



# 10 Ways Physical Therapy, Speech Therapy, and Occupational Therapy Reduce Rehospitalization.

Rehospitalization, or the readmission of a patient to a hospital within a specific period after being discharged, is a crucial issue impacting both patients and healthcare providers, particularly from a reimbursement perspective. Rehospitalization leads to increased healthcare costs, decreased patient satisfaction, and potential penalties for healthcare facilities.

However, physical therapy, speech therapy, and occupational therapy play integral roles in reducing rehospitalization rates. In this guide, we explore 10 effective ways in which these therapies contribute to minimizing rehospitalization and improving patient outcomes.

## Comprehensive Assessment and Treatment Planning

Physical therapists, speech therapists, and occupational therapists perform thorough assessments to identify a patient's specific needs and develop personalized treatment plans. This individualized approach ensures targeted interventions and optimal management of patients' conditions, reducing the likelihood of rehospitalization.

## Fall Prevention Programs

Therapists implement comprehensive fall prevention strategies, including balance training, gait training, and environmental modifications. These interventions aim to enhance patients' stability, reduce the risk of falls, and subsequently minimize injuries and hospital readmissions associated with falls.

## Rehabilitation and Functional Recovery


Physical therapy, speech therapy, and occupational therapy focus on restoring patients' functional abilities and promoting independence. By providing specialized exercises, therapeutic techniques, and adaptive equipment, these therapies help patients regain strength, mobility, speech, and cognitive skills, reducing the need for hospital readmission.

## Swallowing and Feeding Interventions

Speech therapists evaluate and treat swallowing and feeding difficulties, which are common among patients with neurological or respiratory conditions. Effective management of these challenges minimizes the risk of aspiration pneumonia and other complications, ultimately reducing rehospitalization rates.

## Pulmonary Rehabilitation

Physical therapists and Occupational therapists assist patients with respiratory conditions through pulmonary rehabilitation programs. These programs include exercises, breathing techniques, and education on self-management. By optimizing lung function and improving overall respiratory health, rehospitalization due to respiratory issues can be significantly reduced.



## Home Safety Assessments

Occupational therapists evaluate patients' homes to identify potential hazards and develop strategies to improve safety and independence. By addressing environmental risks and educating patients and their families on home modifications, therapists contribute to preventing accidents and rehospitalizations.

## Chronic Pain Management

Physical therapy offers non-pharmacological pain management interventions, such as therapeutic exercises, manual therapy, and modalities like heat or cold therapy. By alleviating pain and improving physical function, patients experience better overall health and are less likely to require readmission.

## Education, Communication, and Self-Management Training

Therapists provide patients and caregivers with education and training on disease management, self-care techniques, and adaptive strategies. Early and ongoing interdisciplinary communication helps bridge the gaps between medical status, patient function, and discharge disposition, facilitating optimal outcomes. This knowledge also equips patients and caregivers with the skills necessary to manage their conditions effectively and plan for discharge, reducing the likelihood of complications and rehospitalization.

## Cognitive and Communication Rehabilitation

Speech therapists address cognitive impairments and communication difficulties resulting from neurological conditions, strokes, or traumatic brain injuries. By improving cognitive abilities and enhancing communication skills, therapy helps patients adapt to daily life, reducing the need for readmission.

## Caregiver Support and Training

Therapists recognize the vital role of caregivers in the rehabilitation process. They provide support, guidance, and training to caregivers, ensuring they have the necessary skills and knowledge to assist patients effectively. By empowering caregivers, therapy minimizes the risk of rehospitalization and promotes continuity of care at home.

BenCura understands the importance of reducing rehospitalization and is well-versed in how physical therapy, speech therapy, and occupational therapy contribute significantly to reducing the rehospitalization rates. By providing comprehensive assessments, individualized treatment plans, and targeted interventions, we use therapies to communicate functional status, optimize patients' functional abilities, improve self-management, and promote safe transitions to home environments. Through these collective efforts, we do our part with therapy disciplines to help our hospitals improve patient outcomes and minimize rehospitalization rates.



Learn more about how BenCura provides premier therapy management, reduces the stress of hiring and management, while improving outcomes, delivering top-level therapy services to hospitals at [BenCura.com](http://BenCura.com). Ready for a consult? [Email ggoble@bencura.com](mailto:ggoble@bencura.com)