



## Focused Assessment Safe Transition

### Admission Pillars

FASTtrack begins with a focused assessment in the acute setting. We meet personally and assess for pain, thirst and hunger. We also get to know you as an individual instead of a number. We review your medical information to make certain we are prepared for your arrival including medication, vitals, and condition. We also learn your life story. This informs how we can best help you regain your independence.

*“Welcome...we’ve been expecting you.”*

#### Assess

- a. Assess for pain, thirst, hunger upon arrival
- b. Head to Toe assessment within 2 hours
- c. Physical Therapy Evaluation Day One

#### Basics

- a. Vital signs every shift x72 hours
- b. Medication reconciliation, order approval
- c. Interim care plan within 8 hours

#### Consistency

- a. Provide pain meds
- b. Provide beverage/meal/snack
- c. Orient to surroundings within 2 hours



*“We’ll get you home fast with the support you need.”*



## *Focused Assessment Safe Transition*

### **Daily Interventions CHF-Heart Failure**

We begin with a focused assessment in the acute setting and meet personally to assess for pain, thirst and hunger. We also get to know you as an individual instead of a number. We review medical information and consult with your medical team to prepare for successful transition including medication, vitals, and condition. We also learn your life story. This informs how we can best help you regain your independence.

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#### **Assess shortness of breathe**

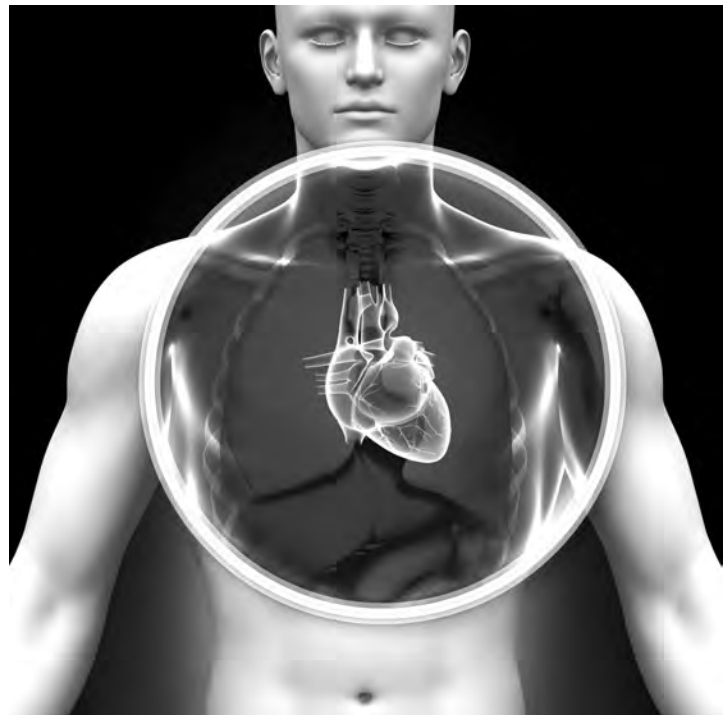
- a. Auscultate lung sounds every shift
- b. Pulse oximetry every shift
- c. Oxygen therapy as ordered

#### **Basics**

- a. Apical pulse every shift
- b. Radial pulse every shift
- c. Vital signs and daily weights

#### **Consistency**

- a. Provide pain meds
- b. Provide beverage/meal/snack
- c. Orient to surroundings within 2 hours



*“We’ll get you home fast with the support you need.”*



**Palm Garden**  
HEALTH AND REHABILITATION CENTER



**Ortho**  
**FASTtrack**  
*Good to Go.*

## *Focused Assessment Safe Transition*

Orthopedic FASTtrack begins before the scheduled surgery. We offer a tour and introduction to our Palm Garden Family, gather medical, surgical, and post-operative rehabilitation protocols specific to the surgeon, and formulate a plan specific to each patient. Patients are individuals- not numbers- so we refer to them as guests.

Orthopedic guests have dealt with degenerative joint pain for a long time. It has affected their mood and sometimes their outlook on life. Pain has limited their physical activity. They don't feel themselves. Surgery is their first step to getting back to independence. We learn their life story details so that we may treat them like family and get them home fast.

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### **Assess**

- Physical Therapy Evaluation day one
- Implement surgeon specific rehab protocols
- Pain management including cryotherapy with Game Ready Compression Technology



### **Basics**

- Monitor incision site per physician protocol
- Pain Control, monitor for edema
- Encourage motion

### **Consistency**

- 7 day per week Physical Therapy
- Alter G Anti-Gravity treadmill
- DJO Genesys for pain management. HUR Pneumatic Resistance strengthening equipment as appropriate



*“We'll get you home fast with the support you need.”*

888-967-6508

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*Palm Garden*  
HEALTH AND REHABILITATION CENTER

Physician Advocacy  
**FASTtrack**  
*Good to Go.*

## *Focused Assessment Safe Transition*



Palm Garden has a plan individualized for Acute MI and Congestive Heart Failure, COPD, Pneumonia, Orthopedics, and Internal Medicine.

FASTtrack begins in the hospital. We gather medical, surgical, and post-operative rehabilitation protocols specific to the needs of our guest. We formulate a plan specific to the individual. Patients are persons- not numbers- so we refer to them as guests.

Guests have dealt with an acute medical issue. They're nervous, anxious and scared. Often pain has limited their physical activity. We learn their life story details in the hospital so that we may treat them like family. We ensure a safe, personal transition to FASTtrack and get them home fast

### ***FASTtrack delivers results:***

1. Reduced Return to Hospital
2. Shortened Lengths of Stay
3. Restore Independence
4. Improved Satisfaction

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## *Focused Assessment Safe Transition*

### Daily Interventions COPD-Pneumonia

FASTtrack Respiratory recovery begins in the acute setting. We visit and gather the information we need to ensure a successful transition. We also get to know you as an individual instead of a number. We review medical information to make certain we are prepared for transition including medication, vitals, oxygen requirements and condition. We also learn your life story. This informs how we can best help you regain your independence. We consult with your hospital team to ensure a safe transition to Palm Garden.

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#### **Assess shortness of breathe**

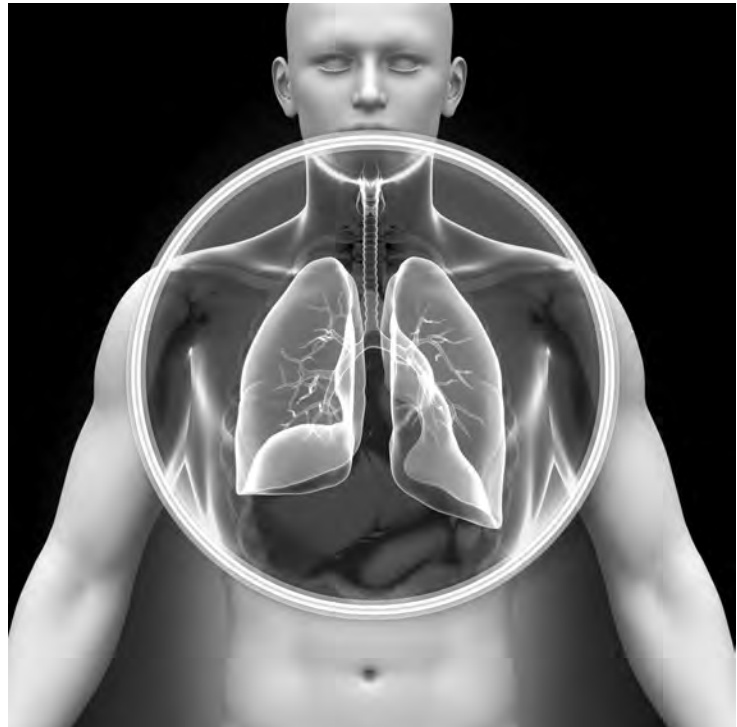
- a. Auscultate lung sounds every shift
- b. Pulse oximetry every shift
- c. Oxygen therapy as ordered

#### **Basics**

- a. Vital signs every 4-8 hours
- b. Pain assessment every shift
- c. Assess for edema/weight gain

#### **Consistency**

- a. Nebulizer treatment
- b. Incentive spirometry
- c. Medications/cough suppressants



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