

Inpatient Rehabilitation Cardiac Patient Outcomes 2017

Located in New York's Hudson River Valley, Helen Hayes Hospital primarily serves patients from throughout the New York Metropolitan region and also attracts patients from across the country.

In 2017, the hospital treated 1279 inpatients, who ranged in age from 14 - 99, with 651 male and 628 female.

Patients can benefit from inpatient rehab following a heart transplant, heart attack, cardiac surgery or after a complicated hospitalization for heart disease.

Individual goals may include stabilization of cardiac symptoms, medication & oxygen management, independence in self-care at home, improved ability to walk safely, the ability to perform a home exercise program & attend an outpatient cardio exercise program and/or return to work. Patient and family education about risk factor reduction, nutrition & medication management are also important components of the program.

After discharge, patients are encouraged to enroll in an outpatient cardiac exercise or rehabilitation program to continue recovery, either at HHH or in their community.

INPATIENT CARDIAC OUTCOMES AT HELEN HAYES HOSPITAL 2017

	HHH	Region	Nation
Average Length of Stay (Days) ¹	9.4	10	9.7
FIM ² Gain (Points)	27.9	25	24.3
Discharge to Community ³ (%)	86.7	83.6	84.8
Living at Home 3 Months Post Discharge ⁴ (%)	91.3	80.1	79.6

¹Our cardiac patients consistently have a shorter length of stay than the nation and the region, while also making greater functional improvements in that time.

²Functional Independence Measure. Over the past 3 years, our cardiac patients make more significant improvements.

³Patient discharges to home remain higher than the region and nation over the last 3 years.

⁴A much higher percentage of HHH patients continue to be living at home 3 months post discharge, as compared to both the region and nation.

Measuring Up: Helen Hayes Hospital participates in the following nationally recognized databases that allow us to compare our patient outcomes against other facilities, both regionally and nationally:

eRehabData – measures the patient's functional gains during their acute rehabilitation hospitalization

IT HealthTrack – assesses the patient's status three months after discharge

Press Ganey – measures and tracks patient satisfaction with hospital facilities, programs, services and staff