

## **The Effectiveness of Rehabilitation Provided in the Nursing Home Setting**

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**Research Summary:** This study was conducted to evaluate the effects of providing rehabilitation to newly admitted patients in Ohio nursing homes. A previous study described the rapid increase in such services in Ohio facilities related to changes in Medicare support for such services. There is little research based evidence that such services are of benefit to the nursing home resident. The new Medicare payment system for nursing home care will likely decrease the provision of such services in the near future. It is thus very important to evaluate the utility of rehabilitation in the nursing home environment in order to anticipate the potential effects of the changing reimbursement environment. Three outcomes with good face validity were chosen to allow easy interpretation of the results for policymakers: rate of discharge to community rates, survival, and Activities of Daily Living status after three months.

### **Conclusions :**

There is a strong association of community discharge rates with the receipt of rehabilitation in all diagnostic groups. More therapy (in the range commonly provided in nursing homes) seems to produce greater benefits.

There appears to be little benefit from rehabilitation therapy for many patients admitted to nursing homes who ultimately become long term residents. This is especially true for patients with stroke and amputation and in the very large group of patients in the "other diagnoses" category.

***Status: Complete. Report available from HSR Section, Health Plan Policy.***