

Inpatient Rehabilitation Spinal Cord Injury 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 - 98, with 651 male and 628 female.

The strength of the SCI Program is its capacity to address all of the complex effects of spinal cord injury, including paraplegia & quadriplegia, respiratory disorders, bowel & bladder dysfunction, spasticity, psychological issues & more. At HHH, patients with SCI benefit from access to the latest technology and equipment, advanced therapies, a highly skilled & specialized team and intensive & comprehensive treatment plans, which include:

- Vibration Therapy
- Body weight Supported Gait Training
- Aquatic Therapy
- Functional Electrical Stimulation
- Assistive Technology/Seating & Mobility Center
- Ventilator Weaning & Management
- Adapted Driving
- Adapted Sports & Recreation
- SCI Support Group/Peer Mentoring
- Smart Apartment/Home & Food Mgmt

INPATIENT TRAUMATIC & NON-TRAUMATIC SPINAL CORD INJURY* OUTCOMES AT HELEN HAYES HOSPITAL 2017

| | HHH | Region | Nation |
|---|------|--------|--------|
| Average Length of Stay (Days) ¹ | | | |
| Traumatic SCI | 37 | 37 | 33 |
| Non-Traumatic SCI | 21 | 17 | 17 |
| FIM ² Gain (Points) | | | |
| Traumatic SCI | 29 | 21 | 21 |
| Non-Traumatic SCI | 28 | 27 | 26 |
| Discharge to Community ³ (%) | | | |
| Traumatic SCI | 61 | 55 | 58 |
| Non-Traumatic SCI | 50 | 68 | 72 |
| Living at Home 3 Months Post Discharge ⁴ (%) | | | |
| Traumatic SCI | 77 | 80 | 81 |
| Non-Traumatic SCI | 95 | 81 | 83 |
| Case Mix Index ⁵ | | | |
| Traumatic SCI | 2.63 | 2.27 | 2.04 |
| Non-Traumatic SCI | 1.59 | 1.52 | 1.47 |

*Traumatic SCI: includes motor vehicle and diving accidents, acts of violence, etc. Non-Traumatic SCI: includes tumors, spinal stenosis, transverse myelitis, etc.

^{1/2} Traumatic SCI patients have a shorter length of stay while making more significant gains than the region and nation. ^{3/5} The severity of Traumatic SCI cases treated at HHH are higher than the nation and region. Many of the patients that use ventilators or have tracheostomies may need further rehab at a skilled nursing facility before returning home. ⁴ A large percentage of both Traumatic and Non-Traumatic SCI patients continue to be able to live at home 3 months post discharge reflecting the functional gains they have made. ⁵ The higher the value, the more severe the case.

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