Physical Therapy Intervention with Cardiac Patients in Acute Care Setting and Readmission Rates

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INTRODUCTION

• 20% of patients in U.S. hospitals are readmitted within 30 days1
• Changes in acute care reimbursement are occurring, increasing need for early and appropriate discharge
• Increased hospital stays correlate with increased functional impairments
• Patients with a myocardial infarction (MI) who participated in a physical rehabilitation program had 9% less readmission rates than patients who did not participate in a program2
• The length of hospital stay and readmission rates can be decreased by incorporating physical therapists (PT) in the rehabilitation of patients admitted for cardiac conditions

PICO QUESTION

• Does incorporating a physical therapist in the interdisciplinary hospital care decrease hospital readmission within 30 days in cardiac patients compared to no PT?

SUPPORTING EVIDENCE

• Odds of 30-day readmissions were 3.78 times greater when a PT was absent from the interdisciplinary team 3
• Odds of 30-day readmission for patients discharged to their home were 2.47 times greater than those who were not discharged to their home 3
• Increased lack of post-discharge services when a PT was not included in the interdisciplinary team3
• Supervised physical exercise program was effective at reducing number of ER visits and improved exercise capacity and health-related quality of life in post-myocardial ischemia2

30 DAY READMISSION RATE FOR CARDIAC RELATED STAYS

![Table showing readmission rates for various cardiac diagnoses](image)

CONCLUSION

• Health care providers should advocate for physical therapists to be involved in the rehabilitation of patients admitted for cardiac conditions
• Physical therapists can contribute to the interdisciplinary acute care team by early interventions
• Lowered readmission rates are seen with physical therapy intervention

LEVEL OF EVIDENCE

• 1 Statistical brief of retrospective data on readmission rates during set time frame1
• 1 RCT (Level 1b)2
• 1 Retrospective observational study (2b)3
• 1 Expert Opinion (Level 5)4
• There is a need for further high quality objective research to incorporate specific physical therapy interventions

REFERENCES


“Physical therapists, as experts in optimizing physical function...demonstrate the value of physical therapy interventions in reducing hospital readmissions.”4

PT ROLE IN ACUTE CARE

• Initiate early mobility to decrease effects of prolonged immobilizations
• Give a professional opinion on discharge status based on functional mobility status
• Communication to other providers and families on medications, discharge planning, and home programs
• Education to patients and caregivers
• Coordinating care among providers throughout episode of care
• Ensure caregivers are suitable to meet patient’s care needs before discharge
• Complete follow-ups to ensure needs are met4

![Photo of healthcare professionals](image)