

## Inpatient Rehabilitation Admission Guidelines

The following criteria are used to determine a person's eligibility for inpatient rehabilitation. These programs exist at [GF Strong Rehabilitation Centre](#), [Holy Family Hospital](#) and [Lions Gate Hospital](#). This set of criteria was developed to help identify patients who might benefit the most from an inpatient rehabilitation setting.

*\* A physiatry consult is required at sites where physiatry is available . If physiatry is unavailable, please contact the admissions coordinator at either GFS or HFH*

### Admission Guidelines

#### General

- Sustained significant loss of function as a result of the diagnosed condition
- Experiences limitations in functional areas such as mobility/motor, transfers, balance/postural control, limb weakness, cognition, swallowing, communication/speech, home/community management
- Demonstrates rehab potential with expectation for timely clinical/functional improvement
- Identifies rehab goals that are specific, measurable, realistic and timely
- Requires therapy  $\geq 2$  or more disciplines (PT, OT, SLP)

#### Medical Stability

- Clinically stable  $\geq 24$  hours with diagnosis and co-morbidities established and addressed

#### Rehab Readiness

- Demonstrates an ability to actively participate and is able to follow visual / verbal commands consistently
- Demonstrates an ability to learn (with carry-over)
- Consents for transfer to rehab and has potential and motivation to participate and improve
- Requires and is able to tolerate 2- 3 hours of therapy per day

#### Patient Specific Factors

- Controlled and/or managed continence (may include suprapubic catheter)
- Mechanical lifts and 2-person assist transfers accepted, with limited capacity to accommodate at HFH and LGH due to ceiling lift availability
- Good potential for discharge home but will accept with no pre-determined discharge address
- Accepts clients with PEG (GFS also accepts PICC lines and those with tracheostomy who require suctioning < every 4 hours; LGH also accept clients with IVs, HFH also accepts clients on peritoneal dialysis)

***\*Referrals from VCH and non-Vancouver Acute facilities must include a signed return to sender document indicating agreement to accept the patient back in the event that the patient is found not to meet criteria for admission, becomes unable or unwilling to participate in the rehabilitation process, or cannot be discharged into the community on completion of acute rehabilitation services***

### Exclusion Guidelines – any one of the below could result in exclusion \*

- Appropriate rehab services available in local health region
- Goals can be met through Outpatient or community based programs
- Medically unstable
- Medical interventions required that limit participation in therapy
- Non weight bearing status that limits full participation in therapy
- 1:1 supervision required
- Aggressive behaviors that pose a threat to the safety of themselves or others

***\*Due to the unique complex needs and situations of many patients, they may be initially deemed unsuitable within our existing admission guidelines. In these circumstances, we suggest an Integrated Team Conference call with the admissions coordinator for any complex patients requiring admission.***