

POST-ACUTE REHABILITATION

Swing Bed Program

Penn Highlands Healthcare

Penn Highlands is committed to getting you back on your feet.

Welcome: We're Ready to Help with Your Recovery.

At Penn Highlands Healthcare, we understand there are times when a patient no longer needs the acute care they receive in our hospital — yet they may not feel strong enough to return home. For those patients, we offer a comforting alternative.

Our Swing Bed Post-Acute Rehabilitation Program is designed to provide patients with individualized, in-hospital care and physical rehabilitation to help them reach an optimal level of functioning. This post-acute care is designed for patients who are discharging from acute care, but need temporary additional care that cannot be provided at home or in a long-term care facility.

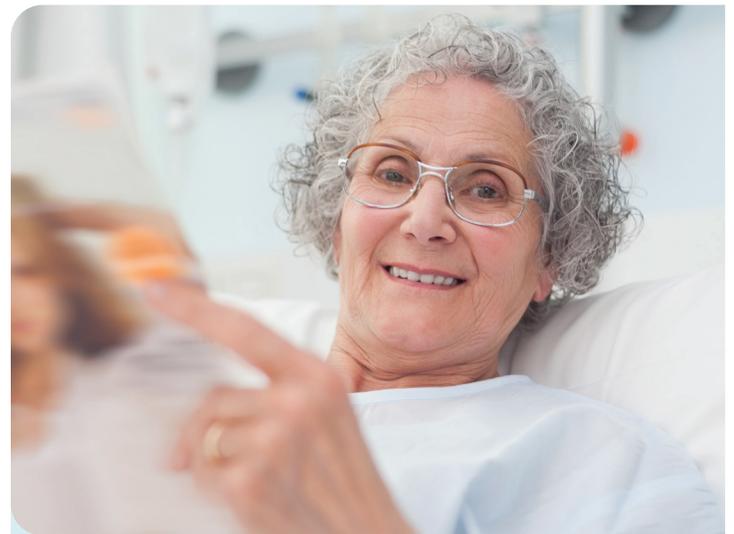
Through a combination of first-rate rehabilitative therapies, attentive nursing care and medical supervision, patients gain the strength, functionality, balance and range of motion they need to care for themselves with confidence.

What About Visiting My Loved One?

Patients need the support and encouragement of their friends and family, whom we invite to visit often. If you have a visitation request outside our normal visiting hours, special arrangements may be made by contacting the nursing staff. Family members are encouraged to attend care conferences for their loved one.

Who Qualifies for the Swing Bed Program?

You'll find that Medicare and most insurance companies cover post-acute rehab services. These services are usually covered under the "Skilled Nursing Facility" benefit category. Medicare and state regulations provide the following patient eligibility guidelines:



For More Information

PENN HIGHLANDS BROOKVILLE
CASE MANAGEMENT - **814-849-1891**

PENN HIGHLANDS CLEARFIELD
CASE MANAGEMENT - **814-768-2390**

PENN HIGHLANDS ELK
CASE MANAGEMENT - **814-788-8375**

PENN HIGHLANDS HUNTINGDON
CASE MANAGEMENT - **814-643-8619**

PENN HIGHLANDS TYRONE
CASE MANAGEMENT - **814-684-1255, Ext. 2480**

www.phhealthcare.org/swingbed



- A patient must be hospitalized as an “Acute Care Inpatient” (not an “Observation Patient”) for a minimum of three consecutive midnights within a 30-day period.
- Admissions can come from any hospital, including our hospital, after three consecutive midnights as an inpatient in acute care.

We recommend that you contact your insurance company for specific coverage before making any health care decisions.

Who could benefit from the swing bed program?

- Patients who need rehabilitation or therapy after orthopedic surgery, such as joint replacement.
- Patients recovering from a stroke who do not qualify for admission to an inpatient rehab center.
- Patients receiving IV therapy or wound care.
- Patients needing to regain strength and mobility after an illness, injury or surgery.
- Patients needing diabetic management.

Who Is Involved in Your Care?

Patients receive skilled rehabilitation, evaluation, and treatment services three to six days a week, or as prescribed. The multidisciplinary team providing these services includes:

Physicians: Board certified physicians care for each patient and are available 24 hours a day. These experts may also request consultations with other specialists during your stay.

Nurses: Qualified nurses provide daily, individualized care to each patient. A case manager also coordinates with the referring institution to ensure that you have a smooth transition into the program. In addition, your case manager works with your insurance company to determine eligibility and coverage for benefits.

Dietitian: Our licensed dietitian can complete a dietary evaluation to determine your nutritional needs, track your progress, make dietary recommendations, and provide nutritional education.

Rehabilitation Team: Our comprehensive rehabilitation team includes physical therapists, occupational therapists, restorative aides, and speech-language pathologists. Services provided include strength and endurance training, range of motion and therapeutic exercise, and gait training.



Pharmacy: Our clinically trained pharmacists are available 24/7 to advise physicians on the dosages, interactions, and side effects of medications. They can also answer patient questions about prescription drugs.

Social Workers: Our social workers provide psychological support, care coordination, and discharge planning. They interview each new patient to obtain information that helps the multidisciplinary team create a personalized plan of care. They also work to ensure that the appropriate health care and social service support and resources have been identified and coordinated for you upon discharge.

What Happens After the Swing Bed Program?

Each patient makes progress based on individual medical needs and rehabilitative potential. The multidisciplinary team will continuously monitor your progress and evaluate new goals until they determine you are ready for discharge.

Your social worker will assist you with discharge and a therapist may accompany you to your residence to complete a home safety evaluation. Therapists can also educate you and your family or caregiver on safe body mechanic techniques and practical adjustments that can be made in your home or residential facility.

You may be referred to home health or rehabilitation services for additional therapies to help you attain your long term recovery goals. This may include learning how to use adaptive devices and assistance equipment properly, learning exercise techniques you can use at home, and learning preventative measures that reduce risk of injury and falls.