

# Inpatient Rehabilitation

## Admission Criteria

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### Rehabilitation is strictly regulated by CMS

Licensing guidelines state that 60% of all admissions to the unit must be from the 13 rehabilitation diagnoses listed below. At this time, 40% of the admissions can be other rehab diagnoses. The percentages are monitored on a monthly basis; therefore, admission criteria varies slightly from month to month depending on the “percentage status” of the unit at that time. The program director from the unit can advise on viability of your referral after the evaluation is completed.

Patients in need of rehabilitation on an inpatient basis must benefit from or require the following:

- 24-hour physician availability
- 24-hour rehabilitation nursing
- 3 hours a day/5 days a week of therapy (minimum)
- Interdisciplinary team approach

Services are provided for patients with the following disabling illnesses or injuries:

- Amputations
- Hip fractures
- Cerebrovascular accident
- Spinal cord dysfunction
  - Dorsal or lumbar spinal cord injury with paraparesis/paraplegia
  - Cervical spinal cord injury with quadriparesis/quadriplegia
- Brain injury dysfunction
- Major multiple trauma

- Neurological disorders (including Multiple Sclerosis, Parkinson’s disease, Polyneuropathy, Guillain-Barré)
- Burns
- Congenital deformity
- Very limited polyarticular rheumatoid arthritis, systemic vasculidities and osteoarthritis
- Knee or hip joint replacement allowed if: bilateral replacements were performed, or patient is 85 or older or BMI is 50 or above

Patients with other diagnoses will be reviewed on an individual basis provided they meet the following additional requirements:

*All admissions to a rehabilitation program must demonstrate that:*

- Patient is medically stable
- Patient is responsive to verbal or visual stimuli
- Patient has sufficient mental alertness to participate in the rehabilitation program
- There is reasonable expectation for improvement on measurable goals

### Other criteria

- Patients must have approved funding for inpatient services
- Patients whose primary diagnosis is chemical addiction or mental illness shall not be admitted
- Patients with known/suspected suicidal intent shall not be admitted



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- Patients may be admitted for inpatient evaluation for 3-10 calendar days only if reasonable and necessary to determine rehabilitation potential by an assessment on an inpatient basis

All patients considered for the rehabilitation program will be screened prior to admission

*Pre-admission Screening* - Before a patient is admitted to a rehabilitation program for treatment, a pre-admission screening is normally done. This screening is a preliminary review of the patient's condition and previous medical record to determine if the patient is likely to benefit significantly from an intensive hospital program or extensive inpatient assessment. Admission is based on the medical director's review of the screening and his/her approval.

Each patient in a rehabilitation program must have a need for at least two skilled services (physical, occupational and/or speech therapy)

- *Physical Therapy*  
Mobility: transfers, wheelchair, stair climbing, ambulation, etc.
- *Occupational Therapy*  
Activities of Daily Living: feeding, personal hygiene, dressing, meal preparation, etc.

- *Speech Therapy*  
Communicative/Cognitive: aphasia with major receptive and/or expressive components, cognitive dysfunction, perceptual motor dysfunction.

### Admission process to Inpatient Rehabilitation:

- Clinical information to be transferred:
  - ✓ H&P
  - ✓ Transfer orders
  - ✓ Laboratory, X-ray and surgery reports
  - ✓ Most recent 48 hours of physician progress notes
  - ✓ Most recent 48 hours of nursing progress notes
  - ✓ Therapy progress notes
  - ✓ Current medication records
  - ✓ Most recent 48 hours graphics
  - ✓ Consults
  - ✓ Copy of Living Will and/or Durable Power of Attorney
- Transfer of medical care to the rehabilitation unit medical director; however, the referring physician has the option of following the patient for specific medical conditions



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