

SCOPE OF SERVICES

Children's Hospital Rehabilitation Unit (CHRU)

OVERVIEW

The CHRU is an 8-bed unit of UPMC Children's Hospital of Pittsburgh, housed eight tenths a mile from the main campus in the Children's Home of Pittsburgh. We are a 24/7 operation, and patients admitted receive daily physician monitoring, 24-hour nursing care, three hours of therapy a day in at least two of the three disciplines, (Physical Therapy, Occupational Therapy, and Speech Language Pathology) 5 days a week. We accept most insurance plans including Medical Assistance and Commercial payors and self-pay. The CHRU accepts all referrals sourcing including physician practices, transfers from other hospitals, internally from our critical and acute care areas, home referrals and outpatient services.

Our population of patients served includes children and young adults from less than 1 year to 26 years of age, diagnosed with, but not limited to:

- Acquired brain injury
 - Traumatic brain injury (TBI)
 - Non-traumatic brain injury
 - Stroke
- Cerebral palsy
- Spinal cord injury
 - Traumatic
 - Non-traumatic
- Prolonged hospital stays | deconditioning
- Complex orthopedic injury
- Pulmonary | mechanical respiratory support
- Amputation
- Other disabling neurological conditions

Our spinal cord program specifically considers the cause, including traumatic vs non-traumatic injuries, the location of the injury, how that may affect function as well as the completeness of injury. Any comorbidities are evaluated and incorporated into the team's plan of care.

SERVICES PROVIDED

Services provided on the unit include nursing, medical care, therapies, behavioral health, imaging, lab work, a school program, music and art therapy, child life, recreational therapy, social work, and care coordination. We contract with providers for specialized assessment of vision and assistive technology (AT). We partner with outside providers for assessment and provision of durable medical equipment (DME) as well as orthotics and prosthetics.

INPATIENT REHABILITATION PROGRAM

The UPMC Children's Hospital of Pittsburgh inpatient rehabilitation unit (CHRU) is a program of coordinated and integrated medical and rehabilitation services that is provided 24 hours a day 7 days a week and endorses the active participation and preferences of our patients and their families throughout the entire program. We are mindful of the cultural diversity of those we serve and seek to create a welcoming and supportive environment for all.

The preadmission assessment of the patient determines their eligibility of admittance to the CHRU. Documented preadmission criteria for each patient includes the crucial elements of diagnosis, medical history, ongoing needs, support system, estimated length of stay (LOS) and any additional information including source of funding. The needs of the patient and their family are assessed, and the best rehabilitation course and community reintegration plan are determined.

Families are encouraged to tour the CHRU and ask questions to the Pediatric Rehabilitation Medicine (PRM) consultation service prior to making a decision.

Upon meeting admittance criteria, the scope and intensity of care is based both on the preadmission assessment as well as evaluations by the medical and therapy team on the unit. This information is reviewed with the family via a team meeting held within 72 hours of admission. During this meeting, a review of hours of therapy, structure, daily plan of care including therapy, medical and nursing care and school time are reviewed.

We consider the unique abilities of our patients and are focused on optimizing the function, health and well-being of those we serve through a collaborative, team-based model where the patient and family are at the center. The foundation of this model is that the family is a constant in the patient's life. The family is involved in all aspects of the child's care, as exemplified by bedside shift reporting, daily plans of care, incorporation of personal preferences, visitation, and overnight accommodations.

We strive to:

- Provide the highest quality pediatric inpatient rehabilitation services in the region
- Offer comprehensive education and training to prepare those we serve to care for their child at home
- Help to enable our patients to thrive in the diverse environments in which they live, learn and play

In addition, our program is equipped to support the psychological needs of our patients related to their hospital stay, underlying conditions or those that are a result of their injury. Patients may have behavioral issues associated with their illness/injury that can be assessed and

addressed in our rehab program under the guidance of our pediatric psychologist. However, our program is not equipped to handle severe behavioral conditions that may prevent participation and/or pose a threat to self-and/or others in our program. The following will be considered when evaluating each case for appropriateness at a pediatric rehab facility: mental health history, current mental health status, history of sexual offenses, criminal history, and current relationship with parole officer and or juvenile courts.

The intended discharge environment for most patients is home; however, we must consider the least restrictive environment to meet the needs of the patient/family. This environment might be a skilled nursing facility, long-term acute care (LTAC) facility, acute care for further medical treatment or residential facility. The discharge environment depends on the parent's/caregiver's ability to provide safe and effective care for the patient.

The CHRU is housed under the license of UPMC Children's Hospital of Pittsburgh as an acute care inpatient rehabilitation unit.

Onsite services available

Medical Services

- available on site from 7am-7pm, available on call 24/7, clinician can respond to orders or unit needs within one hour if not on site when issue arises

Diagnostic Imaging

- Radiology services provided 24/7
 - Onsite services include x-ray, echocardiogram, ultrasound
 - Other diagnostic services are available at CHP main 24/7 and require ambulance transport
 - These include but are not limited to modified barium swallow study, MRI, CT scan among others
 - Results available within 4 hours if ordered routine and immediately if ordered STAT

Lab services are available off site at CHP main

- Available 24/7, results are often available within 2 hours of clinician order placement but may vary depending on the lab test

Pharmacy services are available off site at CHP main

- Available 24/7, can receive medications within 4 hours if ordered routine and 1 hour if ordered STAT

Medical Acuity

- Patients must have negative COVID test within 5 days of admission to CHRU
- If patient requires mechanical ventilation, the inpatient pulmonology consult service must evaluate patients 24-48 prior to transfer to CHRU and clear them for transfer
- Patients with brain tumors must be off steroids for >24 hours prior to transfer to CHRU
- First tracheostomy change to be completed prior to admission to CHRU

Admission Criteria

- Patients must be medically cleared and stable as per primary acute care service and PRM consult team
- Patients must require at least 2 of 3 therapy services (physical, occupational and speech therapy)
- Patient is able and willing to tolerate 3 hours of therapy 5 days / week
- Tentative discharge plan for after rehab stay has been discussed with the caregivers/patient prior to admission to CHRU
- PRM consultative team has determined, to the best of their ability, that at the time of transfer, all in-person communication with the primary medical team, consulting teams, and the patient/caregivers has occurred prior to transfer to CHRU
- Patients with pulmonary needs have been assessed by pulmonology service and cleared for CHRU transfer
- PRM consultative team has determined, to the best of their ability, that any testing that the patient needs to continue with rehabilitation and medical goals at the time of transfer to CHRU, is completed prior to admission to CHRU

Continued Stay Criteria

- Patient will be evaluated continuously on their ability to stay within the CHRU program
- The continued evaluation will be done with input from the medical team, therapy team, nursing staff and the patients/caregivers
- The CHRU team will continue to update goals throughout the patient stay to meet the needs of the patient/caregiver and demonstrate evidence for continued progress
- Patient must continue to show progress towards these goals and patient and caregivers must continue to demonstrate participation in their care for continued stay on the CHRU
 - Mid-stay meetings will be held with patients and families if applicable

Exit / Transition Criteria

- Medical and therapy discharge goals met

- OR plateauing of functional progress and team in agreement with transition to another level of care or home
- Family education and training completed
 - OR team in agreement that it is safe to discharge
- Follow-up care and community resources scheduled and provided
- Medically necessary equipment and supplies provided
- Home access barriers have been addressed
- Medically appropriate transportation setup
- Discharge meeting with family completed, if applicable

Payer Sources/Fees

UPMC Children's Hospital of Pittsburgh accepts most major health insurance plans and is a participating provider with many managed care plans. Please contact your insurance company for the most up to date information regarding your coverage. This is the link for calculating estimated charges for your stay at UPMC Children's [Standard Charges | UPMC Children's Hospital of Pittsburgh \(chp.edu\)](https://www.upmc.edu/standard-charges)