

## INPATIENT REHAB REFERRAL GUIDELINES

### Determining if a patient is a candidate for inpatient rehabilitation . . .

- ✓ 18 years of age or over.
- ✓ Patient demonstrates by documented progress, the potential to improve in functional level with participation in a rehab program.
- ✓ The patient has consented to an assessment for the program and demonstrates willingness and motivation to participate in a rehab program.
- ✓ There are no severe cognitive, mental health and/or behavioural difficulties that would impede the rehabilitation process.

### Determining Medical Stability . . .

- ✓ A clear diagnosis and co-morbidities have been established.
- ✓ At the time of discharge from acute care, acute medical issues have been addressed; disease processes and/or impairments are not precluding participation in rehab program.
- ✓ Patient's vital signs are stable.
- ✓ No undetermined medical issues (e.g. excessive shortness of breath, falls, and congestive heart failure).
- ✓ Medication needs have been determined.

### Determining Rehab Readiness . . .

- ✓ Patient meets the criteria of a rehab candidate as defined in guideline above.
- ✓ Patient meets the criteria of medical stability as defined in guideline above.
- ✓ All medical investigations have been completed.
- ✓ There is reason to believe that, based on clinical expertise and evidence in the literature, the patient's condition is likely to benefit from the rehab program/service.
- ✓ Goals for rehabilitation have been considered and are specific, measurable, realistic and timely.
- ✓ Patient's special needs have been determined.
- ✓ Patient is able to meet the minimum tolerance level of rehab program (sitting tolerance of 2-3 hours in a wheelchair).
- ✓ Treatment for other co-morbid illnesses/conditions does not interfere with patient's ability to participate in rehab (e.g. dialysis or active cancer treatment resulting in fatigue or frequent absences from the unit during rehab treatment sessions).
- ✓ Patient's discharge options following rehab have been discussed.

### Exclusion Criteria . . .

- ✓ Wandering patients.
- ✓ Acute psychiatric illness.
- ✓ Safety risk to self/others.
- ✓ Decreased cognition, i.e. cannot learn, retain or carryover information.
- ✓ Head injury.
- ✓ Current residents of Nursing Homes.

