

Acute Inpatient Rehab

What is acute inpatient rehab?

Acute inpatient rehabilitation (also called “acute rehab”) is a program that helps you recover after a stroke, brain injury, spinal cord injury, or other event that has affected your ability to live as you have been living. Acute rehab uses therapy, education, nursing treatment, and medical treatment to help you build the skills you need to get back to life.

- **Acute inpatient rehab is a stay in a specialized hospital unit.** Your length of stay is based on your individual needs, your ability to participate in therapy, and your progress.
- **Admission to acute rehab is based on specific guidelines,** including your particular illness or injury and how it has affected your ability to function.
- **The focus of acute rehab is to return you to your home setting** with the ability to function as well as possible.

Why do I need acute rehab?

A period of intense therapy, at least 3 hours per day, may help you regain your ability to function after an event such as a stroke or accident. In your early recovery, medical management, nursing care, and therapy are important. They help you regain the skills you need to return home and enjoy activities as you did before. The more of this kind of care you receive, the better your chances of regaining your skills.

Acute rehab can be more effective than other alternatives. For example:

- If you go home with home health or outpatient treatment, your therapy will not have the intensity you may need to regain your abilities.
- In acute rehab, you will receive a higher intensity of treatment than in a skilled nursing facility. Also, most acute rehab therapy and care is provided by licensed staff rather than by aides.
- Patients at a long-term acute care hospital (LTACH) may have nursing care similar to acute inpatient rehab, but they receive less therapy.



After a stroke, brain injury, or spinal cord injury, acute rehab helps you build the skills you need to get back to life.

Who will care for me in acute rehab?

Acute rehab is an **interdisciplinary** type of care. This means healthcare providers work together, guided by an individual treatment plan that meets your needs. The plan will include:

- **Care by physicians and nurses.** Acute rehab units are fully staffed with round-the-clock nursing care and physician coverage. Many of the nurses have special training in rehab. Doctors include physiatrists (specialists in rehab), internal medicine specialists, and specialists needed to manage various medical conditions.
- **Care by social workers, physical therapists, occupational therapists, and/or speech therapists.** These healthcare providers will focus on strengthening and training the skills you need to get back to life.
- **Other therapies, based on your needs.** You may also have treatments such as wound care, respiratory therapy, diabetes education, dialysis, or nutrition management.

How will therapy help me?

Your treatment plan will be task-oriented and will fit your unique needs. Here are some general tips on what to expect from some of the therapies that most patients receive:

- **Physical therapy** generally focuses on improving strength and mobility.
- **Occupational therapy** often focuses on helping you recover your ability to do tasks such as dressing, cooking, or toileting.
- **Speech/language therapy** will be added if you need help with speaking, eating, or understanding the tasks involved in day-to-day activity.

Will I be able to go home when I finish acute rehab?

When you are admitted to acute rehab, the team will help you create a **discharge plan** with the goal of you returning home. The education and training you receive during acute rehab will focus on the skills you need to return to the activities you have enjoyed.

The discharge plan is based on evaluating your current skills, home environment, and needs. (Going home might mean staying with loved ones, especially at the start.) Early in your stay, you and your family will be involved in helping to create the discharge plan. You will also get the education and training you need to manage life at home.

After a severe stroke, Tammie Harbin was admitted to the Acute Rehab unit of Dixie Regional Medical Center.



When she was admitted, Tammie had limited use of her left side and she was scared and a bit depressed. That soon changed. "If I hadn't come to acute rehab, I don't know where I'd be," Tammie says. "They all picked me up out of my room and pushed me to get better. I'm so glad they did. Look at me now!"

Will my insurance pay for acute inpatient rehab?

Private insurance companies, Medicare, and Medicaid set criteria for when they will cover the cost of acute rehab.

- **Medicare:** If your condition meets criteria, Medicare will cover the cost as it does for any other hospital stay.
- **Other insurance:** If you have private insurance, a managed Medicare plan, or Medicaid, we will contact your insurance plan to help determine whether you will be able to participate in acute inpatient rehab, and what costs will be covered. Based on this information, you and your healthcare providers can decide what rehab option is best for your circumstances.

Where can I go to find an acute rehab unit?

Intermountain Healthcare has acute rehabilitation units in four locations.

- **Murray.** Intermountain Medical Center
NeuroSpecialty Rehabilitation Unit: (801) 507-1261
- **Ogden.** Stewart Rehab Center in McKay Dee Hospital: (801) 387-2080
- **Provo.** Utah Valley Regional Medical Center, Neurotrauma Rehabilitation Specialty Unit: (801) 357-7765
- **Saint George.** Dixie Regional Medical Center, 400 East Campus: (435) 688-4700

In addition, Primary Children's Medical Center operates a Pediatric Specialty Acute Rehabilitation Unit that offers rehab services to children. Call (801) 662-4980 to find out more.