

Admissions Guidelines

Transitional Rehabilitation Program (TRP)

Courage Kenny Rehabilitation Institute's Transitional Rehabilitation Program (TRP) provides subacute transitional rehabilitation services as part of Allina Health. This nationally recognized, 56-bed skilled nursing facility (SNF) has served people with disabilities since 1976.

TRP serves as a bridge to assist individuals who require intensive and/or specialized rehabilitation in transitioning from acute care to return home or to an alternative community living setting. It is an appropriate place for individuals that no longer require daily physician visits but do have skilled nursing and skilled therapy needs to gain more independence. The TRP provides holistic, comprehensive rehabilitation services to adults recovering from neurological conditions caused by illness or injury.

TRP SERVES PEOPLE WITH A DIAGNOSIS OF:

- Cerebrovascular disorders (e.g., stroke, aneurysm)
- Spinal Cord Injury
- Brain Injury
- Neurovascular disorder (e.g., spinal stroke)
- Other Complex Neurological/Neuromuscular disorders

CRITERIA FOR CLIENT ADMISSION AND CONTINUED STAY A CLIENT MUST:

- Require an intensive, coordinated rehabilitation program.
- Be able to make measurable improvements that will be of practical value to improve the client's functional capacity or adaptation to impairments, because of the rehabilitation treatment.
- Require active and ongoing therapeutic intervention of multiple therapy disciplines (Physical, Occupational, and/or Speech therapy) to reach discharge goals.
- Be able to tolerate a minimum of two to three hours of therapy five to six days per week that could not be provided at a lower level of care.
- Have physical or cognitive impairment that limits one or more life functions related to self-care and mobility.
- Be medically stable and not require daily physician visits.
- Not exhibit any safety threat or risk to self/others that cannot be managed safely in the TRP.
- Have an identified and approved funding source. If funding source is pending, the Administrator must approve the admission.

TO MAKE A REFERRAL

Admissions Department

Courage Kenny Rehabilitation
Institute – Golden Valley Campus

Phone: 612-775-2837

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TRP CAN MANAGE CLIENTS WITH:

- IV antibiotics via a PICC line.
- Nighttime BiPAP, CPAP if they can remove the mask independently.
- Tube feedings (with 8-hour feeding-free interval).
- Wound care needs that are assessed on a case-by-case basis.
- Use of oxygen at a flow rate of 2 L/min or less.

TRP TYPICALLY DOES NOT TAKE:

- Clients that are too lethargic to consistently participate in therapies.
- Clients that have dementia, confusion, or tendencies to not adhere to medical recommendations.
- Clients that are combative and/or require 1:1 supervision.
- Clients that are highly mobile and have a risk for elopement.
- Clients that are not progressing with daily therapies.
- Clients with tracheotomies.
- Clients with high flow oxygen.
- Clients on dialysis are assessed on a case-by-case basis.
- Clients that have an NG tube.

ASSESSMENT AND PATIENT CARE

- Admissions staff complete a preadmission assessment to determine whether the potential client requires the specialized programming offered by the TRP and whether the TRP can meet the potential client's needs.
- When a client admits to the TRP, the interdisciplinary team develops an individualized care plan. The care team meets regularly with the client and their support circle to review progress and update goals.

STAFFING

- Physical Medicine and Rehabilitation physicians are on site and are physicians that specialize in neurological rehab i.e. brain injury, stroke, spinal cord injury etc.
- Hospitalists make regular visits.
- NP: One on each unit M-F.
- RN: For days and evenings, one nurse: per 8-10 clients plus charge nurse. On Nights, one RN: up to 24 clients, plus one charge nurse.
- Nursing Assistants: Days and Evenings, Days: one NA: 4-6 clients. Nights: Five NA's which is one NA for every 8-10 clients.
- Therapists have special certification in treating traumatic brain injury, stroke, and spinal cord injuries.

UNIQUE SERVICES

- Assistive technology lab and resources
- Family and client education and support services
- Therapeutic pool and fitness center
- Massage and acupuncture offered through a partnership with Northwestern Health Sciences University
- Psychology, Neuropsychology and Psychiatry consultation on site
- Pain specialists
- Adaptive sports and recreational activities (seasonal)
- Support groups and peer visitors.