

**REHABILITATION CENTER  
SANTA CLARA VALLEY MEDICAL CENTER  
BRAIN INJURY REHABILITATION  
JOURNEY TO RECOVERY PROGRAM  
SCOPE OF CARE**

**POLICY**

The SCVMC Brain Injury Rehabilitation Program provides a broad range of therapeutic activities structured in a program individualized to meet each patient's strengths, cultural needs, age requirements, abilities and preferences. The Journey to Recovery program, within the Brain Injury Program, provides rehabilitation services for the most severely brain-injured patients who would not be able to participate in a traditional rehabilitation program. The program meets the individual patient needs by delivering a comprehensive, interdisciplinary approach at a pace consistent with their recovery. Considered payer sources include: Commercial, Health Maintenance Organizations (HMO), Workers' Compensation, California Children's Services (CCS), and private pay. Final authorization is at the discretion of the insurance company. Referrals are accepted from all sources which may include hospital, physician/group, payer, and private pay.

**Admission criteria:**

1. Patient must have an acquired brain injury resulting in a significant loss of function.
2. Patient must be medically stable, without complications, which would interfere with intensive rehabilitation, and attainment of realistic rehab goals.
3. Must be 13 years or older.
4. Must have a primary presenting problem in two or more of the following:
  - A. Self-care
  - B. Mobility
  - C. Motor dysfunction of one or more limbs
  - D. Bowel/bladder control/management
  - E. Pain management
  - F. Safety
  - G. Cognitive functioning
  - H. Communication
  - I. Swallowing difficulties
5. Patient must require an interdisciplinary team approach, consisting of at least 2 therapies from physical therapy, occupational therapy, or speech pathology.
6. Patient must be able to tolerate and benefit from at least 3 hours of therapy 5 days/week.
7. Must have a viable discharge plan generally to a non-institutional setting.
8. Requires 24-hour rehabilitation nursing.
9. Requires daily medical supervision of a physician experienced in rehabilitation medicine.

**Additional admission criteria include:**

1. Sustained an acquired brain injury that results in a disorder of consciousness (typically Rancho level 2 or 3) or a slower pace to recover than typical brain injuries.
2. Injury onset of less than one year.

3. Patients who may benefit from a neuro-stimulant trial.
4. Patients who may have severe joint limitations.
5. Patients who may have moderately to severely increased tone.
6. Patients who may have tracheostomy or impaired secretion management.
7. Discharge plan to community or to an alternate level of care.
8. Must have an insurance benefit for this level of care.

**Discharge criteria include:**

1. Patient has made enough progress to be safely discharged to non-institutional setting.
2. Physical limitations have been minimized such as joint contractures and spasticity management.
3. Caregivers are able to perform daily care for home discharge.
4. Long term care facility has been identified and accepted patient.
5. Patient requires intensive medical treatment not provided by the program such as telemetry, surgery, or life supporting treatment.

**Services available:**

The following services are provided on site 24 hours a day, seven days a week:

- Medical management by a physical medicine and rehabilitation physician
- Rehabilitation nursing services provided by a registered nurse including assessment, implementation, planning, and critical decisionmaking
- Diagnostic imaging
- Laboratory
- Pharmacy services
- Comprehensive medical and surgical specialty services include but not limited to: Orthopedics, Neurology, Neurosurgery, Cardiology, Endocrinology, Pulmonology, General Surgery, Urology, Internal Medicine, Interventional Radiology, and Psychiatry.

Consultations and results are completed in a timely fashion, typically within 24 hours.

Other services provided on site by physician referral and are based on the individualized needs of the person:

- Case Management
- Chaplaincy
- Dialysis
- Nutrition
- Occupational Therapy (OT)
- Ostomy/wound care
- Peer support
- Physical Therapy (PT)
- Psychology/Neuropsychology
- Respiratory Care
- Social Services
- Speech Pathology (SLP)
- Therapeutic Recreation
- Visual Assessment

Services available through contractual agreements:

- Orthotic services
- Prosthetic services

Referrals are made to community based programs for:

- Driver rehabilitation/attendant van
- Inpatient substance abuse treatment
- Physical environmental modifications
- Rehabilitation engineering
- Vocational rehabilitation

Areas of intervention that will be addressed by the rehabilitation team, when appropriate, include:

1. Medical management of current condition, preventing complications and comorbidities, and reducing the risk factors for recurrent brain injury
2. Neuro-pharmacological management
3. Heterotopic ossification remediation
4. Respiratory/tracheostomy care
5. Tone management/serial casting/positioning to improve function and or hygiene
6. Dysphagia treatment and nutrition assessment to maximize safe food and/or supplemental intake
7. Normalizing sleep-wake cycle
8. Behavior management
9. Cognitive retraining
10. Establishing reliable communication methods
11. Functional mobility training
12. Activities of daily living training
13. Bowel and bladder training
14. Skin care assessment and treatment
15. Assistive technology including durable medical equipment
16. Psychosocial adjustment including psychiatric and addiction linkage services when necessary
17. Family training and education
18. Discharge planning/community resources
19. Follow up services including outpatient therapy services, specialty physician, and physical medicine and rehabilitation services