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Quality Care: How do Health Coaching, RTM and Other Initiatives Impact Quality and Hospital Readmissions

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HOW TO RECEIVE COURSE CREDIT

View the entire course including any applicable handouts/resources. Complete a post-test assessment. You must score 80% or better on the post-test and complete the course evaluation to earn a certificate of completion for this activity. If required, Select Rehabilitation will report attendance to CE Broker.

ABOUT THE COURSE AUTHOR

Dr. Kathleen Weissberg, (MS in OT, 1993; Doctoral 2014) in her 30+ years of practice, has worked in rehabilitation and long-term care as an executive, researcher and educator. She has established numerous programs in nursing facilities; authored peer-reviewed publications on topics such as low vision, dementia quality care, and wellness; has spoken at numerous conferences both nationally and internationally, for 20+ State Health Care Associations, and for 25+ state LeadingAge affiliates. She provides continuing education support to over 30,000 therapists, nurses, and administrators nationwide as National Director of Education for Select Rehabilitation. She is a Certified Alzheimer's Disease and Dementia Care Trainer, Certified Dementia Care Practitioner, Certified Montessori Dementia Care Practitioner, Certified Fall Prevention Specialist, and a Certified Geriatric Care Practitioner. She serves as the Region 1 Director for the American Occupational Therapy Association Political Action Committee.

POST-TEST

1. Which of these statements is false regarding the impact of Remote Therapeutic Monitoring (RTM) on quality care/outcomes?
 - a) Providers have access to continuous, objective data on patient progress, allowing for adjustments in treatment plans rather than waiting for scheduled visits.
 - b) RTM can only be used in remote/rural locations (hence the name).
 - c) RTM can improve patient adherence to home exercise programs resulting in faster recovery.
 - d) RTM helps identify "red flags" early, facilitating immediate intervention to prevent complications, re-injury, or hospital readmissions.

2. Which of these is not considered a proven care management methodology shown to impact readmissions and improve care outcomes?
 - a) Identify high risk patients
 - b) Improve transitional care
 - c) Ensure patients understand post-discharge instructions
 - d) None of the above – they all are proven methodologies
3. The impact of health coaching on hospital readmissions include all but which of the following?
 - a) Reduced rehospitalization rates
 - b) Better care transitions
 - c) Poor self-management
 - d) Increased engagement
4. Which of these is a goal of health coaching in senior living?
 - a) Improve quality of life
 - b) Manage chronic conditions
 - c) Maintain independence
 - d) All of the above
5. Key aspects of health coaching in senior living include all but which of the following?
 - a) Creating larger care gaps between senior living and other post-acute providers
 - b) Personalized wellness plans
 - c) Chronic disease management
 - d) Accountability and holistic support

The post-test and corresponding course evaluation can be accessed at:
https://www.surveymonkey.com/r/Health_Coaching_On_Demand

Or by using the following QR Code:



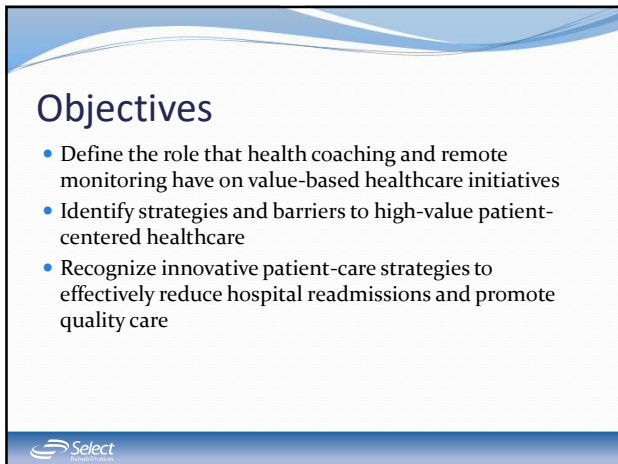
If all course requirements have been met, a certificate will be emailed from Select Rehabilitation to the email address reported in the course follow-up survey.

Any questions or issues related to this course should be directed to Dr. Kathleen Weissberg, National Director of Education for Select Rehabilitation at kweissberg@selectrehab.com

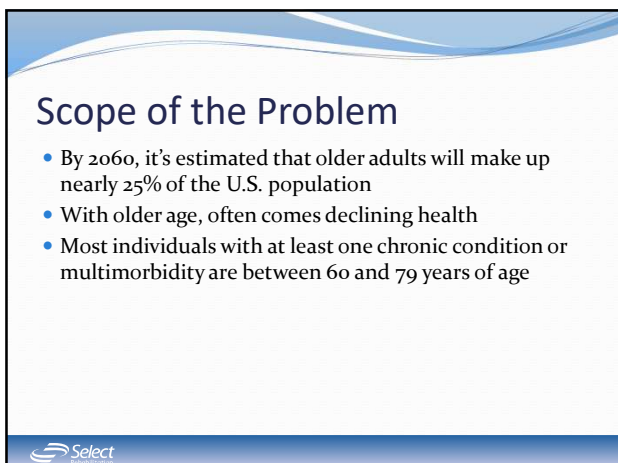
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1



2



3

Hospital Readmissions

- Nationally, approximately 16% to 20% of Medicare patients aged 65 and older are readmitted to the hospital within 30 days of discharge
 - General Elderly Population: roughly 11.6% to 16.0% of older adults.
 - SNF: Rates average around 20%
 - Frail Older Adults: Rates can spike to 36.9% following major surgery



4

What is Health Coaching?

- Collaborative, resident-led partnership
- Empowers older adults to set holistic lifestyle goals, improve chronic condition self-management, and maintain independence
- Coaches act as "change agents"
- Focus on behavior modification, motivation, and sustainable daily habits



5

This is Done By ...

- Helping clients discover the "why" behind their desired health change
- Empowering the client as the expert of their own body, mind, and circumstances
- Helping clients identify challenges and blind spots that are preventing positive change
- Providing support and accountability
- Using broad knowledge of health and wellness to help people navigate a variety of health concerns



6

The Coaching Approach

- What they DO
 - Empower, establish accountability, motivate, and help coordinate wellness plans
- What they DON'T DO
 - Diagnose medical conditions, prescribe medication, or provide hands-on clinical treatment



7

Why Health Coaching?

- Research shows nearly 70% of physical aging and 50% of mental aging is determined by lifestyle choices
- Research states that 88% of us understand that lifestyle is the main cause of chronic disease, yet only 18.5% of us feel confident of taking control of our health on our own
- 93% of us feel it would be easier to make positive lifestyle change with the support of a health coach
- 88% of people who used a health coach had a positive experience



8

Core Focus Areas

- Nutrition & Hydration
- Mobility & Fall Prevention
- Cognitive & Mental Wellness
- Sleep & Stress Management



9

Core Mechanisms

- Symptom Awareness
- Medication Adherence
- Self-Efficacy
- System Navigation



10

Evidence for Health Coaching

- 2015 study: 46% increase in mental stress management and relaxation; 33% increase in cognitive symptom management; 28% in exercise behaviors
- 2023 study: modified risk of chronic diseases when compared to a control group, reduced non-cancer pain, reduced hospital readmissions, reduced biomarkers associated with disease



11

Evidence for Health Coaching

Studies indicating the power of health coaching

- Obesity
- Diabetes
- High cholesterol
- Mental health



12



- Health coaches don't just work with the least healthy members of the population
- They support all seniors to build new habits and make lasting changes

13



Impact on Hospital Readmissions

Studies show 40% reduction in hospital readmissions through

- Medication Reconciliation & Adherence
- Early Symptom Recognition
- Care Coordination
- Actionable Logistics
- Self-Efficacy & Activation

14



What is RTM?

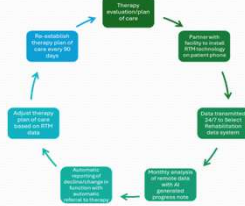
- Remote Therapeutic Monitoring (RTM) is a digital healthcare management program that tracks non-physiological patient data
- Allows clinicians to track recovery at home and intervene quickly before minor complications escalate into emergencies

15

Remote Therapy Monitoring (RTM)

Using FDA-Approved software, enables healthcare providers to remotely track non-physiologic patient data

Functional Status
Therapy Adherence
Functional Mobility
Pain Scores
Exercise Completion



16

Why Does This Matter?

Utilize the RTM Platform to track patient function daily.

The technology will automatically review patient mobility and notify the therapy team with any significant change.

Instead of waiting for a reported fall or decline in function, data and technology will identify the change to allow therapy to address it proactively.

Therapy can then “check in” on a resident to see if a therapy evaluation is needed.



17

Benefits of RTM

Improve Outcomes/Recovery

Reduce Falls

Improve Mobility/Prevent Decline

Expand Access to Care

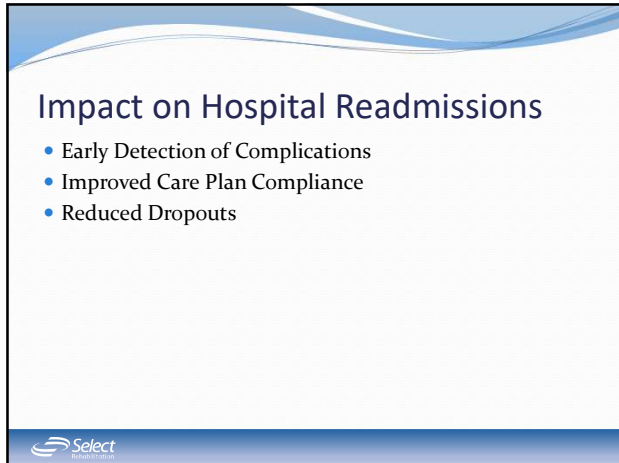
Cost Efficient

Increase Patient Engagement/Fewer Drop Outs

Proactive Care



18



Impact on Hospital Readmissions

- Early Detection of Complications
- Improved Care Plan Compliance
- Reduced Dropouts

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19

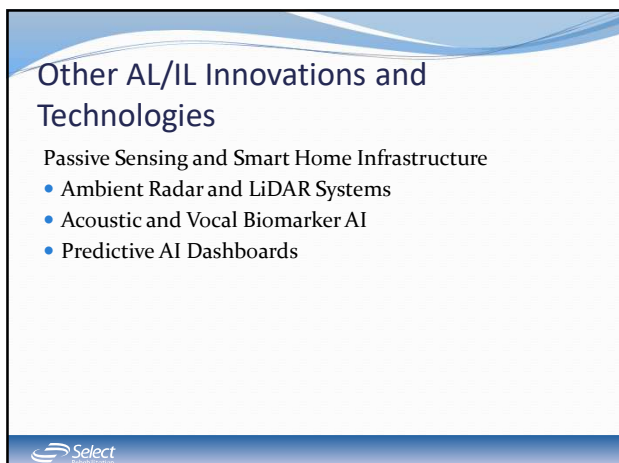


Other AL/IL Innovations and Technologies

- AI-Enabled Gait and Fall Analytics
- Passive Biomarker Tracking
- Predictive Risk Stratification

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20



Other AL/IL Innovations and Technologies

Passive Sensing and Smart Home Infrastructure

- Ambient Radar and LiDAR Systems
- Acoustic and Vocal Biomarker AI
- Predictive AI Dashboards

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21

Other AL/IL Innovations and Technologies

Automated Pharmacy and Adherence Ecosystems

- Optical Medication Recognition Carets
- Cellular-Connected Smart Pillboxes

Community-Driven Transitional Care Models

- Post-Acute Transition Specialists



22

Health Coaching and VBC

Shifts the focus from treating illness to proactive disease prevention and chronic condition management

- Bridging the Knowledge-Action Gap
- Decreasing Hospital Readmissions
- Boosting Medication Adherence
- Enhancing Provider Efficiency
- Driving Clinical Metrics



23

RTM and VBC

Shifts from episodic visits to continuous, data-driven recovery

- Improves Clinical Outcomes
- Boosts Patient Engagement
- Lowers Healthcare Costs
- Enhances Operational Efficiency



24

Patient-centered healthcare shifts the focus from volume to value, tailoring care to individual preferences, needs, and values while optimizing outcomes



25

Barriers to Overcome

- Fee-for-Service Incentives
- Siloed Patient Information
- Time Constraints and Burnout
- Resistance to Change



26

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27

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