

Virginia Rehab Survey

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Purpose

- The purpose of this survey was to conduct a statewide assessment of the type and range of services provided by inpatient, outpatient and skilled nursing facilities.
- In Virginia, there are 355 facilities that provide rehab services, including 27 inpatient rehab facilities, 88 outpatient rehab facilities and 240 skilled nursing facilities



Virginia

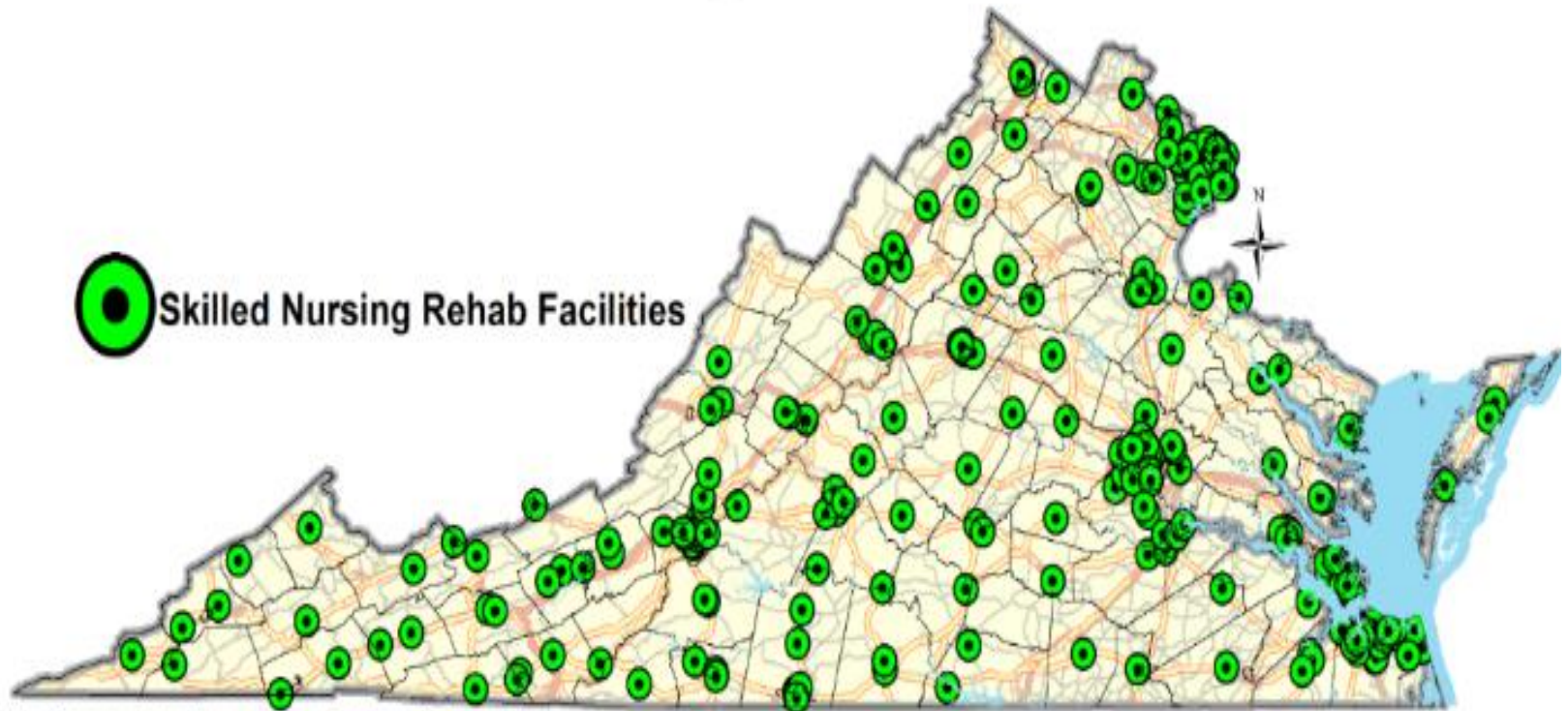
Inpatient Rehab Facilities



Virginia

Skilled Nursing Rehab Facilities

 Skilled Nursing Rehab Facilities

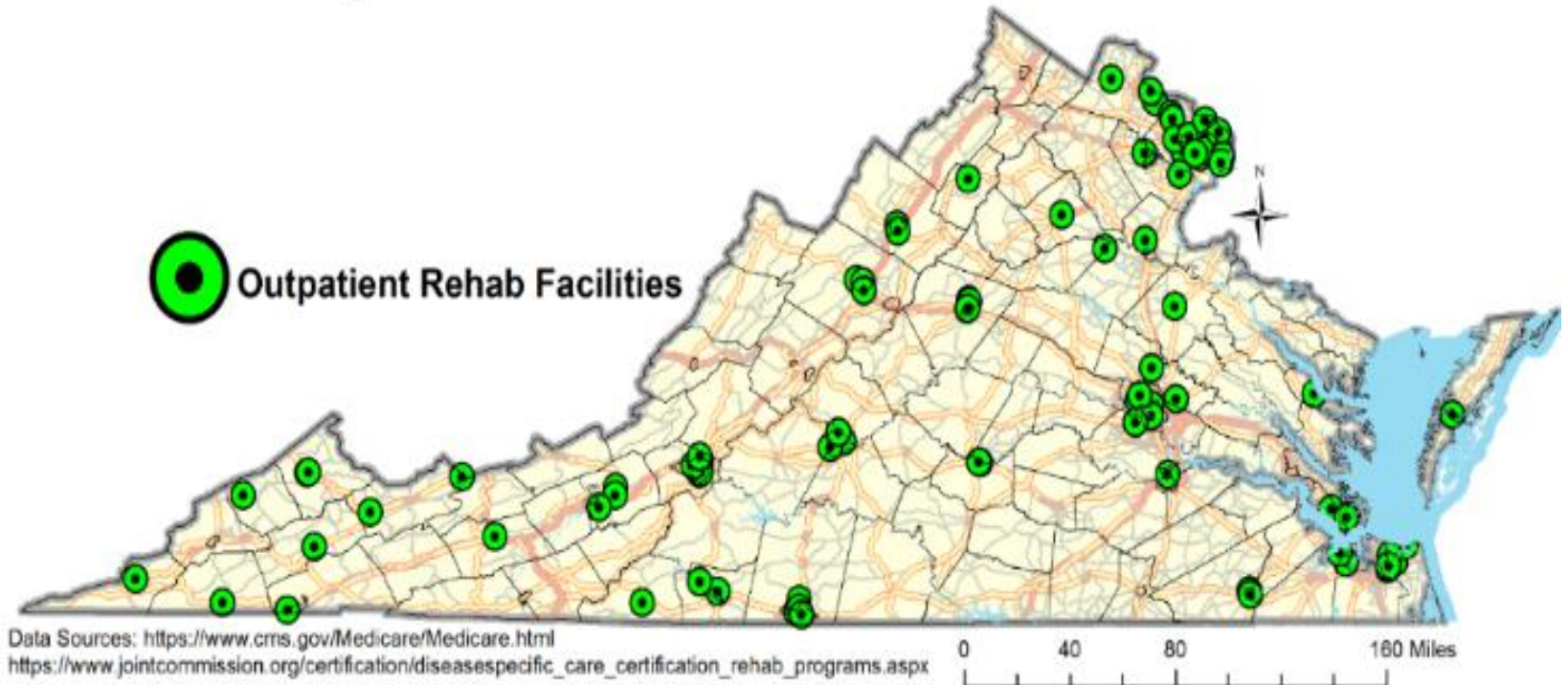


Data Sources: <https://www.cms.gov/Medicare/Medicare.html>
https://www.jointcommission.org/certification/diseasespecific_care_certification_rehab_programs.aspx

0 40 80 160 Miles

Virginia

Outpatient Rehab Facilities



What's the difference?

Inpatient Rehab

- Average length of stay for stroke is 18 days
- Patients must receive at least 3 hours of therapy per day, at least 5 days per week
- 24 hour nursing care and physician oversight
- Many in Virginia are stroke-certified via Joint Commission

Skilled Nursing

- Typically a longer length of stay, up to 100 days
- Up to 3 hours of therapy
- Less direct physician oversight
- Very few are stroke certified

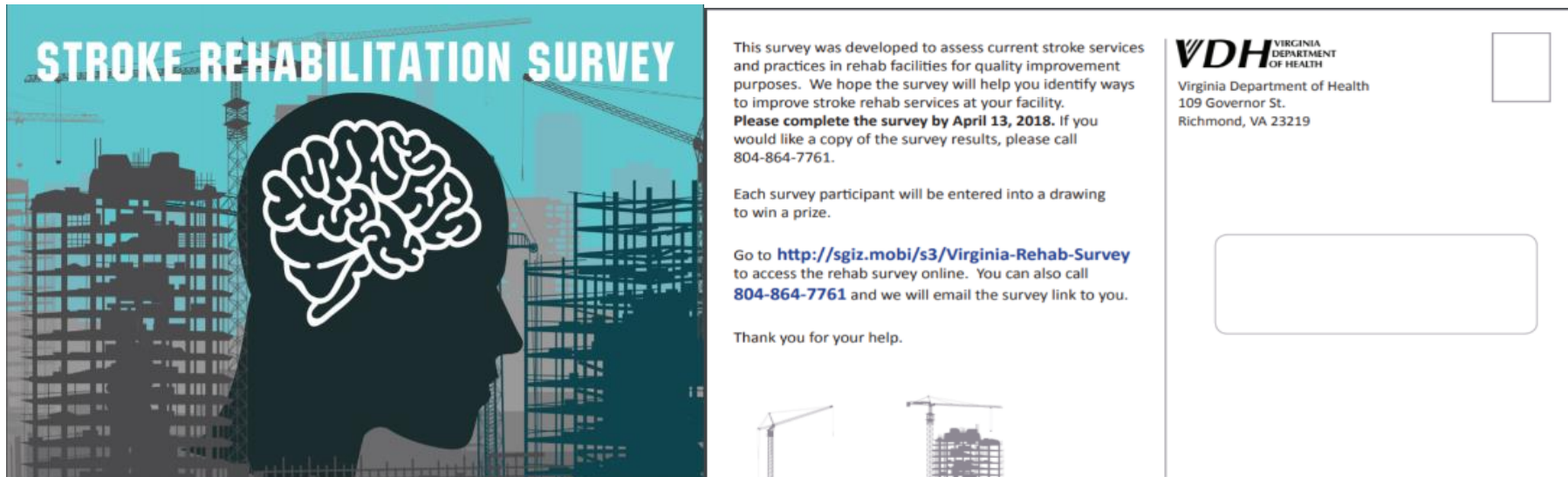
Outpatient

- Typically 1-3x per week
- Visits often limited by insurance
- No direct nursing or physician oversight
- No disease-specific certification exists

Methodology

- 40 question survey of 355 facilities in Virginia
- Postcards were mailed to administrators at each facility
- Two options to access the survey: enter the link from the postcard or call to receive an email with the live link.
- Prize drawing incentive

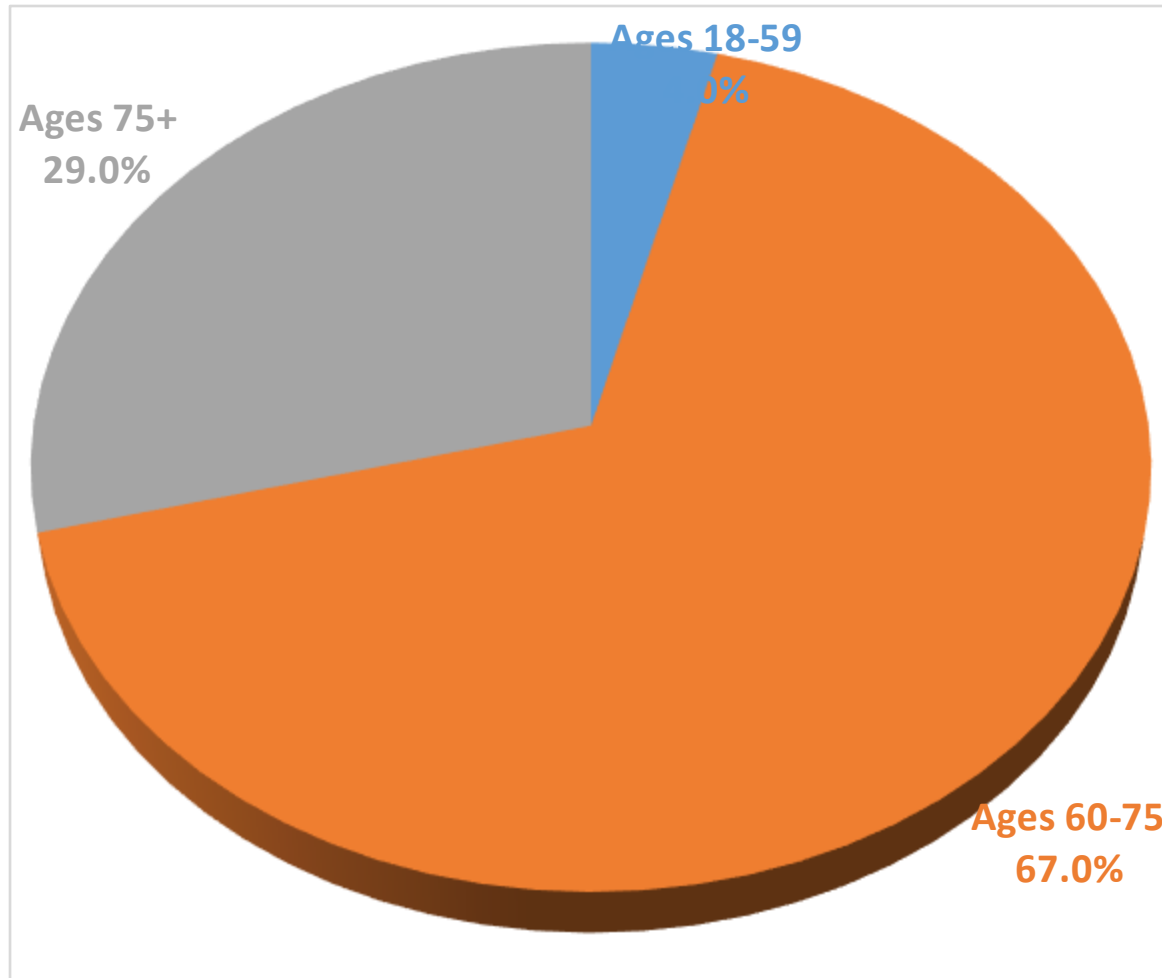
The postcards were mailed on March 19, 2018 with a survey close date of April 13, 2018. Due to a low response rate, the survey close date was delayed until May 4, 2018.



Results

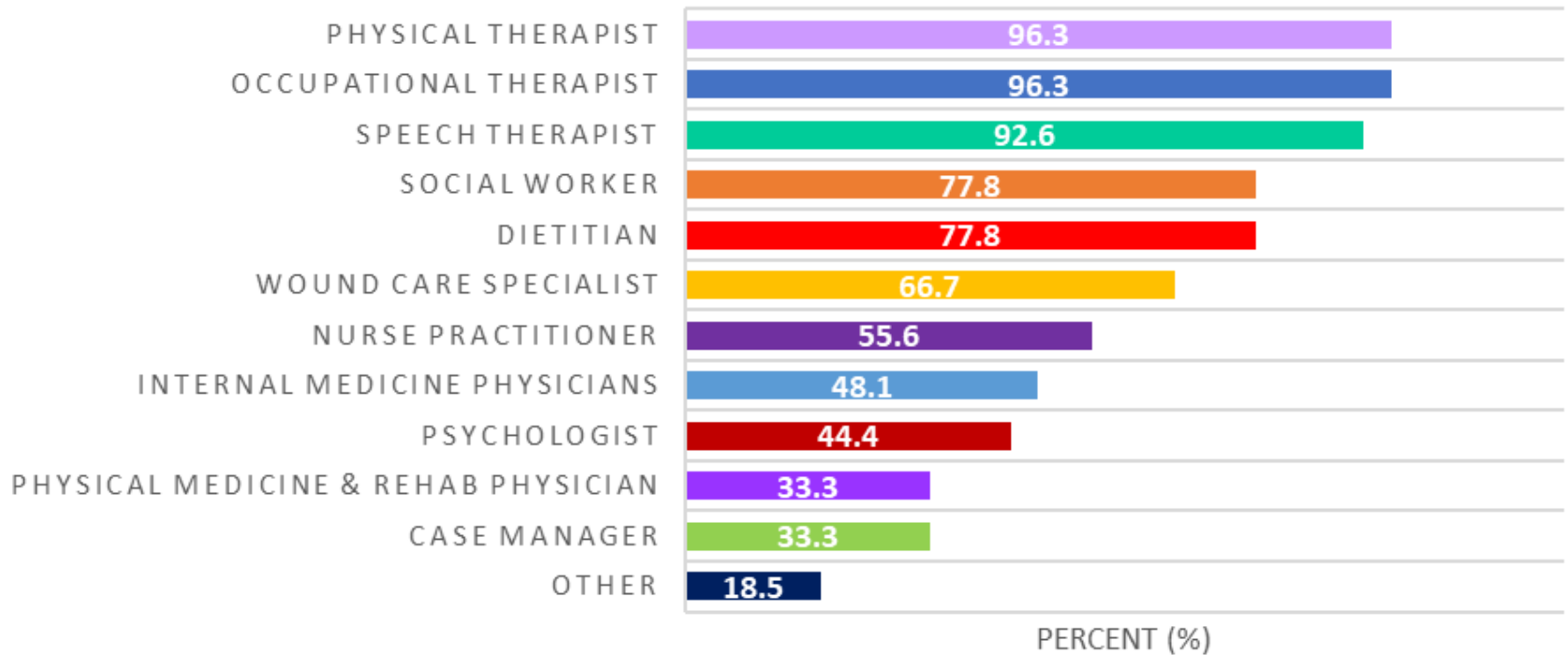
- 33 responses collected
 - Skilled Nursing Facilities (43%)
 - Outpatient Facilities (23%)
 - Inpatient Rehab Facilities (17%)
 - Other (17%)

Mean Age of Patients with Strokes

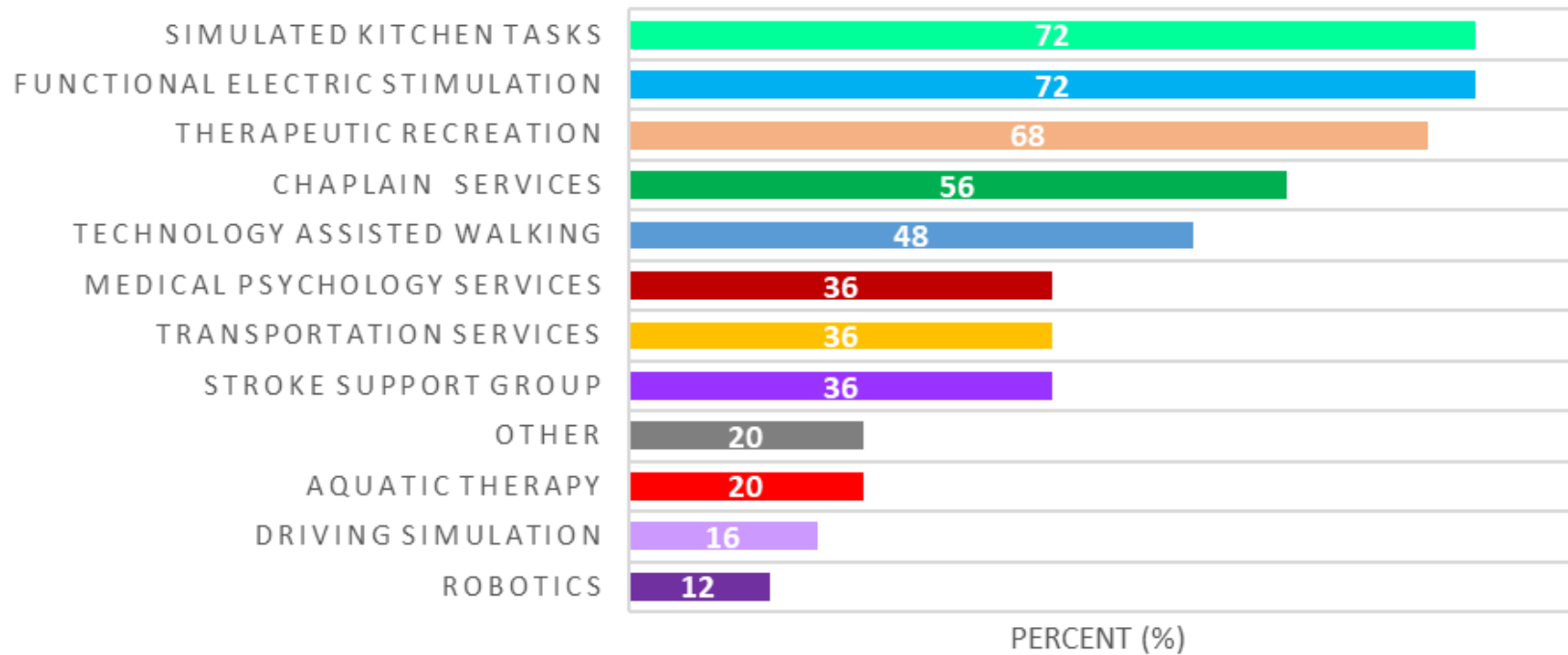


Resources

WHAT STAFF DO YOU HAVE ON FACILITY?



WHAT SERVICES DO YOU OFFER?



Demographic

- Nearest Emergency Department
 - 80% were within 5 miles
 - 17% were within 5-10 miles
 - 3% were within 11-30 miles
- 73% of referral resources came from an Acute Care Hospital

Insurance

- All facilities accepted Medicare and Private Insurance Plans
- 90% accepted *Medicaid*
- Only 59% assisted with *Medicaid* application

Inpatient and Skilled Nursing Facilities

- 89% had relationships with Home Health and Outpatient Services
- RN to Patient Ratio
 - Ranged from 1:4 to 1:25
- Physician to Patient Ratio
 - Ranged from 1:8 to 1:61
- Inpatient Rehab Facilities had the best ratios

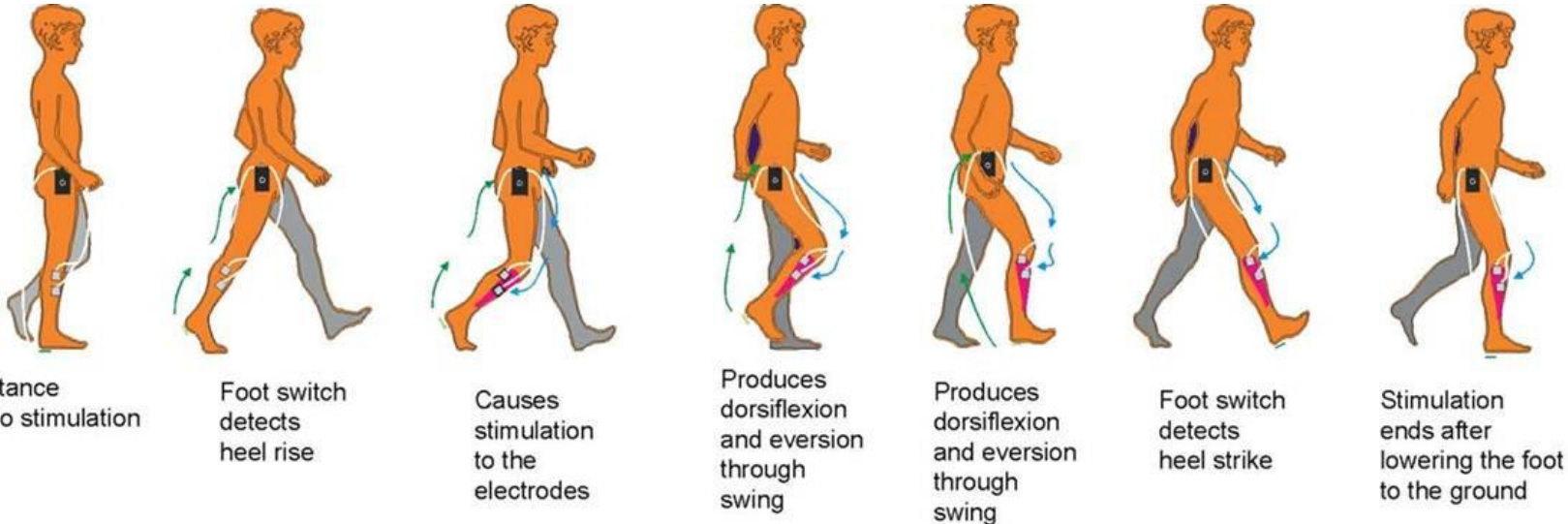
Inpatient and Skilled Nursing Facilities

- Frequency of Physician Visit
 - 1-3 Times a Week (60%)
 - 4-7 Times a Week (40%)
- Length of Stay
 - 1-2 Weeks (31%)
 - 3-4 Weeks (38%)
 - > 1 Month (31%)

Robotics



Functional Electrical Stimulation



Functional Electrical Stimulation

- Electrical Stimulation applied to various muscle groups and their counterparts
- Provides a programmed pattern of electrical current between pads through the targeted muscle bellies
- Each muscle is stimulated at a certain time and duration to mimic functional movements like the gait cycle

Functional Electrical Stimulation

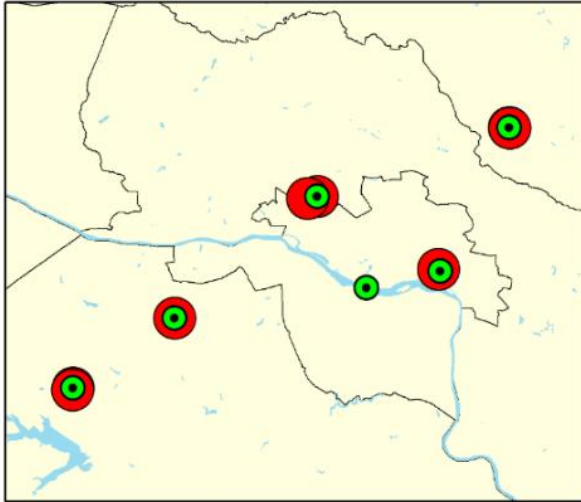
- Moderate Evidence in the literature that suggests FES improves
 - Walking Ability
 - Spasticity
 - Upper Limb Function
- Mechanism of Recovery is believed to be the stimulation of sensory and motor systems of the muscles to drive cortical changes

Functional Electrical Stimulation

- Low Cost Intervention
- Easy to apply in the Inpatient, Skilled Nursing and Outpatient settings
- Economical versions for patients to own and use at home and in the community
- Utilized by Occupational, Physical, and Speech Therapists globally

Stroke Rehab Certification

- Disease Specific Certification from the Joint Commission
- Inpatient and Skilled Nursing Facilities are eligible
- Benefits of the Certification
 - Improves Quality of Care
 - Reduces Variability and Enhances Standard of Care
 - Provides Program Structure and Management
 - Fosters Consistent Processes for Greater Quality of Care



Virginia

Inpatient Rehab Facilities





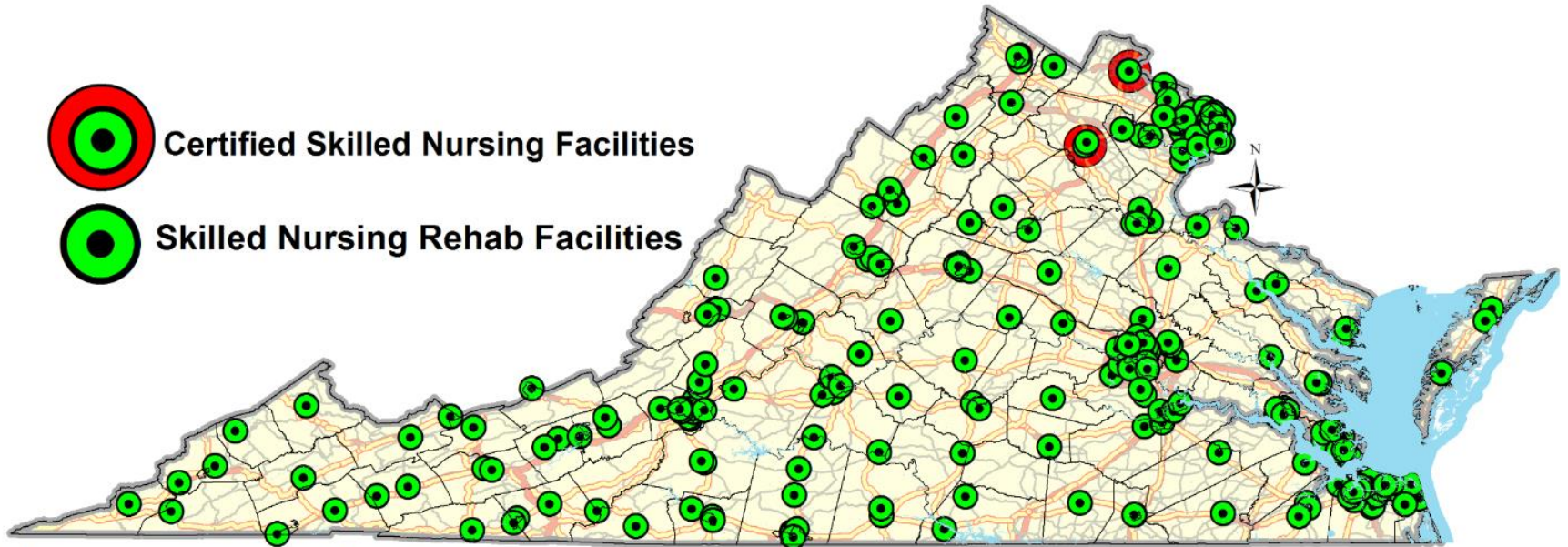
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Virginia

Skilled Nursing Rehab Facilities

-  Certified Skilled Nursing Facilities
-  Skilled Nursing Rehab Facilities



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