



CASE STUDY

Returning to Full Independence After a Stroke



CHALLENGE

A 50-year-old male went to the emergency room and was admitted to the hospital with a diagnosis of stroke. To improve the member's prognosis for returning to full independence, he needed physical, occupational, and speech therapy before he could return home.

GOALS

- Return the member to independent function
- Establish a safe and timely discharge plan to return home

SOLUTION

Following a three-day acute inpatient stay, the member was transferred to an inpatient rehab facility for the necessary

therapies. A care manager from HealthNow Administrative Services (HNAS) worked closely with the inpatient and rehab facilities to coordinate an appropriate and timely level of care transfer, which included weekly case conferences for progress reports and planning. The care manager also reviewed benefit coverage and addressed discharge planning needs directly with the member.

OUTCOME

Following four weeks of inpatient rehab, the member was safely discharged with improved physical function, durable medical equipment items, home health care services, outpatient follow-up, and a good prognosis for returning to full independence.

