

Your Road to Recovery: Coordinated Care

Meeting Your Health Care Needs in the Right Place at the Right Time

ALDEN ESTATES OF BARRINGTON
BETTY BRUNNER, RN

REHABILITATION AND THERAPY SERVICES

By 2020, an estimated 157 million Americans will have at least one chronic medical condition. These patients will require personalized attention and seamless transitions from one health care setting to another – something not offered in today's health care environment. That is why, in the past year, there has been a national call to action on health care coordination.

In a Medpac report to Congress, "Reforming the Delivery Systems," it was identified that care providers need to coordinate their care services. The report stated that "care providers need to increase care coordination and be jointly accountable for quality and resource use. Poorly coordinated care results in patient confusion over treatment, duplicate service use, higher spending and lower quality of care."

COORDINATED CARE

Today, Coordinated Care is taking on a new meaning – to improve health care outcomes for our patients. By improving Coordinated Care, the physician and patient have better outcomes by eliminating patient confusion, duplicate services, and high spending.

What this means is that all health care providers – hospitals, outpatient clinics, physician offices, post-acute care facilities, home health agencies, rehabilitation centers and the like – must work together to ensure that once a patient leaves their care setting, that there is a safe hand off for you, their patient, and all of your health information.

Your health history and care should be seamlessly coordinated and communicated among all of your health care providers across different care settings so that we are working together to provide care and services to you.

THE PATIENT'S VOICE

Coordinated Care, in addition to driving health care outcomes and communication to physicians and care providers, assures that the patient is heard and what you have said is acted upon throughout treatment and recovery. People of all ages who undergo any type of surgical intervention or are recovering from an illness or injury have the right to express themselves about their care and health care providers need to recognize that hearing the patient's voice is the foundation of recovery.

With one in five individuals returning to the hospital within three weeks of discharge, the patient's voice and knowledge is more critical than ever before in the coordination of care. Who knows your medical condition, prescription medications and test results better than you?

CHOICES FOR RECOVERY

If we want to prevent unplanned rehospitalizations, we all have to work together to implement post-hospital transition care plans that are more patient-centered. The goal should be to reduce 30-day readmission rates and emergency department visits. The choice in the path to recovery for the patient depends upon whether the individual wants to modify their lifestyle, commit to a course of medical interventions, possibly use assistive devices, or whether the patient wants to achieve a maximum level of functioning before returning home.

POST-HOSPITAL RECOVERY

Short-term orthopedic and post-acute care facilities can provide a safe transition from the hospital to home by offering 24-hour care and services to get you back on your feet as quickly and safely



Betty Brunner, RN, BS, LNHA, is the Vice President of Operations for Alden Management Services and is responsible for oversight at Alden Estates of Barrington. She is a registered nurse (RN) and a licensed nursing home administrator (LNHA).

as possible. In a rehabilitation setting such as Alden Estates of Barrington, physical, occupational and speech therapies are offered daily to ensure optimal outcomes. Short-term patients benefit from beautiful surroundings, five-star amenities and fine dining – and stays can be as short as a few days to a couple of weeks. The benefits include 'round the clock nursing care, the ability to get stronger in a structured setting and the comfort in knowing you are being taken care of by a team of highly skilled physicians, nurses and other staff.

Health care providers must work collaboratively with patients to provide the best health care and services so you receive the right care, in the right place, and at the right time during your road to recovery.

Helpful Tips When Being Discharged

- Communicate with all of your care providers to determine which services are available to you and what you actually need
- On the day of discharge, make sure that you and your family and loved ones receive education on your health care status
- Conduct a review of your past and current medications and check to see if any new prescriptions were ordered
- Make sure you know when you have follow-up physician appointments
- Request a user-friendly Discharge Summary so that you fully understand

Contact Information:

BETTY BRUNER, RN
ALDEN ESTATES OF BARRINGTON
1420 South Barrington Road
Barrington
847-382-6664
www.aldenestatesofbarrington.com