



2015 Annual Report

As part of our CARF accreditation process, Yakima Regional Medical and Cardiac Center shares information each year regarding patients treated in our Inpatient Rehabilitation Program.

The chart below reflects patient information in relation to the most common diagnoses of 2015:

Patient Characteristics/ Diagnosis	Number of Patients	Average Length of Stay	Return to Home	Discharged to Skilled Nursing	Discharged Back to Hospital or Other
All Patients	242	13.4 days	77.6%	12.9%	9.5%
Male	129				
Female	113				
Average Age	70 yrs				
Stroke	91	16.1	74.4%	16.7%	8.9%
Brain Injury Traumatic & Non-Traumatic	29	12	67.2%	11.7%	21.1%
Orthopedic Injury Including Hip Fracture	26	12.2	91.4%	8.6%	0%
Neurologic Conditions	16	13.3	90%	6.7%	3.3%
Lower Extremity Amputations	7	12.7	85.7%	0%	14.3%
Spinal Cord Dysfunction Traumatic & Non-Traumatic	18	17.2	82.2%	14.3%	3.5%

Our program honors the diversity of our clientele. In the 2015 calendar year, ethnicities of patients served included: 84.7% Caucasian, 10.3% Hispanic, 4.1% Native American, 0.4% African American, 0% Asian and/or Pacific Islander.

Availability of Therapy Services:

Physical therapy: 7 days a week

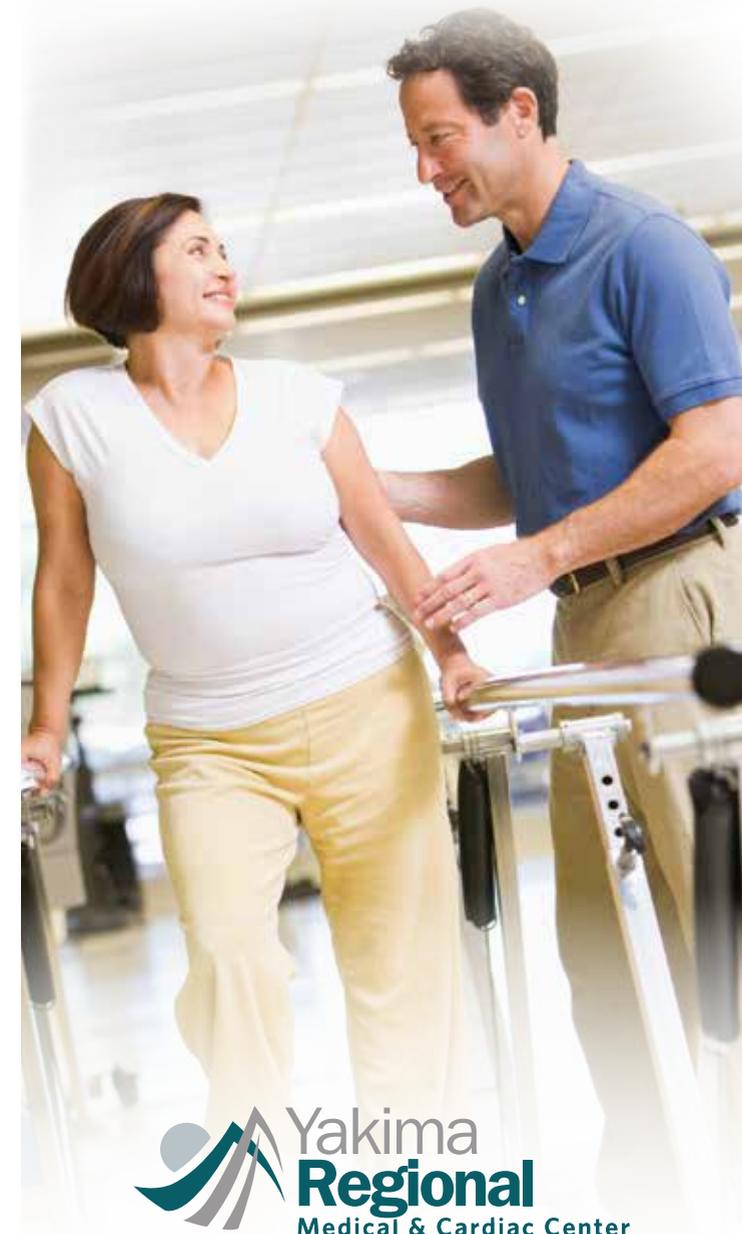
Occupational therapy: Monday-Saturday

Speech therapy: Monday-Friday

**Our program does not currently provide rehabilitation for the following: a traumatic injury or non-traumatic condition resulting in complete paralysis of all limbs; a traumatic brain injury in the early stages of recovery when participation in therapy is not possible; patients needing ventilator support; patients with severe burns; and persons under the age of 18. The Rehab Unit will suggest alternative placement when patients referred to the program do not qualify for admission.*

Recover.

The Inpatient Rehabilitation Program
at Yakima Regional Medical & Cardiac Center



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If you or someone you love has been referred for rehabilitation, our expert staff is ready to help with the recovery journey. We've been helping patients reach their full potential through comprehensive therapies, as well as medical and nursing care, for more than 30 years.

Our rehabilitation program serves approximately 275 patients annually who are recovering from, or coping with, various medical issues. These include:

- Strokes
- Brain injuries
- Neuropathy and myopathy
- Spinal cord injuries
- Multiple trauma injuries
- Cardiac disorders
- Amputations
- Polyarthritis
- Hip fractures / other orthopedic conditions
- Neurological disorders
- Guillain-Barre Syndrome
- Complex medical conditions

We are accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) – an international organization which sets strict standards for rehabilitation units. Additionally, our Level II Trauma Designation from Washington State allows us to care for critically-injured patients.

A Unique Setting

We offer the only acute-care inpatient rehabilitation program in Central Washington – which means we are located within a comprehensive healthcare facility. Our location within Yakima Regional Medical and Cardiac Center offers patients convenient access to medical and clinical resources, including laboratory, pharmacy, and X-ray services.

We are located on the third floor, with 13 private rooms and two rooms which may be configured for private/shared use.

Comprehensive Care Focused on Patient Progress

Our goal is to have at least 80% of our patients achieve functional goals such as bathing, dressing, grooming and ambulation in order to return safely to their homes. In 2015, 77.5% of our patients met this goal.

Rehabilitation Services Include:

- Close medical supervision by a physician with specialized training and experience in rehabilitation medicine
- A minimum of three hours of intensive therapy a day/five days a week, or 15 hours of therapy within a 7-day timeframe. This includes physical, occupational and speech therapies.
- 24-hour rehabilitation nursing
- Nutritional services, respiratory care, renal dialysis and wound care
- Psychology and neuropsychology; psychiatry
- Family/caregiver training to provide assistance after discharge
- Needs assessment for orthotics, prosthetics and medical equipment/supplies, plus assistance acquiring what is needed
- Social services – including case management, discharge planning/placement

Patient Satisfaction

Our mission is to provide quality, compassionate and effective care. We survey our patients following their stay on our unit to determine areas for improvement, as well as to learn what we are doing well. In 2014, our patient satisfaction survey revealed that 94% of our patients were very satisfied with the care they received.

A Sampling of Comments Received Include:

“The staff was so genuine in care and professionalism. I owe my speedy recovery to their excellent care.” (July 2015)

“My stay here was excellent! I enjoyed all the staff and with everyone’s help I’m able to cope with my situation and go on with my life again. Again, thanks to everyone who has helped change my life.” (August 2015)

“The nursing staff was very attentive and sensitive to my needs. Thank you Dr. Henderson and Dr. Brooke for your care.” (September 2015)

“Great care. I wouldn’t plan on going anyplace else. Thank you.” (September 2015)

“Outstanding service and care. All of the staff that worked with me are top professionals. I cannot imagine better care anywhere. Many thanks.” (October 2015)



Insurance

A financial counselor can assist you and your family in understanding your insurance benefits and your responsibilities both before-and-after your admission. Medicare and any secondary insurance policies typically cover most rehabilitation services, while private insurers usually require a pre-authorization for admission and then monitor your progress to determine coverage; this includes Medicare Replacements Plans.

Out-of-pocket expenses (those costs not covered by insurance) vary depending on the insurance company and your specific policy. Some patients may need to purchase items such as wheelchairs or walkers upon discharge, as this equipment may not be covered by a particular insurance plan.