

# Rehabilitation/Geriatrics



Winnipeg Regional  
Health Authority

*Caring for Health*

Office régional de la  
santé de Winnipeg

*À l'écoute de notre santé*

## ADMISSION CRITERIA

# Coordinated Entry System



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Rehabilitation Services occur on five sites within the WRHA:



## **WRHA Rehabilitation & Geriatrics Program Coordinated Entry System**

### **What is the Coordinated Entry System?**

One waiting list for multiple rehabilitation and geriatric services offered at five facilities in Winnipeg.

### **Why does this list exist?**

To provide the most appropriate care to the right client in the right place at the right time, to minimize the need to understand the multiple criteria and services offered within the programs and to maximize the ability to match available beds to the individual client's needs.

### **Who is the "right client"?**

The programs offer services for clients who are medically stable with functional limitations and potential to benefit from rehabilitation services. Examples include stroke, respiratory and fracture rehabilitation, restoration from disabling illnesses or surgeries and management of complex conditions of the elderly. Medically stable clients who do not require extensive diagnostic testing, multiple procedures or intensive medical or nursing care may be appropriate clients. The services cannot accommodate all clients requiring alternate levels of care.

### **How does it work?**

To be on the waiting list, clients need to be assessed by one of the health professionals associated with the Rehab/Geriatrics Program. If a client is already seeing a clinical specialist, their specialist can make the referral. Clients or referring agencies unsure of how to receive an assessment can contact the number below for assistance. The Waitlist Coordinator will help find an appropriate clinician to assess the client for program services.

One of the health professionals associated with the Rehab/Geriatrics Program will review the referral for acceptance onto the wait list. **All patients referred for rehabilitation must be accepted/approved by a physician within the R&G program.**

The referral form includes basic client demographic and clinical information, as well as the name and phone number of a health professional familiar with the client. A copy of the consult or specialist progress notes, in addition to collateral information should be sent with the referral form via fax to 204-947-9964.

When a bed becomes available, the contact person will be phoned to obtain current clinical information. The client will be offered the first available bed on a Rehabilitation Unit.

### **What happens if a client gets really ill while on a Rehabilitation unit?**

The client will be transferred back to the hospital.

For further information, contact the Waitlist Coordinator  
Phone: 204-926-7035      Fax: 204-947-9964

# Geriatric Rehabilitation Program

Deer Lodge Centre, Seven Oaks Hospital, Victoria General Hospital  
(194 beds across the 3 sites)

## Checklist for Appropriateness for Geriatric Rehabilitation

### Potential to benefit from Rehabilitation:

- Conditions which can be modified by rehabilitation.
- Willing and able to participate in therapy, i.e. able to sit up from 1-3 hours, or to actively participate in at least 1 hour of therapy daily.
- Reasonable expectation of return to community living.

### Absence of Substantial Barriers to Rehabilitation:

- Cognitively able to participate in rehabilitation.
- Does not have an end-stage or terminal condition, or rapidly progressive neurologic condition.
- Not on dialysis, and will not be on dialysis\*.
- Not receiving aggressive chemotherapy.
- Weight bearing\*.
  - if not weight bearing:
    - able to ambulate with one assist, OR
    - goal is wheelchair dependence

### Suitable for Geriatric Rehab (versus other Rehab services):

- Assessed by Geriatric Medicine or reviewed by a member of the Rehabilitation and Geriatrics Program (i.e. GPAT, R&G Clinician, Geriatric CNS).
- Age 65+
- Not more suitable for another Rehab service (e.g. Stroke, Spinal Injury, Amputee, Neurolocomotor, Acquired Brain injury)

### Requires inpatient care:

- Expected to require at least two weeks of rehabilitation in hospital.
- Requires 24-hour rehabilitation nursing care and/or supervision.

### Can be cared for in non-tertiary sites with non-acute-care staffing:

- Medically stable and care plan can be managed on a rehabilitation unit with physician visits 2 to 3 times weekly.
- Patient and family do not oppose transfer, change in acuity of care
- Behaviour and/or psychiatric issues can be managed on a rehabilitation unit.
- Advance directives and care plan have been discussed and documented, and can be implemented in a rehabilitation setting.
- Unit can meet the current needs with the current staff.
  - transfers
  - isolation and other precautions.

\* Clients with the following will be considered on a case by case basis: CAPD; Hemodialysis; Non-weight Bearing; PICC Lines

# Amputee (Inpatient) Program

Health Sciences Centre  
(9 beds at HSC site)

## Description

- The Amputee (Inpatient) Program provides service for patients with recent or remote upper and lower extremity amputations who require improved cardiovascular endurance; functional independence and/or prosthetic training with interdisciplinary team care.

**All patients referred for rehabilitation must be accepted/approved by a physician within the R&G program.**

## Criteria for Admission

- Patients not requiring 24 hour care, but who are unable to live in the community during the rehabilitation phase due to the following factors:
  - Medical
  - Environmental
  - Geographical
  - Social
- Patients who are considered medically and surgically stable by the Director of Amputee Program or the delegate (i.e. cardiac, respiratory, neurological, musculoskeletal, vascular and wound status).
- Patients who have intact weight bearing skin surfaces, enabling active participation in rehabilitation.
- Patients who demonstrate adequate cognitive and physical potential to achieve either prosthetic ambulation or wheelchair independence.
- Patients of uncertain potential may be considered for admission for a four-week trial period. If the admission proves unsuccessful, the patient will be discharged from the program.
- Patients who can tolerate at least one hour of active participation in therapy per day.
- Selection of prioritization for admission will be done on a regular basis with the Program Team.
- Admissions will be prioritized by date of referral as well as case mix.

# Neuro-musculoskeletal Program

Health Sciences Centre  
(7 beds at HSC)

## Description

The Neurolocomotor Program of Rehabilitation Medicine provides comprehensive care for patients with multiple fractures, complex trauma, myopathy, neuromuscular junction disorders, polyneuropathy ( inherited & acquired) , motor neuron disease, burn rehabilitation, and reconditioning after complex medical illness.. Usually these patients are taken from the acute phase into the active phase of the rehabilitation and then discharged back to the community. Patients may also be accepted with other rehabilitation related diagnoses, but patient must demonstrate potential for improved outcome. The interdisciplinary team will provide care for the patients during the active rehabilitation phase.

The program accepts patients from all hospitals within the city of Winnipeg, the rural areas of Manitoba, Nunavut and Northwestern Ontario.

**All patients referred for rehabilitation must be accepted/approved by a physician within the R&G program.**

## Criteria for Admission

- Patients with impairments from the above diseases who are medically stable.
- Require 24 hour nursing care in the rehabilitation area.
- Patient must have an appropriate discharge destination or options for discharge identified prior to admission.
- Requires physician assessment/oversight, program coordination, and medical specialty services, at a minimum of three times per week.
- Requires retraining in functional areas such as mobility, ADL's, IADL's, communication, speech and swallowing.
- Requires specialized therapeutic skills or equipment, social work services or interdisciplinary care not otherwise appropriate in the community.
- The patient has shown improvement to date and has the potential for continued functional gains.
- Achievable rehabilitation goals have been identified.
- The patient has the ability to learn new activities and follow direction.
- The patient's condition must have the likeliness of benefitting from focused inpatient rehabilitation.
- The patient must be able to understand and retain instructions.
- The patient must be capable of learning.
- The patient has agreed to demonstrate co-operative behaviour.
- The patient has expressed a willingness to participate in a rehabilitation program.
- The patient is able to tolerate increasing amounts of therapy starting at 30 minutes per day.
- Admissions will be prioritized by date of referral as well as case mix.

# Spinal Cord Injury Program

Health Sciences Centre  
(13 Beds at HSC)

## Description

This is a tertiary level interdisciplinary rehabilitation program for people with sub-acute spinal cord lesions resulting in paraplegia or tetraplegia.

Age 16 and up are considered. All are accepted on case-by-case basis depending on the following: pre-morbid function, prognosis, co-morbidities and ability to participate in an intensive rehabilitation program.

**All patients referred for rehabilitation must be accepted/approved by a physician within the R&G program.**

## Criteria for Admission

- All patients must be aged 16 and over and have spinal cord pathology or similar neurological impairment as deemed by the Director of the Spinal Cord Injury Program or a Designate.
- All patients must be deemed medically stable by either the Director of the Spinal Cord Injury Program or the designate (e.g. VS stable, stable cardiac, respiratory and neurological status).
- All patients must be able to participate in and benefit from an active rehabilitation program (e.g. At least 2 hours per day of therapy).
- Selected patients from the community who require a coordinated team approach for functional reassessment and who also may require 24-hour nursing care. Realistic functional goals must be obtainable.
- Selected patients may be admitted for post-surgical care and rehabilitation (up to two at any one time). Patients who are in the pre-operative state of pressure sore care will not be considered.
- Selected patients may be admitted for initial care and rehabilitation and planned transfer to a long-term facility, in order to improve overall quality of life.
- Selected patients with a terminal diagnosis will be considered on a case-by-case basis for a trial of short-term rehabilitation.
- A patient who fits any of the above criteria but also has an established Portable Ventilator (Lp6 or Lp10). \*\*Note this has been put on hold as of 2007.
- The priority, timing and order of admission will be determined from the waiting list of approved applications by the Director of the Spinal Cord Injury Program or the Designate. The order and timing will be based on several issues including: the urgency of rehabilitation needs of the patient, the ability to participate in active rehabilitation, the medical and physical stability of the patient, the present resource, care and bed issues on RR5, and any specific equipment issues that need to be accounted for.

# Acquired Brain Injury Program

Riverview Health Centre  
(10 beds – RHC)

## Description

The Acquired Brain Injury Program provides comprehensive interdisciplinary care for adults with neurological damage as a result of acquired brain injury. The interdisciplinary team typically provides its services over a period of four to eight weeks. Patients are assessed and provided with treatment and care. Patient progress is monitored at regular intervals to ensure maximum benefit from rehabilitation services is being achieved. The programs typically address the areas of:

- Physical functioning
- Cognitive functioning
- Behavioural and emotional functioning
- Social and community functioning

Access to the Acquire Brain Injury rehabilitation program is coordinated through the WRHA Rehab/Geriatrics Program Coordinated Entry System.

**All patients referred for rehabilitation must be accepted/approved by a physician within the R&G program.**

The Acquired Brain Injury Program has 10 beds on its unit.

## Criteria for Admission

The program primarily addresses the rehabilitation needs of patients with neurological impairments and disabilities related to traumatic injuries of the brain. Individuals with other pathologies such as tumours, infections and anoxic damage (including those with CVA's) may be admitted if they demonstrate potential to benefit from the program's specialized resources.

In assessing an application for admission the following factors are considered:

- Age 16 and over
- Demonstrated medical stability
- Demonstrated potential to benefit from active rehabilitation within a period of 4 – 8 weeks (i.e. Willing to participate in therapy, able to actively participate in at least 1 hour of therapy daily, able to follow one-step verbal and/or visual instructions consistently)
- Requires 24-hour rehabilitation nursing care and/or supervision
- Admissions will be prioritized by date of referral as well as case mix.
- Requires coordinated care from a Physical Medicine and Rehabilitation physician for treatment and prevention of risk factors and complications post acquired brain injury.
- Requires assessment and/or treatment by one or more of the following disciplines:
  - Occupational Therapy
  - Physiotherapy
  - Rehabilitation Psychology/Neuropsychology
  - Speech and Language Pathology
- Reasonable expectation of return to community living.

# Stroke Program

## Riverview Health Centre

(30 Beds – RHC)

### Description

The Stroke Program provides comprehensive, interdisciplinary care for adults with neurological impairments due to cerebral vascular accidents. This care is provided from the active rehabilitation stage through discharge and community re-entry. Patients will be assessed and provided with treatment and care by an interdisciplinary team. Patient progress is monitored at regular intervals. The programs typically address the areas of physical, cognitive, behavioural and emotional, social and community functioning.

**All patients referred for rehabilitation must be accepted/approved by a physician within the R&G program.**

### Criteria for Admission

In assessing an application for admission the following factors are considered:

- Age 18 and over
- Requires 24-hour rehabilitation nursing care
- Achievable rehabilitation goals have been identified
- Patients should have a reasonable expectation to return to community living
- Demonstrated medical stability
- Demonstrated potential to benefit from active rehabilitation within a period of 6-8 weeks and be willing/able to participate and benefit from 2-3 hours of daily therapy
- Patients should have the potential to comprehend, learn and retain rehabilitative treatment regimens
- Requires specialized care from Physical Medicine and Rehabilitation physicians for the prevention and/or treatment presenting conditions and for the completion of discharge planning and follow-up
- Admissions will be prioritized by date of referral as well as case mix.
- Requires assessment and treatment by one or more of the following disciplines physiotherapy, occupational therapy, speech and language pathology, rehabilitation psychology/neuropsychology
- Community patients who require 24 hour nursing care and a coordinated team approach for functional re-assessment will be considered on a case by case basis
- Advanced care directives should be discussed and documented by the attending physician prior to transfer

Dependent on patient needs the program will provide or have consultative services from Audiology, Clinical Nutrition, Home Care, Laboratory, Medical Specialists, Orthotics, Pharmacy, Social Work, Rehabilitation Engineering for special devices, Therapeutic Recreation, Respiratory Therapy and Spiritual Care.



**Rehab & Geriatrics Program Team**

c/o Deer Lodge Centre: 1<sup>st</sup> Floor Admin Building, A121  
2109 Portage Ave  
Winnipeg, MB R3C 1A2

## CENTRAL WAIT LIST

**Dear Patient & Family Member(s):**

The specific rehabilitation service/s you require are available at a number of different hospitals and long term care facilities in the Winnipeg Health Region. The Winnipeg Regional Health Authority (WRHA) Rehabilitation & Geriatrics Program Team has developed a Central Wait List to assist patients waiting for rehabilitation services, to move to an appropriate setting of care in as timely a manner as possible.

The purpose of this letter is to notify you that your name has been placed on the Rehabilitation & Geriatric Central Wait List.

The Coordinator of the Central Wait List will match your needs for rehabilitation to the facility that has a bed that can provide the services you require. When a bed becomes available with the resources to meet your specific rehabilitation needs, a member of your health care team will make a bed offer to you. The transfer to the new facility will result in you receiving the appropriate rehabilitation services as soon as possible, thereby assisting you to recover as quickly as you can. If you decline the offer of this bed, you will be required to pay a per diem cost for remaining in an acute care bed.

Please note that the expected length of stay in rehabilitation varies depending on your care needs. The average length of stay in a rehabilitation unit is about 4 weeks. Continuing to stay in a Rehabilitation unit is subject to continued progress toward a mutually negotiated discharge plan.

If you have any questions, please ask to speak with your Patient Care Team Manager.

Sincerely,

***On behalf of the WRHA Rehab & Geriatrics Program Team***

Gina Trinidad  
Chief Health Operations Officer  
Continuing Care and Community  
Winnipeg Regional Health Authority