

Introduction

In-home therapy with Hospital at Home (HAH) provides acute level care in the home which allows patients to have another set of eyes, ears and hands in their homes while participating with the HAH program. This allows for more complete care and helping problem-solve any issues that arise in real-time with the resources available to the patient in their environment. Atrium Health Hospital at Home provides Physical therapy (PT), Occupational therapy (OT) and Speech therapy (ST) in the patient's home. This is in addition to a Community Paramedic visit twice per day with one virtual visit with a physician. Patients also have remote patient monitoring by nursing.

Who is appropriate for therapy with HAH?

Atrium HAH uses the Activity Measure for Post Acute Care (AM-PAC) score as a guide on inclusion to the program. In 2024, the average AMPAC score YTD is: 18.9. This number is down from data in 2023 with average AMPAC score of 20.72. This translates to caring for higher acuity patients in their home environment.

If patients have an active therapy plan of care in the brick-and-mortar facility, it follows the patient to HAH. New consults or re-consults are also an opportunity for therapy.

Who has benefited?

Total therapy visit count since 2021 has been 789 visits. This includes a steady increase year over year as census for the HAH program has increased. For 2024 YTD, the visits have already surpassed total visits for 2023. Specific patient stories are shared next.

AM-PAC 6 Clicks – Basic Mobility – How much help is needed from another person when:

Turning from your back to your side while in a flat bed without using bedrails?
 3=A little taken 4 days ago

1=Total Assist 2=A lot 3=A little 4=None

Moving from lying on your back to sitting on the side of a flat bed without using bedrails?
 3=A little taken 4 days ago

1=Total Assist 2=A lot 3=A little 4=None

Moving to and from a bed to a chair (including a wheelchair)?
 3=A little taken 4 days ago

1=Total Assist 2=A lot 3=A little 4=None

Standing up from a chair using your arms (e.g. wheelchair, or bedside chair)?
 1=Total Assist taken 4 days ago

1=Total Assist 2=A lot 3=A little 4=None

To walk in hospital room?
 1=Total Assist taken 4 days ago

1=Total Assist 2=A lot 3=A little 4=None

Climbing 3-5 steps with a railing?
 1=Total Assist taken 4 days ago

1=Total Assist 2=A lot 3=A little 4=None

Outcomes:

- If Score > 18 = Home/Home Care
- If Score < 18 = Institutional Rehabilitation

Clinical Vignettes

Patient with Multi-Trauma

Patient was a 30-year-old male who had been involved in a motor vehicle collision. He had been in and out of the hospital multiple times. Patient had started outpatient therapy the week prior with non-weight bearing (NWB) in all 4 limbs. Patient was re-admitted due to a medical complication. He was finally released to WB through BLEs prior to PT visit. During his HAH PT session, exercises, positioning and bed mobility was progressed.

Standing Hug

Patient was able to stand at home and give his significant other a HUG for the first time in 3 months. Patient was able to resume outpatient therapy the following week.

Patient with Medical Complexity

Patient was a 40 y/o male with necrotizing pancreatitis. He had multiple drains, wounds, NPO for multiple weeks/months.

Bed mobility

Therapy focused on bed mobility and transfers to reduce caregiver burden, improve sitting balance, improve posture, standing and side-stepping a table. Patient was eventually discharged from HAH to home. Patient later returned after one month to acute care and then HAH due to a complication. At that time, patient was walking with a RW and performing a home exercise program regularly.

Patient with multiple stays in SNFs/Hospitals

Patient with CHF and multiple co-morbidities had drop foot and mentioned being fitted for an ankle-foot-orthosis (AFO) recently, but never received the device. Patient with significant trunk flexion with a ambulation. The AFO would greatly improve patient's risk of fall.

Therapist Outreach

Therapist was able to contact Orthotic & Prosthetic company to connect company with patient's family to schedule follow up visit.

Patient with COPD

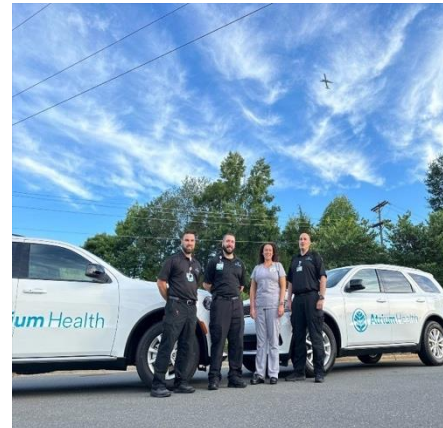
While working with an aging male with COPD, the physical therapist assisted patient to the bathroom. The therapist noticed new skin breakdown on his sacrum. Patient lived alone and had not mentioned any skin breakdown concerns previously.

Teamwork

This patient would not have otherwise received treatment for this wound since the patient did not complain of skin integrity concerns. The paramedic and nurse were able to provide appropriate skin care treatment.



Row Labels	Sum of Visit Count
2021	61
2022	183
2023	214
2024	331
Grand Total	789



Discussion

HAH is growing in popularity because patients and healthcare systems are seeing the multi-faceted benefits. Patients heal more easily in the comfort of their home and in their familiar environment. The importance of having in-home therapy visits as part of the HAH program is imperative in providing holistic care for each patient.



References

1. Jette, DU, et al. Validity of the AM-PAC "6-Clicks" Inpatient Daily Activity and Basic Mobility Short Forms. Physical Therapy, Volume 94, Issues 3, 1 March 2014, Pages 379-391.
2. Leong MQ, Lim CW, Lai YF. Comparison of Hospital-at-Home models: a systematic review of reviews. BMJ Open. 2021 Jan 29;11(1):e043285. doi: 10.1136/bmjopen-2020-043285. PMID:33514582; PMCID: PMC7849878
3. Center for Medicare and Medicaid Services. Acute Hospital at Home Resources. <https://qualitynet.cms.gov/acute-hospital-care-at-home/resources#tab2es> (cms.gov) Accessed September 23, 2024.

Contact Info

Shannon.Cormier@atriumhealth.org