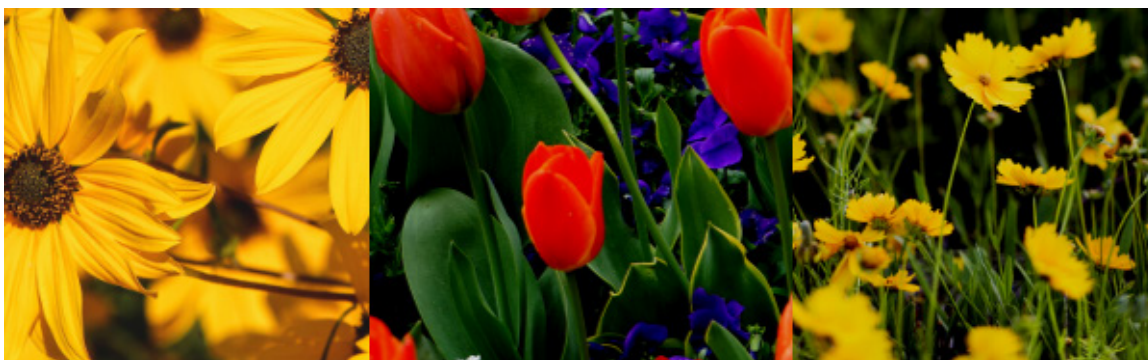


Welcome to the ATS Angle, a publication with helpful resources and stories to support your facility's ongoing success. Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. [Visit our website to learn more.](#)



Join us in celebrating **Occupational Therapy Month** and raise awareness about the benefits of occupational therapy.

[View resources, stories and videos to share with your clinical team.](#)

[Read more in our blog>>](#)



Physical Therapy & Occupational Therapy = Better Outcomes

Recently, the American Occupational Therapy Association ([AOTA](#)) and the American Physical Therapy Association ([APTA](#)) jointly commissioned a study examining the benefits of Occupational Therapy (OT) and Physical Therapy (PT) services for patients who receive care in inpatient rehabilitation facilities, skilled nursing facilities and home health agencies under the Medicare program. This study reviewed data from 1.4 million Medicare cases.

Key Findings:

OT and PT are connected to positive patient outcomes, including:

- Improve patients' functional abilities.
- People who received the **fewest minutes** of PT and OT were at the **highest risk for hospital readmission** across all post-acute care settings.
- Intensive therapy stays in inpatient rehab facilities were associated with significant functional independence gains.
- The intensity of OT and PT services is associated with improved ability to perform everyday functional activities such as bathing, dressing and transferring.

PAC SETTING	FINDINGS
Inpatient Rehabilitation Facilities	<ul style="list-style-type: none">• Patients admitted to IRFs are highly impaired.• IRFs focus on high-intensity provision of rehabilitative care for populations that can tolerate such an approach.• Findings suggest that patients in IRFs benefit from substantial hours of therapy.• The findings demonstrate an overall positive relationship between therapy intensity and functional status score change.
Skilled Nursing Facilities	<ul style="list-style-type: none">• Patients admitted to SNFs are relatively impaired and have varying needs and goals, such as maintenance of functional independence.• SNFs provide a broad range of therapy, and findings suggest that patients in SNFs improve across varying therapy intensities.• The findings demonstrate a positive relationship between therapy minutes and functional status score change. Also, some clinical conditions treated by SNFs demonstrate greater outcomes from increasing therapy minutes.
Home Health Agencies	<ul style="list-style-type: none">• Patients admitted to HHAs are typically less impaired than those admitted to SNFs or IRFs.• Home health therapy generally aims to enable patients to regain their ability to perform ADLs and remain safely in their homes.• The findings suggest that HHA patients benefit from increases in therapy across varying lengths of stay.• The findings demonstrate that greater therapy intensity among patients admitted to the HHA could further improve functional status, as the benefit does not diminish as the minutes increase.

(source: [apta.org](https://www.apta.org))

The findings indicate that patients who receive the fewest minutes of OT and PT have worse functional outcomes than those receiving more minutes of OT and PT across *all* post-acute care settings.

These findings highlight the importance of matching delivery of therapy services to patient needs.

Resources:

- [Therapy Outcomes in Post-Acute Care Settings: Study Summary](#)
- [Therapy Outcomes in Post-Acute Care Settings Chart Book](#)

Leadership Recommendations

- Support collaboration within the entire care team to ensure the delivery of PT and OT is matched to patient need, especially when addressing the needs of patients recently admitted from an acute care stay.
- Evaluate clinical conditions, particularly joint replacement therapy, for the enhanced use of therapy.
- For inpatient rehab facilities, evaluate for more intensive therapy stays to support significant rehabilitation outcomes and functional independence.
- Ensure the plan of care incorporates skilled PT/OT interventions to support positive outcomes.
- Provide patient/family tools and resources to be an active participant in achieving functional status goals.

ATS Spotlight: Occupational Therapy

ATS Occupational Therapy professionals impact one's ability to perform everyday physical and mental activities of living, including:

- Training for improved independence in dressing, bathing, eating and grooming
- Activities for memory, orientation and cognitive integration
- Strengthening and coordination exercises
- Exercises to maintain normal joint movement in order to reduce the effects of arthritis or other conditions



[Contact us to learn more](#) or to [submit a referral](#).



Occupational Therapy *Endless Opportunities to Support Patient Goals*

An Interview with Crystal Elizabeth Knipp, MOT, OTR/L

Crystal Knipp, Therapy Program Director at [Auburn Village](#), has been with ATS for almost two years. She is a Certified Dementia Care Specialist and LSVT BIG Certified.

In her Program Director role, Crystal supports the therapy team and consults with other departments in fall prevention/management, behavior management modifications and strategies, and additional interventions that contribute to the safety and success of the patients they serve.

Recently, we connected with Crystal to gain her insight about considerations to follow when caring for patients with occupational therapy needs.

Q: What should clinicians consider when addressing the needs of patients who are recovering from injury, or experiencing physical and cognitive changes? How does OT help support these efforts?

A: Throughout the patient's recovery, it is important to consider the psychological changes that occur with illness or injury and the changes and impact that may occur as a result. As an Occupational Therapist, I can utilize a holistic approach to provide a more comprehensive plan of care to address patient needs. I also love being able to use activity analysis to drill down into a specific task to identify individual task-specific barriers to assist in achieving independence!

Q: What advice do you have for other clinicians as they care for patients with Occupational Therapy needs?

A: Do not be afraid to step outside of the basics or norm and be creative in addressing patients' needs. Custom-tailor interventions to enhance engagement and overall outcomes. The beautiful thing about Occupational Therapy is that the horizons are so vast and our opportunities to help others are endless!

Q: Please highlight a patient story that is most memorable.

A: A complex care patient requiring ventilator support and total dependence for care and mobility was admitted following acute illness. Occupational Therapy was referred upon admission to address deficits in occupational performance. To support the interdisciplinary care goals, multiple therapies were provided collaboratively within our department and facilitated significant gains of strength and endurance allowing for further gains to be made in performance of self-care, mobility, communication, and swallowing. The patient was successfully discharged to an Assisted Living Facility, performing self-care independently, mobility with modified independence, and independent communication and functional swallow to enjoy his life, again.

The overall success of our patients is why we do what we do. A success is a success, no matter how big or how small!

Auburn Village provides comprehensive care services including, short-term rehabilitation, complex chronic illness care, skilled nursing, independent living, long-term care, dialysis services, memory care, palliative and hospice care, respiratory/ventilator care and respite and short-term stays.

Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.

Our Service Area

ATS serves patients across Illinois and Indiana. In Illinois, we serve patients in the Chicagoland and Rockford regions, as well as in Central Illinois (including Peoria, Springfield and Champaign). We serve our patients wherever they are located in a variety of capacities. [Learn more>](#)

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