Pubs/pdf/11347-Long-Term-Care-Hospitals.pdf>

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LTACHs during COVID

1. Discharged patients to IP Rehab or SNF to free up beds
2. STACs sent patients from ICU to LTACHs to free up beds
3. COVID Patients were admitted to STACs for Critical Care needs and short term recovery efforts
4. During the surge, many covid patients admitted to LTACH because the STACH didn't have the capacity to care for everyone.

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Patients in LTACHs may receive:

1. Respiratory care, including ventilator weaning and tracheostomy care
2. Telemetry and other specialized monitoring
3. IV medications and critical drips
4. Dialysis
5. Chest tubes
6. Wound care
7. Prolonged IV antibiotics
8. Isolation
9. Post-operative care
10. Pain management

https://www.selectmedical.com/critical-illness-recovery-hospitals/pulmonary-and-ventilator-weaning/#sitecore:Item:InternalLinkTreeview_5AD39E55A2E445C7A49B6FEA9B998A5D

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Examples of Long-Term Acute Care Hospitals

1. Select Specialty Hospitals
2. Kindred Hospitals/LifePoint/Scion Health
3. Life Care Hospitals
4. Health South
5. Arcadia Management Group (AMG) specialty hospitals
6. BayCare Alliant Hospital

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Fact Check

What is the average length of stay in a long-term Acute Care Hospital

- 23 days
- 21 days
- 25 days
- 90 days

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Inpatient Rehab facilities (IRF)

1. May be acute or Post-Acute
2. typically treat patients who require additional care after first being treated in a traditional hospital or long-term acute care facility.
3. May be admitted from various settings, including directly from home
4. Average length of stay for inpatient rehab is **12.4 days**

<https://www.optalishealthcare.com/what-is-the-average-length-of-stay-for-rehab/#:~:text=According%20to%20the%20Center%20for,and%20other%20types%20of%20rehab.>

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Inpatient Rehab facilities (IRF)

CMS Requires the IRF to provide therapeutic intervention

- including physical therapy,
- occupational therapy
- speech-language pathology
- or prosthetics/orthotics

IRFs Require physician supervision

- must conduct face-to-face visits at least 3 days per week
- must assess the patient medically and functionally
- Must modify the course of treatment as needed to maximize outcomes

<https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNMattersArticles/Downloads/SE17036.pdf>

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Acceptable Transition from LTAC to IPR

Patient must be stable and able to actively participate in, and benefit from the program

Patient should be able to tolerate:

- 3 hours of therapy per day at least 5 days per week.
- OR 15 hours of therapy within a 7 consecutive day period

the patient's condition and functional status should be such that

- the patient can reasonably be expected to make measurable improvement
- improve functional capacity or adaptation to impairments
- and improvement can be expected within a prescribed period of time

<https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNMattersArticles/Downloads/SE17036.pdf>

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Conditions Treated

1. Amputations
2. Wounds
3. Stroke
4. Spinal cord injury
5. Joint replacement
6. Brain injury
7. Balance disorders
8. Arthritis
9. Neurological conditions
10. Cardiopulmonary conditions
11. Parkinson's disease
12. Respiratory failure
13. Orthopedic conditions

<https://pamhealth.com/facilities/find-facility/rehabilitation-hospitals>

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Examples of IRFs

1. Encompass Health
2. PAM Health Rehab Hospitals
3. LifePoint Rehab
4. Kessler Institute for Rehabilitation
5. Banner Health Rehabilitation

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Fact Check

According to Medicare, what is the average length of stay in an inpatient rehab facility?

- 10.4 days
- 12.4 days
- 18.4 days
- 25 days

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Skilled Nursing Facility

1. a residential facility that provides 24-hour medical care and activities of daily living (ADL).
2. May be referred to as a nursing home and serve as a licensed healthcare residence for individuals who require a higher level of medical care than can be provided in an assisted living facility.
3. Provide registered nurses (RNs), licensed practical nurses (LPNs), and certified nurse's assistants (CNAs) for around the clock medical attention.
4. May employ respiratory therapists to tend to their medical specialty units.
5. must meet strict criteria to be certified by CMS.

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Acceptable transition from IRF to SNF

1. Must have Medicare part A (hospital insurance)
2. Must have experienced at least three inpatient days in a hospital
3. Physician must note the requirement for skilled nursing care on a daily basis
4. Medicare covers up to **100 days** of care in a SNF, in a single benefit period, as long as you stay eligible
5. Medicare may deny coverage if a patient refuses care during their stay

<https://www.medicare.gov/Pubs/pdf/10153-Medicare-Skilled-Nursing-Facility-Care.pdf>

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Care Provided

1. Wound care
2. Intravenous (IV) therapy
3. Injections
4. Catheter care
5. Physical therapy, occupational, speech
6. Monitoring of vital signs and medical equipment
7. Respiratory therapy – if patient population warrants

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Examples of Skilled Nursing Facilities

Genesis Healthcare

Life Care Centers of America

Ensign Group

HCR ManorCare

Brookdale Senior Living

ProMedica Senior Care

<https://www.bellavistahealth.com/blog/skilled-nursing-facility-requirements-for-admission>

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Fact Check

How long does Medicare provide Skilled Nursing coverage, in a single benefit period, for eligible patients?

- 60 days
- 75 days
- 90 days
- 100 days

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Home Care

Home health care includes

- skilled nursing care, as well as other skilled care services, like
- physical and occupational therapy,
- Speech language therapy,
- Respiratory therapy
- and medical social services.

These services are given by a variety of skilled health care professionals at home.

<https://www.cms.gov/Medicare/Quality-Initiatives-Patient-Assessment-Instruments/HomeHealthQualityInits/Downloads/HHQIHHBenefits.pdf>

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Acceptable transition from any care to Home

1. The use of standardized discharge criteria to assess readiness for care in the home
2. An awake and attentive trained caregiver in the home, and for those requiring chronic invasive ventilation, at least two trained family caregivers in the home
3. Ongoing education to acquire, reinforce and augment skills required for patient care
4. Monitoring, with a pulse oximeter rather than a cardiorespiratory monitor especially when the vented patient is asleep or unobserved
5. Regular maintenance of home ventilators

<https://www.hopkinsmedicine.org/news/articles/guidelines-for-ventilator-care-at-home>

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Services Provided

1. Home ventilators
2. Home Oxygen therapy
3. Sleep apnea equipment
4. Sleep studies
5. Diabetes self-management
6. Airway clearance therapy
7. Overnight oximetry
8. Nebulizers
9. Home Medical Equipment

<https://www.rotech.com/products-services/>

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Examples of respiratory home health

1. Apria Healthcare
2. Sheldon Medical (Michigan)
3. Lincare
4. Respitemc Medical
5. Rotech healthcare

Provider Locations

<https://www.medicare.gov/care-compare/?guidedSearch=LongTermCare&providerType=LongTermCare>

Find & compare providers near you.



Not sure what type of provider you need?
[Learn more about the types of providers.](#)

- Welcome
- Doctors & clinicians
- Hospitals
- Nursing homes including rehab services
- Home health services
- Hospice care
- Inpatient rehabilitation facilities
- Long-term care hospitals
- Dialysis facilities

Find long-term care hospitals near me

Find and compare Medicare-certified long-term care hospitals in your area and compare them based on their quality. Long-term care hospitals serve critically ill and medically complex patients who require extended hospital care. Most patients are transferred after spending time in an intensive or critical care unit.

MY LOCATION *

NAME OF FACILITY (optional)

Search

Looking for medical supplies and equipment? [Visit the Supplier Directory](#)

[Find out what's new](#)

Discharge Planning

Discharge planning is an interdisciplinary approach to continuity of care and a process that includes identification, assessment, goal setting, planning, implementation, coordination, and evaluation.

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Interdisciplinary Communication

Identification of discharge barriers early during the hospital stay is essential to coordinate services post-discharge.

Timely discharge of patients when medically safe

- controls costs
- promotes positive health outcomes
- increases quality of care

Discharge planning is a multifaceted interaction that relies heavily on effective communication between all disciplines and the patient.

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Interdisciplinary Team Meetings

Meetings such as IDT/Medical meetings have multiple disciplines in attendance

A respiratory representative should attend (either RT or Manager/Supervisor)

A team approach is establish to identify

- Goals on admission
- Barriers to reaching set goals
- Plans to mitigate such barriers

Documentation provided by staff is an integral part of IDT

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Cycle of Healthcare

Home with Home Health Care

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Questions?

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