

REHABILITATION IN THE INTERMEDIATE AND LONG TERM CARE (ILTC) SECTOR

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ABSTRACT

Outside acute hospital rehabilitation units, inpatient rehabilitation is also provided in the ILTC sector. Facilities providing such inpatient rehabilitation include Community Hospitals, Chronic Sick Hospitals, Nursing Homes, Inpatient Hospice Care, Day Rehabilitation Centres and Home Care Services. After the initial acute episode of a disabling disease (e.g. a stroke) has settled, the elderly patient will often than not, require a longer period for inpatient rehabilitation compared to a younger person. Such patients are transferred to a community hospital inpatient rehabilitation unit. The length of stay is about 1 month. However, it can be longer (3 to 6 months) depending on the condition and progress of the patient. The patient is then discharged home or to a nursing home if the family is unable to manage the patient at home. Elderly patients who require continuation of rehabilitation can receive this in various settings in the ILTC sector like the outpatient departments of the community hospital; Day Rehabilitation Centres (DRCs); and Singapore Programme of Integrated Care for the Elderly (SPICE) centers.

Keywords: Community hospital, Day Rehabilitation Centres (DRCs), Singapore Programme of Integrated Care for the Elderly (SPICE) centers.

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INTRODUCTION

Intermediate and Long Term Care (ILTC) refers to the range of healthcare services outside of acute hospitals which patients may require after an acute hospitalisation when their acute medical conditions have stabilised. ILTC service institutions include Community Hospitals, Chronic Sick Hospitals, Nursing Homes, Inpatient Hospice Care, Day Rehabilitation Centres and Home Care Services. As the number of elderly patients in Singapore increases, the number of patients requiring rehabilitation has also increased.

JOURNEY OF A PATIENT REQUIRING ILTC REHABILITATION

Take for example a patient with a hip fracture or stroke. This patient will usually be admitted and treated in the restructured hospital. He may receive surgery for his hip fracture or thrombolysis for his stroke.

After the initial acute episode has settled, the patient will require a longer period for rehabilitation than younger patients. The patient will then be transferred to a community hospital or an inpatient rehabilitation unit. The length of stay is about 1 month. However, it can be longer (3 to 6 months) depending on the condition of the patient.

The patient is then discharged home or to a nursing home if the family is unable to manage the patient at home.

INPATIENT FACILITIES**Community Hospitals**

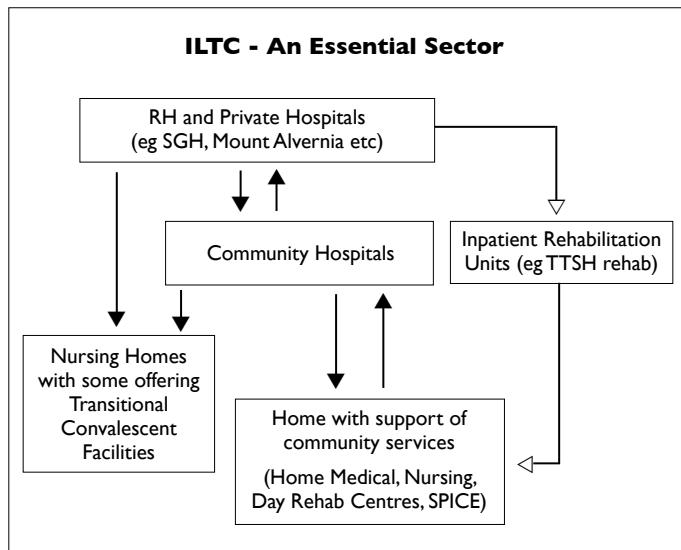
Geriatric patients with hip fracture, stroke or general deconditioning forms the majority of the patients who are admitted to the community hospitals.

These patients are managed by family physicians and geriatricians instead of rehabilitation specialists. They are supported by a multi-disciplinary team of therapists, nurses, medical social workers and dietitians.

Transitional Convalescent Facilities (TCF)

There is a group of elderly patients who may require a longer period of rehabilitation and recuperation to improve their mobility and function. In order to maximise their recovery potential before returning home, the TCF model of care was first piloted in Peacehaven Nursing home and has since been introduced to other nursing homes.

These are mainly for patients who will require about 3 months of rehabilitation before they are discharged to their own homes.

FIGURE 1. ORGANISATIONS IN THE ILTC SECTOR

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OUTPATIENT FACILITIES

Singapore Programme for Integrated Care for the Elderly (SPICE)

SPICE provides a combination of both centre-based and home-based services, to help seniors that would otherwise have to be cared for in nursing homes, to remain in the community as far as possible. SPICE delivers integrated care through the provision of various services such as nursing, medical, rehabilitative, personal as well as custodial care as required by the seniors.

A multi-disciplinary team of doctors, nurses and allied health professionals are closely supported by healthcare assistants, to tend to seniors' daily care needs at both the centre and at the patients' homes, depending on their needs. An example of a centre providing SPICE services is Ling Kwang Home.

Day Rehabilitation Centres (DRC)

DRC offers therapy services for patients who are discharged from the hospitals. Some offer additional services like day care with DRC or dementia day care.

CONCLUSION

Elderly patients who require rehabilitation can receive it at acute hospital inpatient rehabilitation units, and also in various settings in the ILTC sectors like the community hospital, the outpatient departments of the community hospital; Day Rehabilitation Centres (DRCs); and Singapore Programme of Integrated Care for the Elderly (SPICE) centers.

LEARNING POINTS

- **ILTC service institutions include Community Hospitals, Chronic Sick Hospitals, Nursing Homes, Inpatient Hospice Care, Day Rehabilitation Centres and Home Care Services.**
- **After the initial acute episode has settled, the patient will require a period for rehabilitation in a community hospital or an inpatient rehabilitation unit.**
- **The length of stay in the community hospital is about 1 month. However, it can be longer (3 to 6 months) depending on the condition of the patient.**
- **Elderly patients who require continuation of rehabilitation can receive this in the outpatient departments of the community hospital; Day Rehabilitation Centres (DRCs); and Singapore Programme of Integrated Care for the Elderly (SPICE) centers.**