

Home Rehab Improves Outcomes After a Stroke

We work with TriCare and other private insurances.

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Jeanice Mitchell, MPT
Administrator

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Stroke patients who are discharged early from the hospital and who receive home-based rehabilitation promptly afterwards are more likely to be independent than those who receive conventional care, states a study recently published in *The Lancet* (Lancet February 5, 2005; 365: 501-6). Peter Langhorne, et al, combined results from 11 trials, involving 1,597 cases. They compared conventional hospital based care with programs designed to accelerate discharge by involving community-based care including physician supervision, medical nursing, medical social work, and physical, occupational, and speech therapy. The investigators found that those who were discharged early with home rehab had statistically fewer deaths and reduced dependency. By providing home-based rehabilitation and other services described in these investigations, **Integrity Rehab & Home Health can help your local patients realize the improved results described in this study.**



Langhorne and colleagues found that stroke patients involved in programs focusing on early discharge through home-based care had an average length of stay (LOS) 8 days shorter than comparison groups. The subgroup of severe stroke patients were released an average of 28 days earlier. **The homecare groups proved six percent more likely to regain independence.** Five of the 11 trials reported an economic analysis. All five concluded that the savings gained from reduced LOS outweighed the costs of community-based programs such as home health. In the U.S., hospitals would benefit from Early Supported Discharge (ESD) programs because they increase bed availability and because Medicare payment systems strongly reward hospital efficiency.

This study did not state that patients should skip inpatient rehabilitation. On the contrary, best results have been achieved when patients have received expert inpatient rehabilitation followed promptly by home-based rehabilitation. In commentary published by *The Lancet*, Dr. Ronald Meijer states that admission to home rehab services will be the optimum choice for patients who:

- **would benefit from learning skills in the actual home instead of trying to carry over learning from a facility to the actual home**
- no longer need the medical and nursing treatment that **only** a hospital can provide
- have moderate stroke severity
- can return home because of professional care and/or family support
- need rehabilitation treatment that can be provided at home
- might find the combination of traveling to an outdoor service with exercise to be too tiring

Call Integrity Rehab & Home Health to make this academic observation a reality for your patients. Integrity's physical therapists will promptly begin home-based rehabilitation programs that identify individual needs and focus on skills important to each individual patient's home environment. Integrity can also send occupational therapists, speech therapists, nurses for medication review, and nurse aides to provide ADL support. These services make more efficient discharge and more context specific learning possible for patients suffering from stroke and many other maladies.

Home Health Grounded in Physical Therapy

Four years ago, Integrity Home Health came into being as an extension of Integrity Rehab. Today, a physical therapist still owns and administrates Integrity Home Health. While nursing and aides serve as an integral part of our plans of care, everything we do is enhanced by our expertise in therapy. Every treatment plan is formed by asking the question "Can we improve this patient's life by improving his or her physical ability?" When you have homebound patients who may benefit from therapy as part of their plan of care, please remember Integrity Home Health & Rehab.



Please tell your patients about
Integrity Rehab & Home Health