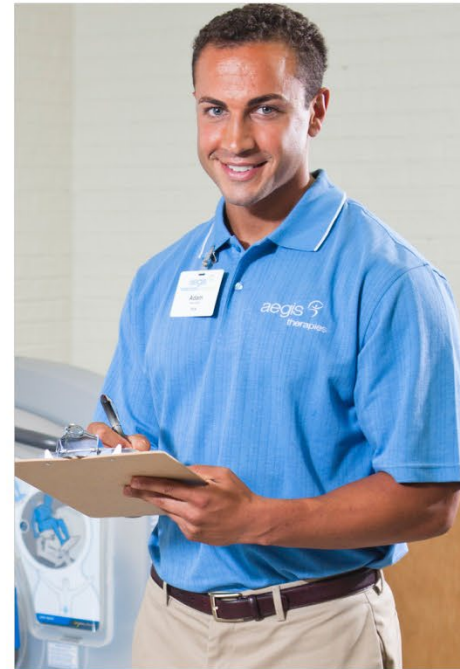


**A NEW ERA:
ENHANCING
RESTORATIVE
DELIVERY FOR
INCREASED CLINICAL
AND FINANCIAL
OPPORTUNITY WITH
WELLNESS IN MIND**

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EnerG by Aegis Therapies



SESSION AGENDA

- Restorative Basics
- Clinical, Financial & Marketing Opportunities
- Wellness Dimensions and Benefits
- Weaving wellness initiatives into restorative care – enhanced delivery model
- Restorative Wellness Experience- 5 min. demo AROM, and then with enhancements, along with wellness packet.
- Handouts and Resources



Get Moving with EnerG



Restorative Nursing Overview

- A Restorative Nursing Program is defined as “A specific approach that is organized, planned, documented, monitored and evaluated”
- Nursing and "non-skilled" interventions that promote the patient’s ability to adapt and adjust to living as independently and safely as possible while improving and/or maintaining function



RESTORATIVE BASICS: WHEN TO INITIATE RESTORATIVE CARE

- A patient generally may be started on a restorative nursing program when:
 - He / she is admitted to a facility with restorative needs but is not a candidate for formalized rehabilitation therapy
 - Functional decline during the nursing home stay
 - In Conjunction with PT, OT, SLP
 - Often when a patient is discharged from formalized physical, occupational or speech therapy

Important Factors to note:

- Does not require a physician order
- Can be established and modified by a therapist and/or by a licensed nurse
- Not a directly reimbursable service

Therapy & Restorative can and should complement each other, not compete

RESTORATIVE BASICS: PROGRAM OPTIONS

Intervention Classification (please check at least 2 of the following):

- | | |
|--|--|
| <input type="checkbox"/> Urinary / Bowel Toileting Program | <input type="checkbox"/> Active and/or Passive ROM |
| <input type="checkbox"/> Bed Mobility and/or Walking | <input type="checkbox"/> Transfer Training |
| <input type="checkbox"/> Amputation / Prosthesis Care | <input type="checkbox"/> Dressing and/or Grooming |
| <input type="checkbox"/> Eating and/or Swallowing | <input type="checkbox"/> Communication Training |

- Note: Several categories do not “count” as two if provided together
 - Urinary and Bowel Training
 - AROM and PROM
 - Bed Mobility and Walking

RESTORATIVE BASICS: REQUIREMENTS

- **Foundation of restorative**
 - Minimum of two categories delivered
 - Delivered typically with a 6 day/week coverage plan. Each category to be delivered for a minimum of 15 minutes per program
 - In a ratio of 4:1 or less
- **Don't forget, it is still a restorative NURSING program, therefore there is a nursing component that needs to be retained.**
 - Oversight by a licensed nurse
 - Intermittent assessment by a licensed nurse
- **Guidelines stipulate that the individual must be a CNA to perform ROM and splint care**
- **To 'count' towards CMI or PDPM the delivery needs to be 2 categories, at least 15 minutes each, 6 days per week delivered in a 4:1 ratio or less during their ARD lookback period***

RESTORATIVE BASICS: DOCUMENTATION REQUIREMENTS

Documentation:

- Establishment of restorative plan of care (MDS or Restorative Nurse)
- Daily minute documentation in POC
- Intermittent assessment by restorative nurse manager
- Completion of section H (Urinary/Bowel Training) and section O



RESTORATIVE OVERVIEW AND OPPORTUNITY

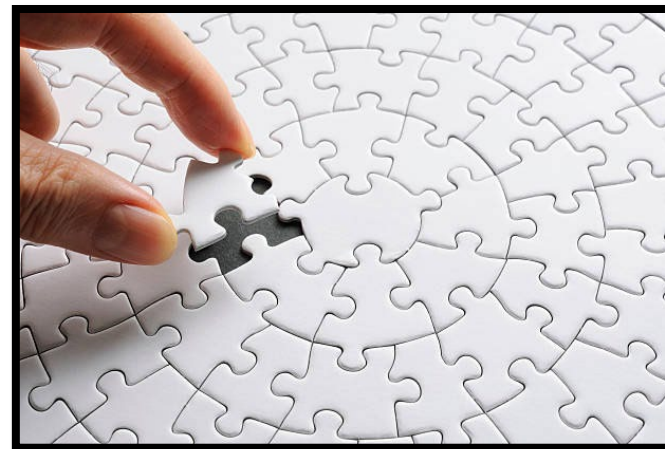
Interest has increased surrounding restorative services and the potential impact that exists currently with long term care residents through CMI, as well as the short-term residents within the evolving PDPM environment.

Customer needs identified:

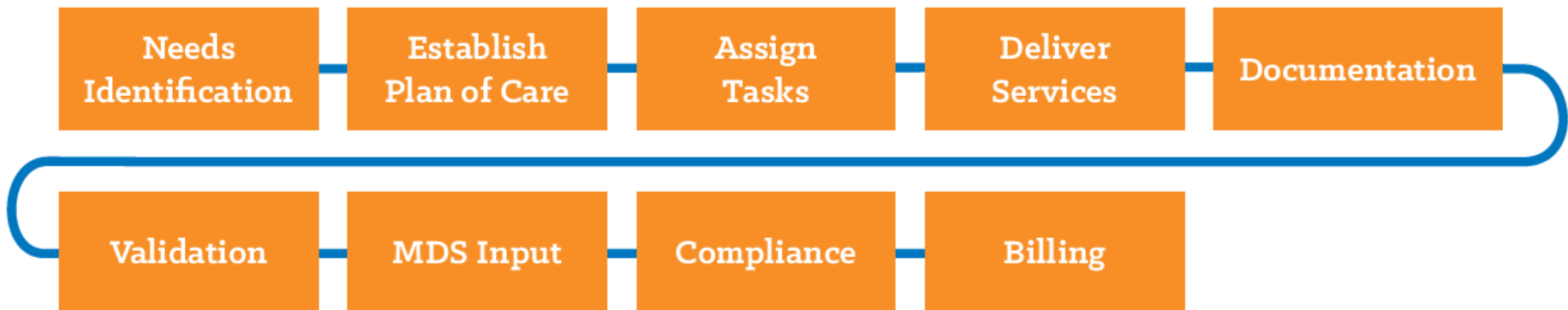
- Staffing
- Clinical Delivery / QM
- CMI Opportunity
- PDPM Impact

Looking for an end-to-end solution

- A solution that flows from identifying the need for a restorative program to locking the MDS for billing.



END-TO-END SOLUTION



OPPORTUNITIES

INTEGRATING WELLNESS & RESTORATIVE



BENEFITS OF A RESTORATIVE WELLNESS PROGRAM

- Continuity of care
- Increased communication with the interdisciplinary team
- Helps maintains the patient's level of function, as indicated in quality measurement tools and generates good surveys
- Offers a holistic, multi-dimensional approach to restorative
- Decreases unplanned hospital readmissions
- Improving sleep
- Reduces isolation & depression
- Creates a positive community culture

Quality Measures /Indicators

Short stay

- Changes in Skin Integrity Post-Acute Care: Pressure Ulcer/Injury
- Percent of Residents Who Made Improvements in Function
- Percent of Short-Stay Residents Who Were Re-Hospitalized after a Nursing Home Admission

Long Stay

- Percent of Residents Whose Ability to Move Independently Worsened
- Percent of Residents Whose Need for Help with Activities of Daily Living Has Increased rehospitalizations
- Symptoms of depression

Results from over 15,000 communities

Group A = Facilities utilizing Aegis for therapy AND restorative; **Group B** = Facilities utilizing Aegis for therapy only; **Group C** = Facilities who do not utilize Aegis

Group	Measure	Description	Avg A	Avg B	Avg C
5-Star Rating System	Overall	Overall 5-star rating	3.64	3.07	2.92
	Survey	Health inspection survey 5-star rating	3.18	2.83	2.80
Return to Hospital	Short stay rehospitalizations	Percentage of short-stay residents who were re-hospitalized after a nursing home admission	20.70	21.14	22.11
	Long stay hospitalizations	Number of hospitalizations per 1,000 long-stay resident days	1.27	1.42	1.50
Quality of Life	Self-Care	Percentage of SNF residents who achieve or exceed a self-care ability expected for their condition at discharge	51.52	48.59	47.42
	Ulcers	Percentage of high risk long-stay residents with pressure ulcers	5.96	7.18	8.16
	Depression	Percentage of long-stay residents who have depressive symptoms	2.95	5.42	7.53
Efficiency	Medicare Spending per Beneficiary	Medicare spending per beneficiary (MSPB) for residents in SNFs	0.97	1.02	1.06

RESTORATIVE

FINANCIAL OPPORTUNITIES

Determinants of Payment in PDPM

PT	OT	SLP	Nursing	NTA
<ul style="list-style-type: none"> • Primary reason for SNF care • Functional status 	<ul style="list-style-type: none"> • Primary reason for SNF care • Functional status 	<ul style="list-style-type: none"> • Primary reason for SNF care • Cognitive status • Presence of swallowing disorder or mechanically altered diet • Other SLP-related comorbidities 	<ul style="list-style-type: none"> • Clinical information from SNF stay • Functional status • Extensive services received • Presence of depression • Restorative nursing services received 	<ul style="list-style-type: none"> • Comorbidities present • Extensive services received



RESTORATIVE

PDPM –FINANCIAL OPPORTUNITIES CONT.

PDPM Nursing Case-Mix Group	Clinical Conditions	# of Restorative Nursing Services	GG-Based Function Score	Nursing Case-Mix Index
BAB1	Behavioral or cognitive symptoms	0-1	11-16	0.99
BAB2	Behavioral or cognitive symptoms	2 or more	11-16	1.04
PDE1	Assistance with daily living and general supervision	0-1	0-5	1.47
PDE2	Assistance with daily living and general supervision	2 or more	0-5	1.57
PBC1	Assistance with daily living and general supervision	0-1	6-14	1.13
PBC2	Assistance with daily living and general supervision	2 or more	6-14	1.21
PA1	Assistance with daily living and general supervision	0-1	15-16	0.66
PA2	Assistance with daily living and general supervision	2 or more	15-16	0.70

FINANCIAL OPPORTUNITIES WITH RESTORATIVE AND WELLNESS RESTORATIVE

RESULTS: RESTORATIVE EXAMPLE:

A quality restorative care program focuses on what an individual can do and promotes the ability to adapt and adjust to living as independently and safely as possible as residents' transition to their next level of wellness. The initiation of restorative services, often alongside therapy, on PDPM patients has produced additional clinical benefit as well as financial nursing CMG impact for providers.

The results below represent a community with an average Medicare population of 12 residents.

Nursing CMG PDPM Impact

Without Restorative PDE1 Nursing CMG: 1.47

With Restorative PDE2 Nursing CMG: 1.57

Daily Nursing Case Mix impact per patient:

PDE1: \$155.70

PDE2: \$166.29

Daily Enhancement: \$10.59 per day

Enhancement per patient with a 21-day LOS: \$222.39

40% of patients impacted by restorative = 4.8 patients

Potential CMI impact: over one month: \$1,575.78/mo.

A CMI OPPORTUNITY IN CMI STATES CMI EQUATION.

RESULTS: RESTORATIVE

EnerG's restorative care program focuses on what an individual can do and promotes the ability to adapt and adjust to living as independently and safely as possible as residents transition to their next level of wellness. The results below represent 33 residents over one quarter, before and after the implementation of a restorative care program powered by EnerG wellness.

CMI Impact	
Pre-initiation	.977
Post-initiation	1.0925
Monthly Reimbursement	
Pre-initiation	\$182,051.10
Post-initiation	\$205,613.10
Quarterly Enhancement	\$70,686

CMI- in your community

$\$200.00$ (Base Rate) X $.05$ (increase from restorative services) = $\$210.00$

25 (Number of MCD) x 10 (difference from base rate) x 30 (days in month) = "\$7,500 per month"

$\$7,500$ x 12 months = $\$90,000$

$\$15,000$ x 12 months = $\$180,000$ (50 MCD)

CMI- in your community

$\$200.00$ (Base Rate) X $.10$ (increase from restorative services) = $\$220.00$

25 (Number of MCD) x 20 (difference from base rate) x 30 (days in month) = "\$15,000 per month"

$\$15,000$ x 12 months = $\$180,000$

$\$30,000$ /month x 12 months = $\$360,000$ (50 MCD)

INCORPORATING WELLNESS INTO RESTORATIVE A NEW WELLNESS APPROACH

- Ideal wellness is holistic
- Focus on a **multi-dimensional model** of care that supports ALL factors that impact health on a daily basis
- **Individualized and evidence-based** programming to enhance participants' health and happiness



HOW TO INCORPORATE RESTORATIVE & WELLNESS TOGETHER

- Provision of wellness services as an adjunct to activities / recreation therapy in a senior community setting
- Creates a more integrated (therapeutic) approach to wellness across ancillary services
 - Therapy, nursing, social services and traditional activities
- Wellness program offerings are multi-dimensional. The intent is to offer a wide array of opportunities for individuals to access wellness products
 - Consultative services
 - Wellness activities / classes

RESTORATIVE WELLNESS EXPERIENCE

WEAVING IN ELEMENTS OF WELLNESS

Daily Wellness-Minute exercises- implemented during restorative delivery:

- Trivia questions/Fun Fact of the day (intellectual, social)
- Getting to know you conversation prompts (emotional, social)
- Stress/pain management (spiritual, emotional)
 - Self-Massage
 - Guided Imagery
 - Breathing techniques



It's time to experience the wellness enhancements for yourself!

Join us for a few sample exercises!

SAMPLE WELLNESS EXERCISES

TRIVIA/FUN FACT OF THE DAY

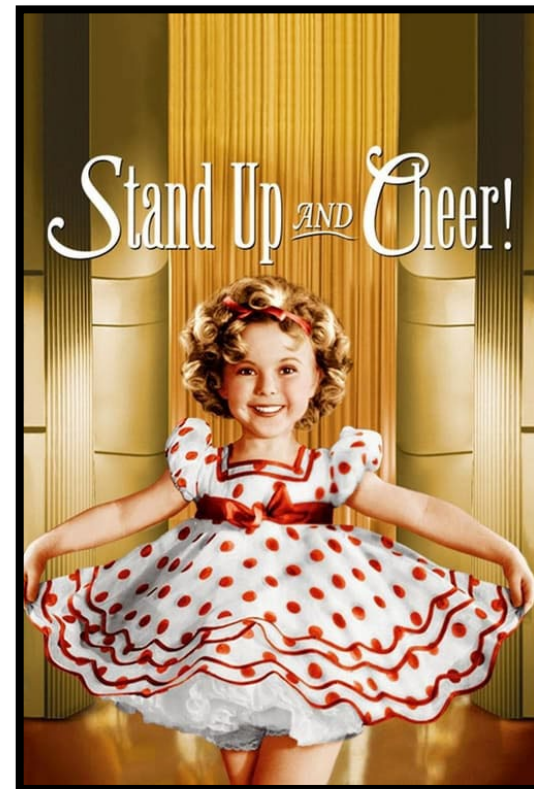
On this date – April 19 – in 1934:

Shirley Temple made her debut in the movie *Stand Up and Cheer!* The film was about efforts undertaken during the Great Depression to boost morale.

Did you know: Shirley Temple starred in 12 short films and 43 feature films!

Related discussion starters:

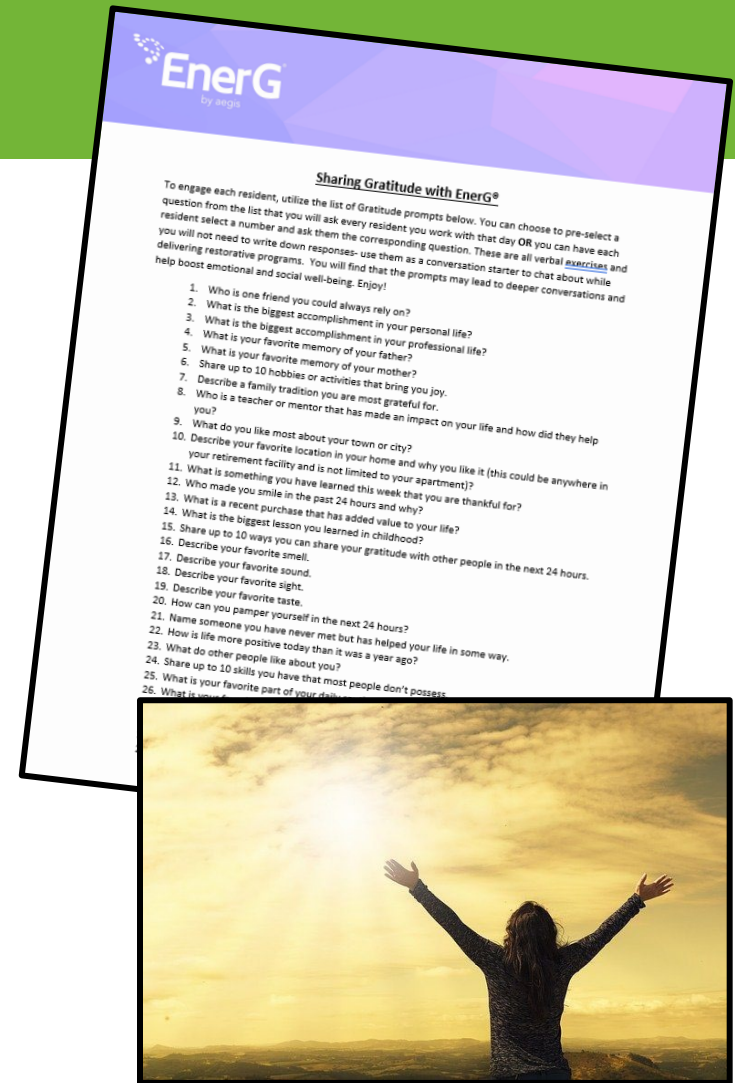
1. Do you have any memories of watching Shirley Temple films? If so, tell your partner about what you remember.
2. If you didn't watch any of her films, tell your partner about a memory you had around movies- maybe your first movie in a theater, a memorable film you saw, etc.



SAMPLE WELLNESS EXERCISES

SHARING GRATITUDE

- 1. Describe your favorite location in your home and why you enjoy that space.**
(This can be in your current home or somewhere you have lived at any point in your life)
- 2. Describe an experience that made you stronger as a person.**



EnerG
by asga

Sharing Gratitude with EnerG®

To engage each resident, utilize the list of Gratitude prompts below. You can choose to pre-select a question from the list that you will ask every resident you work with that day OR you can have each resident select a number and ask them the corresponding question. These are all verbal exercises and you will not need to write down responses- use them as a conversation starter to chat about while delivering restorative programs. You will find that the prompts may lead to deeper conversations and help boost emotional and social well-being. Enjoy!

1. Who is one friend you could always rely on?
2. What is the biggest accomplishment in your personal life?
3. What is the biggest accomplishment in your professional life?
4. What is your favorite memory of your father?
5. What is your favorite memory of your mother?
6. Share up to 10 hobbies or activities that bring you joy.
7. Describe a family tradition you are most grateful for.
8. Who is a teacher or mentor that has made an impact on your life and how did they help you?
9. What do you like most about your town or city?
10. Describe your favorite location in your home and why you like it (this could be anywhere in your retirement facility and is not limited to your apartment)?
11. What is something you have learned this week that you are thankful for?
12. Who made you smile in the past 24 hours and why?
13. What is a recent purchase that has added value to your life?
14. What is the biggest lesson you learned in childhood?
15. Share up to 10 ways you can share your gratitude with other people in the next 24 hours.
16. Describe your favorite smell.
17. Describe your favorite sound.
18. Describe your favorite sight.
19. Describe your favorite taste.
20. How can you pamper yourself in the next 24 hours?
21. Name someone you have never met but has helped your life in some way.
22. How is life more positive today than it was a year ago?
23. What do other people like about you?
24. Share up to 10 skills you have that most people don't possess.
25. What is your favorite part of your day?
26. What is your favorite part of your day?



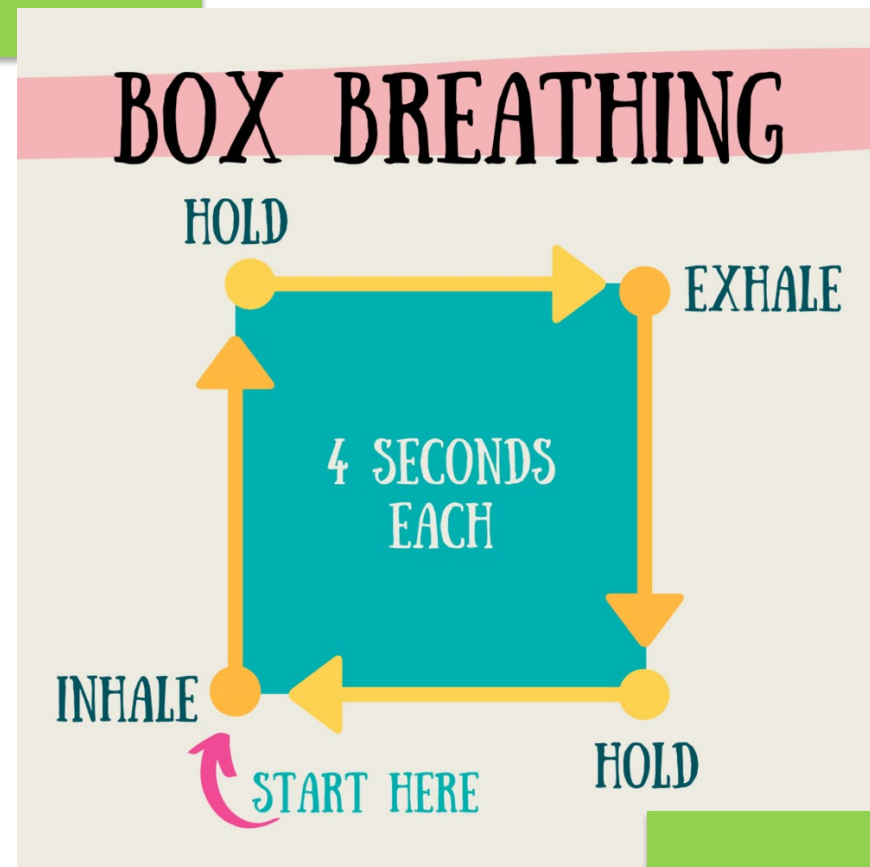
SAMPLE WELLNESS EXERCISES

STRESS/PAIN MANAGEMENT

Breathing Technique for Reduced Stress and Relaxation

Experience Box Breathing

- 4 Cycles



Handouts and Resources

- Sample Activity Pack
- Copy of the sample wellness exercise enhancements experienced today
- Power point slide deck available
- Electronic files available



Crossword #16
Use the clues to fill in the crossword.

1	2	3	4	5	6	7
	8				9	10
11						
		12	13	14		
	15			16		
	17	18		19		
21				23		
26			27	28		
29			30			31

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In the Garden
Use the clues to fill in the crossword.

ACROSS

- Cool as a _____
- Mashed vegetable
- Orange veggie
- Leafy green
- Garden plot
- Hand protectors
- Wiggly creatures
- Plant starter
- Mint and sage

DOWN

- Crisp, stringy stalk vegetable
- Coleslaw veggie
- Water conduit
- Kernel plant
- Main ingredient in ketchup
- Herb of the onion family
- Pollenating insects
- Dandelions, to most
- Pungent root

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QUESTIONS?



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