

# UPMC Western Maryland

# CIRU 2024

## Annual Outcomes



UPMC Western Maryland's Comprehensive Inpatient Rehabilitation Unit (CIRU) is dedicated to providing comprehensive rehabilitative services for individuals with physical, functional thinking, swallowing or communication impairments. Through a team approach, our focus is providing sound rehabilitative therapy to effect positive change in functional ability, independence and self-reliance across environments, while protecting and promoting the rights of the persons served. Our commitment is to help improve one's best level of physical, educational and psychosocial skills necessary to return to prior level of functioning.

The CIRU is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF\*) and is part of the UPMC Rehabilitation Institute. This program is also CARF-accredited as a Stroke Specialty Program (Adult).

*\*CARF (Commission on Accreditation of Rehabilitation Facilities) is a private, not-for-profit organization that accredits rehabilitation programs. Its sole concern is to establish and promote standards for services to people with disabilities. Adherence to these standards is measured through an on-site review of the organization or program every three years.*

**Number of Patients: 311**

**Average Age: 76.4**

#### **Patient Diagnosis Trends:**

- Stroke (87 cases)
- Miscellaneous/General Deconditioning (42 cases)
- Fracture of Lower Extremity (50 cases)
- Cardiac (33 cases)
- Other Orthopaedic (23 cases)
- Other Neurological Conditions (17 cases)
- Non-traumatic spinal cord (8 cases)
- Pulmonary (15 cases)
- Traumatic Brain Injury (9 cases)
- Replacement of Lower Extremity (3 cases)

**Other diagnosis includes:** Nontraumatic Brain Injuries, Traumatic Spinal Cord Injuries, Amputation, and Multiple Traumas

**Patient Outcomes:** Of the 311 people that attended our inpatient rehab program, 85.8% of them met or exceeded their mobility goals, and 91.7% met or exceeded their self-care goals.

**Overall Rating of Care:** Our patient satisfaction is very important to us; in 2024, we ended the year with an overall top box rating of 88.10%.

*\*Average days in acute care prior to medical rehab transfer 6.2, compared to the region's 10.5 days.*

*\*Our goal is to optimize functional and medical outcomes efficiently to allow you to return to the community at your previous functional baseline.*

**Discharge to Community:** 84.6% of the patients that participated in the inpatient rehabilitation program returned home, and 64.6% received home care services.

# UPMC Western Maryland CIRU 2024 Annual Outcomes (cont.)

**Alternative Discharge Plans:** 7.7% of the 311 patients discharged to a skilled nursing facility. While that may not be the first choice initially, our team supports your family in planning the most informed and safest discharge plan for your loved one. UPMC WMD also offers support services for all unplanned medical events and 6.8% of our rehabilitation patients returned to acute care.

*\*Compares actual and expected change in self-care and mobility to actual and expected length of stay to determine a meet/exceed efficiency %.*

*\*Our inpatient rehabilitation unit is located on the sixth floor of the hospital, you will have access to all services provided by the hospital, including emergency services, if the need should arise.*

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## Stroke Specific, Specialty Program 2024 Annual Outcomes

**Number of Patients: 87**

**Average Age: 74.5**

*\*Average days in acute care prior to medical rehab transfer 6.0, compared to the region's 9.3 days.*

**Average Length of Stay:** Western Maryland 11 days, compared to the region's 15 days

**Discharge to Community:** 82.8% of the stroke patients that participated in the inpatient rehabilitation program returned home, and 63.2% received home care services. 10.3% discharged to a skilled nursing facility for further rehabilitation.

**Patient Outcomes:** Of the 87 people that attended our (stroke specific) inpatient rehab program, 85.2% of them met or exceeded their mobility goals, and 87.7% met or exceeded their self-care goals.