Home Health Care 101

Chris Chimenti, PT, MS
Senior Director of Clinical Innovation
HCR Home Care
Vice President
APTA Home Health Section
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Session Description

This fun, engaging, and collaborative session will introduce students to the home health care practice setting. Topics of discussion will include employment opportunities, reimbursement structure, and the advantages/challenges associated with working in patients’ homes. The session will conclude with an interactive, problem-based learning dialogue.

Home Health Supply & Demand

$87,000
Median yearly earned income of physical therapists in home care.
APTA

6.7% Physical therapists who provide home care services.
APTA
Employment Opportunities

• Over the past 10 years…
  – The number of U.S. jobs has grown by 6%
  – The number of home health jobs has grown by 60%

What Is ‘Certified’ Home Health Care?

• Billing Through Major Payers
  – Medicare/Medicaid
  – Private Insurance, HMOs
• Interdisciplinary Team
  – Skilled Nursing
  – Physical/Occupational/Speech Therapy
  – Medical Social Work
  – Registered Dietician
  – Home Health Aide

Typical Diagnoses

• Falls Prevention
• Orthopedics
  – THR
  – Fractures
• Neurology
  – CVA
  – MS
  – PD
  – ALS
• Cardiopulmonary
  – HF
  – COPD
• General Medical
  – Frail Elderly
  – Extended Inpatient Care
• *Medical Management Skills
  – Vital Sign Monitoring, Wound Assessment

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What Exactly Is HOME?

- Private Home
  - Patient
  - Family Member/Friend
- Apartment
- Mobile Home
- Cottage
- Assistive Living Facility
- Independent Living Facility
- Group Home

There's No Place Like "Home"

Home Health Care
Who Qualifies?

- Conditions Of Participation (Federal)
  - 484.18 Acceptance of Patients
    - "Patients are accepted for treatment on the basis...needs can be met adequately by the agency in the patient's place of residence."
- Medicare Benefit Manual
  - Homebound
  - Skilled Service
  - Physician Order
    - Direct Access is N/A...unfortunately!
  - Reasonable & Necessary
  - Intermittent
    - Acute Change in Condition
    - Maintenance Therapy
Payment

- Medicare
  - Prospective Payment System (PPS)
    - Instituted in 2000
  - Fixed payment for 60-Day Episode Of Care
  - Case Severity Determines Payment
    - Outcomes Assessment Information Set (OASIS)
      - Covered by Medicare at 100%
- Medicaid
  - Episodic Payment
- Managed Care
  - Fee-For-Service

Home Health Medicare PPS

- Base episode rate is $2137.73
- Responses to specific OASIS questions are organized into 3 domains:
  - Clinical severity
  - Functional severity
  - Service utilization
- Greater Medical Complexity = More Reimbursement

Clinical OASIS Question
**Functional OASIS Question**

**Service Domain**

- Receipt of Therapy Visits
  - Physical Therapy
  - Occupational Therapy
  - Speech Therapy
- Additional Reimbursement
  - >= 6 Combined Therapy Visits
  - Medicare sees value in Therapy!
    - Falls prevention
    - Re-Hospitalization
    - Functional Mobility

**Payment Reform**
Advocacy Needed

- 60 day to 30 day episodes
- Eliminates therapy from reimbursement equation
- Begins January 2020
- APTA advocacy

Patient Satisfaction & Outcomes

- Patient Survey Summary Rating
- Quality of Patient Care Rating

Star Rating

- Provides consumer opportunity to evaluate single indicator
  - Detailed measures available
  - Further evaluation of what may be important to each individual

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**Patient Satisfaction Measures**

- 34 questions
- 5 categories
  - Care of Patient
  - Communication Between Providers and Patients
  - Specific Care Issues
  - Rating of the Agency
  - Recommendation of the Agency

**Quality Measures**

**Process Measures**
1. **Timely initiation of care**
2. **Medication education** provided to patient/caregiver
3. **Influenza immunization** received for current flu season

**Outcome Measures**
1. Improvement in **ambulation**
2. Improvement in **bed transferring**
3. Improvement in **bathing**
4. Improvement in **pain interfering with activity**
5. Improvement in **shortness of breath**
6. **Acute care hospitalization**

**Benefits of Home Care PT Practice**

- 1:1 Patient Care
- 45min-1hr sessions
- 5-6 patients/day
- Changing work environment
- Flexible schedule
Benefits of Home Care PT Practice

• Autonomous practice
• Ideal setting for functional training
• Opportunity to fully understand patient perspective
• Interdisciplinary collaboration

The Challenges Of Home Health Care

Time Management

• Autonomous Practice
• Maximize Time With The Patient
• Organizational Skills
• Scheduling/Travel Route
• Flexibility With Scheduling
  • Patients Sometime Unavailable
  • MD Appointment
  • Hospitalization
• Integrating Documentation Into The Visit
  • How Good Is Your Memory?
• Exit Strategy
  • Loquacious
Rural Home Health

- Distance Between Patients
  - Windshield Time
- Proximity to Office
- Team Meetings/Ongoing Education
- Cell Phone Coverage
- Mentorship

Weather

Blizzard of 2014
What Poses One Of The Greatest Safety Risk For Home Care Clinicians?

Safety & Security

• Pet Policy
• Needle Sticks
• Crime
  • If Something Doesn’t Feel Right…
  • Security Escort
    • Off-Duty Police Officers
    • Mandatory For ALL Staff

Variety Of Living Conditions

• Home Environment
• Family Support
• Abuse
  • APTA Code Of Ethics
    v 4D. Physical therapists shall report suspected cases of abuse involving children or vulnerable adults to the appropriate authority, subject to law.
• Social Work
  • Adult Protective Services (APS)
  • Child Protective Services (CPS)
  • Community Resources
**Physical Therapist Evaluation and Plan**

- Develop Goals **WITH** The Patient
- **Motivational Interviewing**
  - "What Were You Able To Do A Month Ago Before Your Fall That You Would Like To Be Able To Do Again Today?"

**Discharge Planning In Home Care**

- Continuum Of Care
- Discharge Planning **Begin** Day 1
- Avoid Learned Helplessness
- Link To Patient Goals
- Coordinate With Other Team Members

**Case Study**

- 72 y.o. Male
- Admitted To Home Health Care 15 Days S/P BKA
  - Stump Shrinker
  - Prosthesis 2+ Months Away
- Pertinent PMHx: Diabetes, COPD, HTN
- Lives With Supportive Spouse
  - 2-Story Colonial
    - 1-1 Steps To Enter
    - 10 Steps To 2nd Floor
    - 2nd Floor Full-Bath
**Compare/Contrast**

- **Prior Level Of Function**
  - Ambulation With Straight Cane
  - Driving
  - Independent With ADLs

- **Current Level Of Function**
  - Independent W/C Propulsion
  - CG Slide Board Transfers
  - Non-Ambulatory

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**Problem-Based Learning**

- **Assessment**
  - Sleeping Arrangements
  - Toileting
  - Bathing
    - 2nd Floor Full Bath
  - Shaving/Brushing Teeth
  - MD Appointments

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**Technology**

I Remember The Day…. 
Point Of Care

- 7” or 10” Samsung Galaxy Tablet
- Samsung Galaxy S7
- 99% Electronic
- Documentation Efficiency
  - Portability
  - Average In-Home Time
    - 47.2 minutes
- Average Documentation Time After Visit
  - 13.7 minutes
- Visits= 70-80% of documentation completed in-home

Virtual Meetings

- Multi-Branch Agencies
- Shared Education & Updates
  - Common Goals
- ‘Connection’ To Team
- NYS CEU Credential

Why Should Students Consider A Clinical Affiliation In Home Health?

- 1:1 Time With Clinical Instructor
- Drive Time = Uninterrupted Mentorship
- Learn Diverse Set of Skills
  - Interdisciplinary Collaboration
  - Triage
  - Medical Management
  - Continuum of Care
  - Autonomy
  - Vision 2020
New Graduates

• Myth: New grads can’t work in home health
• Fact: NEW GRADS ARE WELCOME!
• NYS PT Practice Act
  • Some states have restrictions
• MUST be the right fit!
  • Student
  • Home Care Agency
    • Orientation & Mentorship
    • Clinical Affiliation

Entry-Level Employment

• What To Consider...
  • Clinical Mentorship!
  • Well-Developed New Hire Orientation Program
  • Growth Opportunity
  • Ongoing Education
  • Culture of Team Work and Support
  • Employment Stability