

Effective Date: April 2023
Last Revised: April 2023
Last Reviewed: April 2023

Rehabilitative Services and Discharge Planning for the Trauma Patient

Purpose: To outline a process for identifying patients in need of rehabilitation services in the acute setting and post discharge.

Goals: To ensure optimal functional recovery and to facilitate timely discharge to an appropriate destination

Definitions: Rehabilitative services include physical therapy, occupational therapy, speech therapy, cognitive therapy and psychiatry.

Guidelines:

- A. Initial evaluation by a multidisciplinary rehabilitation team should occur as early as possible following admission.
 - a. Consideration must be made of spinal precautions, activity restrictions based on injuries, and hemodynamic stability of the patient.
- B. Ideally, rehabilitation assessment should be completed within the first 48 hours of admission.
 - a. Evaluation is not necessary in those patients who have a BMAT of 4.
- C. Should consider the ICU early mobility protocol for those that are critically ill as appropriate.
- D. Utilize a multidisciplinary approach to assess patient needs and plan of care.
- E. Rehabilitation specialist:
 - a. Must communicate, coordinate and document all aspects of care. This may include but is not limited to:
 - i. Initial examination and evaluation
 - ii. Plan of Care
 - iii. Interventions and response to interventions
 - iv. Recommendations
 - v. Discuss plan of care and evaluation with the patient and family as appropriate
 - vi. Social network of support
 - vii. Challenges within the home
 - viii. Understanding of activity instructions

- ix. Identification of equipment needs
- x. Consult physical and occupational therapy when activity approved by surgeon

F. Consider Physiatry consult as needed to address patient needs.

G. Discharge Planning:

- a. Social Work and Case Management is ordered (admission order set) on admission for assistance with discharge planning.
- b. See Hospital P&P 50.03 S Case Management Services Department and 40-02S Patient Discharge Planning and Discharge Procedure.

References:

- Smith BA, Fields CJ, Fernandez N. Physical therapists make accurate and appropriate discharge recommendations for patients who are acutely ill. *Phys Ther.* 2010 May;90(5):693-703. doi: 10.2522/ptj.20090164. Epub 2010 Mar 18. PMID: 20299410; PMCID: PMC2867215.
- American College of Surgeons Best Practices in the Management of Orthopedic Trauma November 2015