

UNDERSTANDING OUR LEVELS OF PATIENT CARE

“Level of care” is a shorthand used to describe the type and intensity of medical care you will receive. The determination of your level of care is made by you and your family, the admitting facility and/or physician and insurance provider. YOU are on our team, and it’s important to understand the different levels of each care that provides specialized treatment, care, services and equipment. During your time with us, you may receive one level of care, or transition to a different level depending on your condition. Below our chart helps you better understand the levels of care that you have access to here at UnityPoint Health® - Des Moines. We strive to bring the best outcome for every patient, every time, with our patient-centered and physician-driven system of care.

Inpatient Rehabilitation

Skilled Nursing

Home Health Agencies

Outpatient Rehabilitation

Inpatient Rehabilitation

Yunker Rehabilitation at Iowa Methodist Medical Center

Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)

Our team is comprised of the patient, his or her family, Physical Medicine and Rehabilitation Physician, Rehabilitation Nursing, Physical Therapy, Occupational Therapy, Speech and Language Pathologist, Therapeutic Recreation and health care professionals that work together to bring you the best care possible.

Amount of Rehabilitation Therapy Provided

Nursing Care

Physician Care

Likely Candidates:

- Customized care to fit patients needs depending on diagnosis, severity of injury, medical complications and rehabilitation goals.
- Patients are admitted into this program after a consultation with the rehabilitation referral team.
- Patients must be able to tolerate three to five hours of therapy a day, five days per week, and be in need of at least two therapy services and rehabilitation nursing.
- Yunker Rehabilitation has recognized the importance of feeling at home when receiving your therapies, and helping achieve realistic results to help you regain independence.

- Requires 24 hours per day of specialized Rehabilitation Nursing.
- Examples include: Patient/family education for managing life with new physical impairments, education for managing altered bowel and bladder function, urinary self-catheterization, medication management, and skin care. Reinforcing newly learned skills in safety, mobility and self-care.
- Our team meets weekly to address the patient’s plan of care, barriers, and process to achieve the highest level of a recovery.

- Physical Medicine & Rehabilitation physician actively involved in planning treatment and monitoring patient progress. Physician completes a face-to-face visit three times per week.
- Communication with patient, family and caregivers is an important part of the process.

- Loved ones who have recently been affected by Stroke, Brain Injury, Spinal Cord Injury, Traumatic Injury, neurological condition, or other disabling condition or disease process.
- Loved ones who are living with a disability who have had a recent change in condition, injury or illness that has impacted their ability to manage day-to-day activities.
- 18 years of age or older.
- Successful rehabilitation includes the active involvement of supportive family and friends. Patients who may be unable to vocalize personal needs will require a family member or legal representative to speak on their behalf.

Inpatient Rehabilitation

Skilled Nursing

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Transitional Care at Iowa Lutheran Hospital

Our team is comprised of the patient, his or her family, a Provider, Registered Nurse, Physical Therapist, Occupational Therapist, Speech and Language Pathologist, Recreation activities and other services as needed.

Amount of Rehabilitation Therapy Provided

- Patients may have been transferred from a hospital.
- The need for therapy is not required for admission to a Skilled Nursing Facility.
- If therapy is needed, one to two hours a day, five days per week is provided.
- Transitional Care has recognized the importance of feeling at home when receiving your therapies, and helping achieve realistic results to help you regain independence.

Nursing Care

- Examples include: Daily IV medications, sterile dressing changes, teaching new skills such as urinary self-catheterization, ostomy management, oxygen management, etc.
- Reinforcing newly learned skills in activities of daily living, mobility and safe use of assistive devices. Assessment, teaching and coordination of the patient's plan of care to a safe living environment.

Physician Care

- Physician and nurse practitioner work with team to meet patient goals. A face to face visit is required once every 30 days.

Likely Candidates:

- Patients with physical disabilities that do not meet care level of an acute rehabilitation program.
- Medical problems are stable and require less physician supervision.
- 18 years of age or older.
- Senior care focused.

Home Health Agencies

UnityPoint at Home

Our team is comprised of the patient, his or her family, Nurses, Physical Therapists, Occupational Therapists, Speech and Language Pathologists, Medical Social Workers and Home Health Aids.

Amount of Rehabilitation Therapy Provided

- Customized therapy for patients based on need.
- Care delivered in the patient's home and is focused on creating safety and independence.
- Therapy visits vary in length and each discipline visits 1-3 times per week based on patient need.
- Therapy often focuses on fall reduction and home safety measures.
- Services are provided in the patient's home.

Nursing Care

- Nursing visits 1-7 times per week based on patient need.
- Skilled nursing services including IV therapy, wound care, catheter care and ostomy care.
- Teaching patients with new diagnoses or other changes in health status.
- Observation and assessment of chronic conditions.

Physician Care

- Home health Plan of Care is developed in partnership with the patient's primary care provider.

Likely Candidates:

- Patient's basic needs are met at home through self or other caregiver.
- Patient requires nursing or therapy to recover to prior level of function or to help manage a chronic condition.
- Patient is unable to travel to outpatient therapy.

Inpatient
Rehabilitation

Skilled
Nursing

Home Health
Agencies

Outpatient
Rehabilitation

Outpatient Rehabilitation Therapy

*Multiple locations throughout the
Des Moines metro area*

Our team includes the patient, his or her family, a Physical Therapist, Occupational Therapist or a Speech and Language Pathologist. Our rehabilitation team communicates with the patient's referring provider about patient progress and ensures a smooth transition back to their care when therapy is completed. We will match your needs to treat your condition with the best clinic, therapists, convenient to you and your family, with the lowest out of pocket cost for you.

Amount of Rehabilitation Therapy Provided

- One to three hours per day, therapies dependent upon patient need.
- Two to three days per week.

Nursing Care

- None

Physician Care

- Routine office visits with Primary Care Provider, and specialists such as orthopedic surgeon, physical medicine and rehabilitation, neurologist and other providers that direct your care.

Likely Candidates:

- Patients whose physical disabilities and medical problems are stable enough to live in their own homes and can travel to get their treatment.
- Many patients who have been treated in their provider's office, the hospital, Inpatient Rehabilitation or Skilled Nursing may transition their recovery plan to this level of care setting.

Notes:

unitypoint.org



UnityPoint Health
Des Moines

Sources:

www.stroke.org – Stroke Rehab Settings
<http://search.naric.com/public/choosingquality.pdf> National Rehabilitation Hospital – Choosing a High-Quality Medical Rehabilitation Program – this is a federal government owned facility.