

# PHYSICAL & OCCUPATIONAL THERAPY

Physical therapists, physical therapy assistants, and occupational therapists treat people of all ages. While receiving skilled care at Guthrie County Hospital, the therapy department will consult and practice with your health care professionals to develop personalized treatment and therapy goals. This department helps improve and restore mobility that might include overall strengthening, transferring in/out of a bed or chair, or working to improve your walking ability. The therapy department also focuses on activities of daily living to make sure the patient can go to the least restrictive environment upon discharge. The therapists at GCH work with patients twice each day during the week while in the hospital, and also have the ability to do therapy on an outpatient basis, and in the home.

# SPEECH THERAPY

Guthrie County Hospital provides speech therapy to patients if needed. The speech therapist works with patients across the lifespan in the treatment, management, and counseling of speech, language, cognition, and swallowing disorders. The therapist helps individuals effectively communicate their wants and needs by the use of evidence-based practice treatment.

# MEDICAL NUTRITION THERAPY

Registered Dietitians are the food and nutrition experts who guide individuals to improve their health through medical nutrition therapy. At GCH, the dietitian provides personalized nutritional care and education to patients and their families. Each patient's menu is based on their specific nutritional needs to help promote healing and recovery.

# CARE COORDINATOR

The care coordinator at Guthrie County Hospital coordinates Skilled Care discharge planning and participates in weekly meetings with the patient and their Skilled Care Team. The care coordinator will assist the patient with any additional services that might be necessary upon discharge such as in-home services, or further care at another facility.

**If you are looking for Skilled Care, or have questions regarding Skilled Care at Guthrie County Hospital, please contact the hospital care coordinator at 641-332-3812**



An Affiliate of  UnityPoint Health

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# SKILLED CARE

*The care you need, close to home.*



# FAQ'S

## What is Skilled Care?

Skilled Care is the health care given when you need skilled nursing or rehabilitation to treat, manage, observe, and evaluate your care. This includes nursing care such as administering IV medications, wound care, parenteral nutrition by feeding tube or central line, and/or the need to teach the procedure to you.

## Why might I need Skilled Care?

Skilled Care may be needed to maintain your current condition and prevent it from worsening and/or improve your current health condition. Rehabilitation may be necessary to develop a maintenance program that could include Physical Therapy, or occupational Therapy and Speech Therapy in conjunction with Physical Therapy.

## How long may I receive Skilled Care?

Skilled Care will continue as long as you are making progress toward your goals as developed by you and your Skilled Care Team for up to 100 days per benefit period for Medicare, and/or your insurance company's guidelines.

# FAQ'S

## How is Skilled Care paid for?

If you have Original Medicare, all or a portion of your stay will be covered by Medicare. What is covered by the Original Medicare Plan?

# of Days	You Pay	Medicare Pays
1-20	Nothing	Full Cost
21-100	Co-Pay begins \$200/Day (2023)	All but Co-Pay
100+	Full Cost	Nothing

\* If you do not have Medicare, but are covered under another insurance plan, we will get preauthorization as required

## What medical conditions might qualify for Skilled Care?

- Rehabilitation following surgery
- Recovery from fall or injury that requires rehabilitation
- Serious Illness
- Wound Care (depending on severity)
- Parenteral nutrition (feeding tube or central line)
- Exacerbations (CHF, COPD)
- IV Antibiotics

**The Skilled Care Team meets weekly to ensure the best care and discuss patient goals. Patients, family members, and other care takers are encouraged to participate.**

# NURSING TEAM

Guthrie County Hospital utilizes RN's and CNA's. Each nurse is certified in Advance Cardiac Life Support and receives annual skills competencies along with continued education. The nursing team is experienced in managing and monitoring patients with longterm IV medications and nutrition therapy. The Skilled Care Team meets weekly to review progress goals and plan future care for the patient.

# PHARMACY

Guthrie County Hospital pharmacists are actively involved in the care of patients from admission through discharge by providing a variety of clinical pharmacy services. The pharmacists obtain admission medication histories, perform medication reconciliation at admission and discharge, and provide medication education to patients and their caregivers at discharge. A pharmacist participates in weekly skilled care team meetings to provide input regarding medication-related issues. The pharmacists evaluate medication regimens throughout patients' hospitalizations and advocate for patients by making recommendations to medical staff that optimize drug therapy.

# RESPIRATORY THERAPY

The respiratory therapy department is a support service that works with the Skilled Care Team to provide a variety of respiratory care treatments and diagnostic tests. The respiratory therapy team provides both education and treatment of several respiratory, cardiac, and sleep related health issues.