

# Advantages of Aegis Orthopedic Centers of Excellence compared to IRF



**I**N OCTOBER OF 2007, A STUDY was released that concluded that inpatient rehab facility (IRF) patients experienced better outcomes and lower expenditures than those in skilled nursing facilities (SNFs). Aegis Therapies felt that these conclusions could not go unchallenged. We compared the study's findings for IRF patients to outcomes in our Aegis Orthopedic Centers of Excellence (OCE), which provide comprehensive orthopedic care to today's more active adults.

specialized therapy, services and personnel including a full-time on-site program director, community relations coordinator and a rehab medical director, who manages each patient's plan of care. All clinicians employed by the OCE receive advanced initial orthopedic training in nine specialty modules for therapists and seven modules for nursing, as well as ongoing clinical orthopedic updates.

Given that the goal of short-term rehab should be to restore the patient's health, mobility and independence as completely and effectively as possible, the OCE is designed to manage the entire rehab experience for each patient from start to finish. This encompasses:

- Concierge approach to the patient relationship
- Short-term therapy throughout the continuum of care
- Specialized skilled nursing care in addition to rehabilitation
- Education for continued orthopedic health after discharge

## What is an Aegis OCE?

An Aegis Orthopedic Center of Excellence is a stand-alone unit within a SNF that provides specialized, all-inclusive, short-term therapy to patients recovering from orthopedic injury, acute fractures and surgeries, such as hip or knee replacement.

The OCE was developed as a proprietary program focused on capturing a unique subset of orthopedic patients not historically served in skilled nursing facilities. The OCE achieves its success through the delivery of a mix of

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The following table compares the Aegis OCE model to hospital-based skilled services and inpatient acute rehabilitation.

## Service Line Comparison Table

	Hospital-Based Skilled Services	Orthopedic Center of Excellence	Inpatient Acute Rehabilitation
<b>Patient Profile</b>	Skilled Need Multiple Diagnoses 14+ ALOS	Skilled Need Orthopedic Diagnosis 2 Hrs Treatment Daily Avg Fewer Co-morbidities 10-14 day ALOS	Acute Need 13 Diagnostic Categories 3 Hrs of Treatment Daily Avg Medically Complex 14 day ALOS
<b>Staffing Model</b>	PT/OT/ST Geriatric Specialist Rehab Program Manager 3.1 NHPPD	PT/OT/Ortho Nursing Orthopedic Specialist Program Director Community Relations Coordinator (CRC) 4.2 NHPPD Medical Director	PT/OT/ST/PSYC/SW Rehab Nursing Rehab Specialist Program Director Dedicated CRC 6.5 NHPPD Medical Director Physician Services
<b>Discharge Destination</b>	75% Home	90% Home	80% Home
<b>Function at Discharge</b>	Min-Mod Assist	Modified Independent	Max Assist – Independent
<b>Facility Profile</b>	Hospital Based Skilled Unit	SNF in Nursing Home Less than 90% occupancy Low Part A Utilization Dedicated Space	Unit in Hospital Dedicated Space



To provide patients a more customized, enhanced rehab experience, the OCE offers:

- Interdisciplinary team of orthopedic specialists including nurses, physical and occupational therapists, social workers, dieticians and program director
- Supervised medical care to oversee the patient's recovery program as well as any medical needs
- State-of-the-art programs and

Nautilus® rehabilitation equipment to help patients maximize their therapy regimen

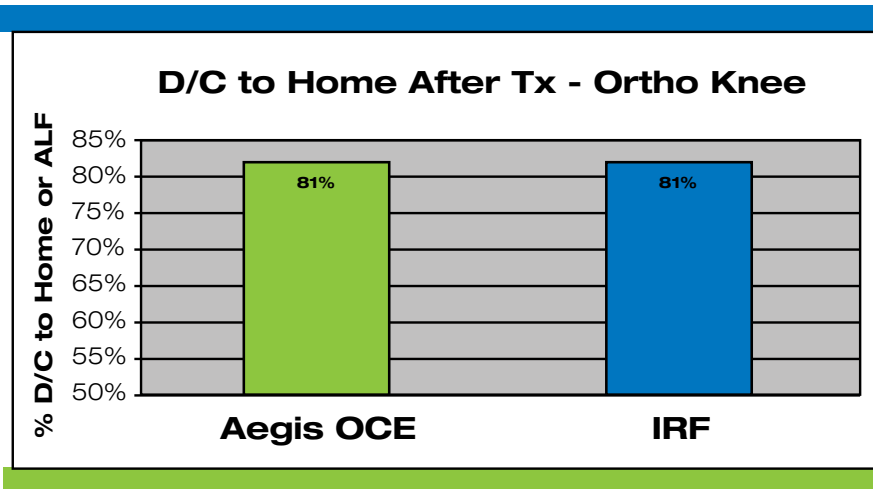
- Rehab suites, gathering areas to relax with family and friends, and access to medical care
- Separate entrance and dining room exclusively for OCE patients

The OCE provides therapy seven days a week for all patients and offers added convenience with its close proximity to local hospitals and physician offices.

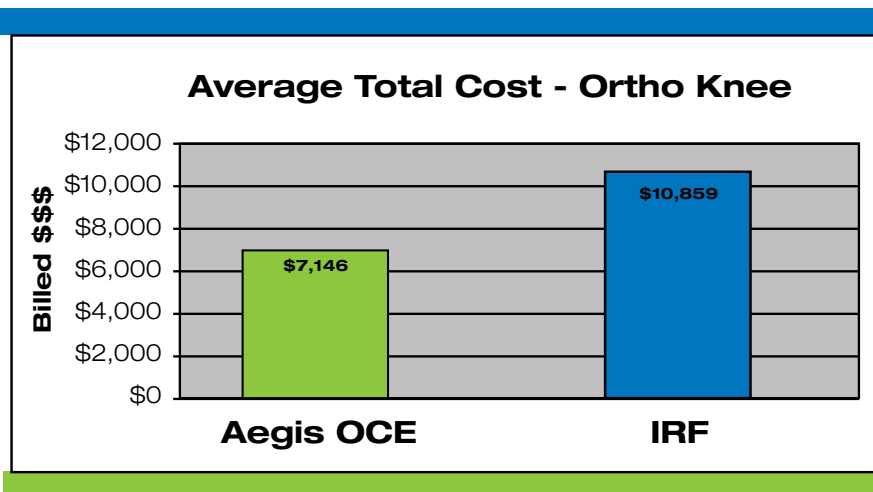
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## Summary

Our Aegis Rehab Outcomes indicate that Aegis OCE patients are just as likely to return home after therapy as patients treated in an inpatient rehab facility (IRF). In fact, given the intensive focus on providing patients a plan for complete orthopedic recovery, our outcomes show that OCE patients typically experience a decreased length of stay, and most important, increased discharge to home.



On the cost side of the equation, we found that the cost for treatment in an Aegis OCE was about 34% less than being treated in an IRF.



Aegis Orthopedic Centers of Excellence produce similar outcomes to an inpatient rehab facility for much lower cost. Patients are just as likely to return home after treatment for about 34% less of the cost. When weighing costs and program results, an OCE presents numerous advantages over the more common inpatient rehab facility.



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