

Admissions Guidelines

Transitional Rehabilitation Program (TRP)

Courage Kenny Rehabilitation Institute's Transitional Rehabilitation Program (TRP) provides inpatient rehabilitation services as part of Allina Health. This nationally recognized, 48-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. The TRP provides holistic, comprehensive rehabilitation services to adults recovering from neurological conditions caused by illness or injury. The goal is to help our clients gain greater independence.

CRITERIA FOR CLIENT ADMISSION AND CONTINUED STAY A CLIENT MUST:

- require an intensive, coordinated rehabilitation program
- have the ability to make measureable improvement that will be of practical value to improve the client's functional capacity or adaptation to impairments, as a result of the rehabilitation treatment
- require active and ongoing therapeutic intervention of multiple therapy disciplines (Physical, Occupational, and/or Speech therapy) to reach discharge goals.
- require a minimum, two to three hours of therapy five to six days per week that could not be provided in a lower level of care
- have a 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 admission must be approved by the Administrator

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 (e.g., MS, Guillain-Barre Syndrome, Parkinson's)
- Multiple/complex amputations

TO MAKE A REFERRAL

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TRP ACCEPTS PATIENTS WHO REQUIRE:

- IV antibiotics via a PICC line
- Night time BiPAP, CPAP if they are able to remove the mask independently
- Tube feedings (with 8 hour feeding-free interval)
- Wound care services available but vary on case by case basis
- Use of oxygen at a flow rate of 2 L/min or less

TRP TYPICALLY DOES NOT TAKE:

- Those that are too lethargic to consistently participate in therapies
- Those that have dementia, confusion, or tendencies to not adhere to medical recommendations
- Those that are combative and/or require 1:1 supervision
- Those 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

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, an individualized care plan is developed by the interdisciplinary team. The care team meets regularly with the client and their support group to review progress and update goals.

STAFFING

- PM&R physicians on site, 1 assigned to each unit. Hospitalists perform regular visits
- NP: 1 on each unit M-F
- RN: For days and evenings, 1 nurse: up to 12 clients. On Nights, 1 RN: up to 24 clients.
- Nursing Assistants: Days and Evenings, 1 NA: 4-6 clients. Nights, 1 NA: 12 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
- ABLE (Activity Based Locomotor Exercise) Program