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Kindred is a leading provider of interprofessional clinical services that support patients and manage their care across the continuum. Whether this treatment takes place in a hospital or rehabilitation unit, Kindred's clinical care consistently exceeds national benchmarks. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who will form the future healthcare community.

LIT REV-U

2

MEDICAL DIRECTOR'S CORNER



3

PDPM



4

NEW GRAD TO NEW HIRE



6

QUOTES OF THE QUARTER



8



CATCH US ON THE ROAD





8

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1

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# LIT REV-U

## Effects of Cognitive Stimulation Therapy for Individuals with Parkinson's Disease with Dementia



Sarah Kalishman OTD Student,  
Washington University  
School of Medicine in St. Louis

Anticipated graduation May 2020

By Sarah Kalishman

Parkinson's disease (PD) is a progressive neurodegenerative disease that affects over one million Americans<sup>1,2</sup>. Individuals with PD experience various motor and non-motor symptoms along a spectrum of severity. Although motor impairments are more commonly recognized, individuals with PD also experience non-motor symptoms including anxiety, depression, and the most common, cognitive impairments<sup>1,3,4</sup>. Up to 50% of individuals with PD are diagnosed with dementia<sup>7</sup>. Those with PD with dementia (PDD) are more likely to depend on their caregiver for assistance, increasing the caregiver's burden and straining the relationship<sup>5</sup>. Cognitive Stimulation Therapy (CST) is an intervention geared toward those with cognitive impairment, involving enjoyable activities that promote stimulation of thinking, concentration and memory<sup>6</sup>. Previous research shows improvements in cognition and QOL for those with Alzheimer's Disease<sup>6</sup>. In a study being conducted at Washington University in St. Louis and the St. Louis American Parkinson Disease Association, CST is being provided to individuals with PDD. Individuals with PDD participate in the 7-week course twice a week for 45 minutes, providing a break time for caregivers. The researchers

hypothesize that CST will improve cognition and QOL for the individual with PDD, decrease the burden for the caregiver and improve the relationship between the individual and caregiver.

1. Goldman, J. G., & Litvan, I. (2011). *Mild cognitive impairment in Parkinson's disease*. *Minerva Medica*, Vol. 102, pp. 441–459.
2. Wong, S. L., Gilmour, H., & Ramage-Morin, P. L. (2014). *Parkinson's disease: Prevalence, diagnosis and impact*. *Health Reports*, 25(11), 10–14.
3. Stoker, T. B., Torsney, K. M., & Barker, R. A. (2018). *Emerging treatment approaches for Parkinson's disease*. *Frontiers in Neuroscience*, Vol. 12.
4. Kalia, L. V., & Lang, A. E. (2015). *Parkinson's disease*. *The Lancet*, Vol. 386, pp. 896–912.
5. Leroi, I., McDonald, K., Pantula, H., & Harbisetar, V. (2012). *Cognitive impairment in parkinson disease: Impact on quality of life, disability, and caregiver burden*. *Journal of Geriatric Psychiatry and Neurology*, 25(4), 208–214.
6. Woods, B., Aguirre, E., Spector, A. E., & Orrell, M. (2012). *Cognitive stimulation to improve cognitive functioning in people with dementia*. *Cochrane Database of Systematic Reviews*, (2).
7. Weil, R. S., Costantini, A. A., & Schrag, A. E. (2018). *Mild Cognitive Impairment in Parkinson's Disease—What Is It?* *Current Neurology and Neuroscience Reports*, Vol. 18.

Do YOU want to be featured in the next SPOTon newsletter? Do you enjoy reading articles and learning about the latest news and findings in your respective career field? If so, this is the opportunity for you! We want to have a featured literature review abstract written by a student in each newsletter! To summarize what we are looking for, the review should include one peer-reviewed article that is relevant to the field of nursing, physical therapy, speech and language pathology, or occupational therapy and be a maximum of 200 words. See? Simple! The submission criteria is simple, easy to understand, and allows students to delve into the latest literature on their professional field.

All submissions will be evaluated by the Student Programs team before publishing. Contact the Student Programs Intern, Kailin Leisure, with any questions, [Kailin.Leisure@kindred.com](mailto:Kailin.Leisure@kindred.com). We encourage anyone who is interested in this to submit. Who knows, you may be chosen and featured in our next newsletter! Be sure to follow us on Twitter @RHBstudents (<https://twitter.com/RHBstudents>) and like Kindred Student Programs on Facebook (<https://www.facebook.com/KindredStudentPrograms/>)! #TheFutureLooksBright



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# MEDICAL DIRECTOR'S CORNER

We are lucky to have Kindred's Medical Directors supporting our students and the efforts of the Student Programs Team. They are always willing to provide helpful information, advice and encouragement to those aspiring to be professionals in the field. With that, **we welcome our readers to the Medical Director's Corner!**



## Kindred LTAC Hospitals – Caring for the Sickest of the Sick

**Dr. Kim Perry**  
**SVP and Chief Medical Officer**  
**Kindred Healthcare**

Everyone knows about traditional hospitals and the myriad of injuries or illnesses that lead to a visit or short-term stay.

Very few, however, can articulate the slightly different mission of a long-term acute care (LTAC) hospital, also called a transitional care hospital. That's probably a good thing, because if you are familiar with LTAC hospitals, you or your loved one were likely critically ill, as these hospitals typically care for the 2% of all patients with the most acute conditions – put more simply, the sickest of the sick.

The term LTAC hospital (or LTACH if you include hospital) was coined some 30 years ago when Kindred pioneered this type of specialty hospital to care for critically and chronically ill patients. These patients often come directly out of an intensive or critical care unit of a short-term acute care hospital (the industry's name for a "regular" hospital) and need the same intensive care of a regular hospital along with therapy and a longer recovery time.

However, during these same three decades, three quarters of the LTAC acronym – the "long," "term" and "care" parts – became more germane to the work of skilled nursing facilities (SNFs), which have little in common with the work done at Kindred Hospitals, specifically the acuity of the care provided.

Kindred's Hospitals are specialty hospitals designed to provide intensive, specialized care to the critically and chronically ill. The patients typically have been stabilized at a regular hospital and need significant, and often complex, clinical care and therapy to continue their recovery and ultimately transition to home or a less acute level of care (such as a skilled nursing facility or rehabilitation hospital).

Our patients might have been in an accident or suffered a stroke or respiratory failure. They may have an underlying chronic disease, like diabetes or heart disease, which delays the healing process. They may have complex wounds or need to be weaned off ventilators.

These and other complex medical conditions require the special, evidence-based care developed by Kindred clinicians who are experts in caring for these types of patients. Our care is physician-led and supported by specially-trained caregivers across many disciplines, including Registered Nurses, case managers, respiratory therapists, rehabilitation therapists, dietitians, in-house pharmacy and more. This type of critical care isn't available at other types of post-acute care providers.

**If you or a loved one is experiencing any conditions like those mentioned above, please don't hesitate to reach out to our nurse hotline at 1-866-KINDRED. We are here to help.**



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# PATIENT DRIVEN PATIENT MODEL

By Sabrena McCarley, MBA-SL, OTR/L, CLIPP, RAC-CT, QCP, Director of Quality, RehabCare

**In July 2018, Centers of Medicare and Medicaid Services (CMS) finalized a new classification model. The new model is called the Patient-Driven Payment Model (PDPM) which went into effect on October 1, 2019.** Determinants of payment have changed with the new model. Under PDPM, patients are classified into clinical categories based on primary diagnosis for a SNF stay. Additionally, assessment schedules are now newly outlined under the model.

Under PDPM, providers are required to report on the Minimum Data Set (MDS) the patient's primary diagnosis for the SNF stay. Each primary diagnosis is mapped to one of ten PDPM clinical categories, representing groups of similar diagnosis codes, which is then used as part of the patient's classification under the PT, OT and

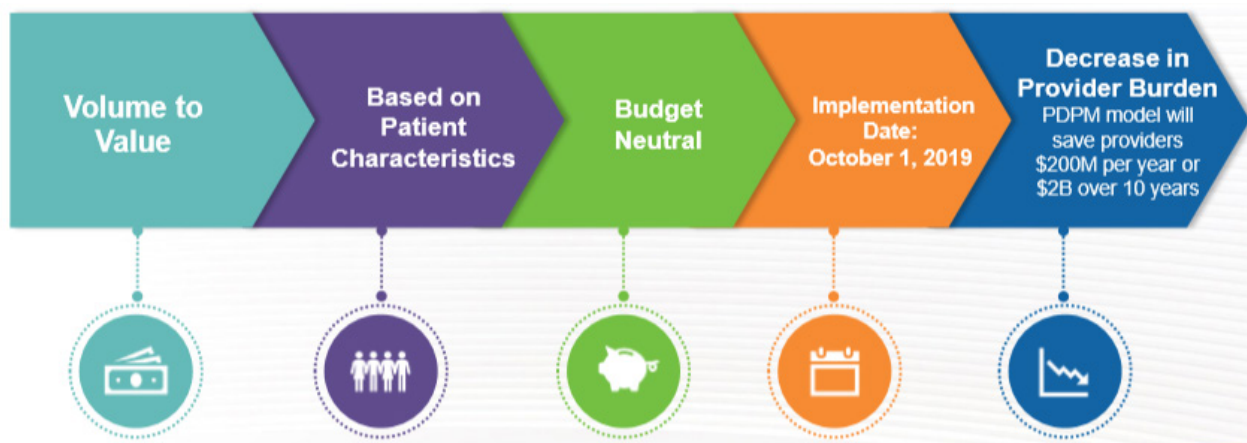
SLP components. The evaluating clinician will complete the therapy treatment plan/evaluation. Upon thorough review of the medical record, the clinician will choose a diagnosis code(s) that is supported by the medical record and indicates the medical necessity of therapy services.

The treatment diagnosis is supported by a disciplinary-specific, comprehensive assessment with a functional deficit section to compare PLOF and current-level underlying impairments with specialized tests, measurements and goals to address deficits/impairments identified and represent the medical condition or comorbidities impacting rehab.

Despite these changes, criteria for skilled services does not change. The long-term care population still needs



PDPM Clinical Categories	
Major Joint Replacement or Spinal Surgery	Cancer
Non-Surgical Orthopedic/Musculoskeletal	Pulmonary
Orthopedic Surgery (Except Major Joint Replacement or Spinal Surgery)	Cardiovascular and Coagulations
Acute Infections	Acute Neurologic
Medical Management	Non-Orthopedic Surgery



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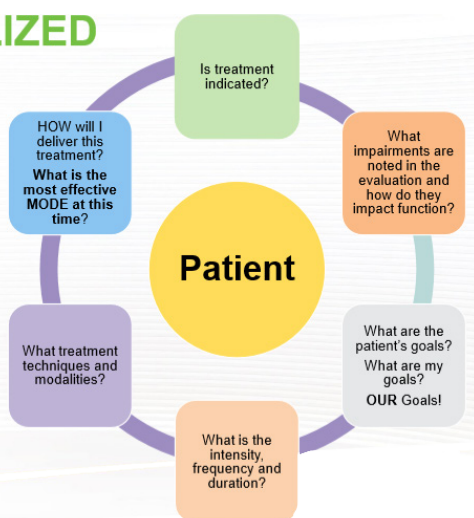
# PATIENT DRIVEN PATIENT MODEL

physical, occupational and speech therapy services. Our patient's needs are still at the forefront of our business. **This is where the Kindred Core Value of "Stay Focused on the Patient" comes into play.** When all facility staff functions as a team, everyone wins... but most importantly, the patient wins.

**The key to upholding this Core Value? Interdisciplinary team collaboration.** If facilities can come together for the greater good of providing the best care for patients amidst these changes, the patient will always win. This collaboration includes each individual in the facility including nursing, PT, OT, SLP, social services, activities, dietary, physician, case manager, MDS coordinator, pharmacist, administrators, housekeeping, maintenance, business office manager, beautician, receptionist, admissions, caregivers and the patient.

## INDIVIDUALIZED PLAN



*Critical Thinking*



If you're interested in additional educational and training resources in regard to PDPM, visit [www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/SNPPS/PDPM](http://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/SNPPS/PDPM). #TheFutureLooksBright



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# NEW GRAD TO NEW HIRE

**Leah McElderry** graduated from the University of Wisconsin – La Crosse DPT program in 2018.

As a student, she completed her 12 week rotation at Kindred's Joint Venture partner, ProHealth Rehabilitation Hospital of Wisconsin. The Student Programs Team reached out to Leah about her time at ProHealth:

"I was surrounded with SLPs, OTs and PTs on a daily basis to allow for collaboration between disciplines at a face-to-face level as well as in-person team conferences. These interactions made certain that all disciplines were informed regarding patient status, appropriate discharge destination/planning was implemented, and focus of therapy interventions were appropriately identified. I felt supported by all therapy and hospital-wide staff. While I had goals to meet within the facility per my educational institution, the facility had goals for me to meet as

well which were extremely valuable and made me the clinician I am today."

Leah's time with ProHealth did not end there – she was



Kori (OT) and Leah (DPT)

**Kori Cybulski** graduated from the OT program at Mount Mary University in May 2014. As a student

Kori completed a clinical

internship at ProHealth Rehabilitation Hospital of Wisconsin. In regard to her experience, Kori stated: "The experience was so positive and welcome that when I graduated, I wanted to return. The patients, the team members, and the collaboration were so awesome that I wanted to be a part of the team. It felt like family and made working so enjoyable. I couldn't have asked for a better experience!"

The Student Programs Team asked Kori what her favorite

hired on after graduation! "Working for the same hospital I completed an internship at is GREAT! Before I walked in the door on my first day as a PT, I already knew what my schedule would look like during the day, who to turn to when I needed help, and where everything was in the facility."

## LEAH HAS SOME ADVICE AND TIPS FOR CURRENT STUDENTS:

### 1. Be a sponge! Soak up all the knowledge that you can as a student.

Seek out opportunities within the facility to shadow other disciplines (SLP, RN, OT, social worker, RT, surgeons) so you have a good grasp on what each discipline has to offer to make appropriate referrals when you become a licensed clinician.

### 2. Don't keep your needs and requests silent. Voice them, or else your clinical instructor/preceptor won't know how you are feeling and how to help you appropriately.

HELPFUL TIPS!

Kindred Core Value is. She said, "Creating fun in what you do!" I really do love my job, my patients and my coworkers. Sometimes rehab can be an intense place for patients and if I can help create a little fun in their day-to-day, it helps motivate them and increase their participation in therapy."

## KORI WANTED TO SHARE HER ADVICE FOR CURRENT STUDENTS:

**"Take it one day at a time. Don't be afraid to ask questions, all questions are important. Don't be afraid to tell your supervisor if you feel you're struggling or if you want to try something. Be open-minded to the process and enjoy the experience."**



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# NEW GRAD TO NEW HIRE



Rachel, Erin and Kim

## Staff Spotlight – Nursing Students – KH Louisville

Kindred Hospital Louisville recently hired nursing students who were doing their clinical rotations at the facility. “We hired an entire group of LPN students from Galen College of Nursing who were doing their clinicals at our hospital,” said Debra Winstead, Director of Education. “They all came highly recommended by their clinical instructor and now they are all going straight back to obtain their RN degrees. We are very proud and happy to welcome Rachel, Erin and Kim to Kindred Hospital Louisville!”

“Their clinical rotation was two days per week, so they were used to working with our staff and vice versa,” Debra shared. “Since they had all already formed relationships with staff and the managers it has made for an easy transition into orientation. Often new grad orientation is challenging for the new nurses as well as our staff, but this has worked really great. They are all very smart, poised and energetic young women. We appreciate their clinical instructor letting us know of her students’ interest in working with us and to our recruiter, Jay Harwood, for speaking with them as a group which really helped to get the ball rolling.”



Tammy Hill (PTA)

**Tammy Hill graduated from Kennebec Valley Community College in May 2019 from the PTA program.** She completed a clinical student internship at Dexter Health Care and Rehab. “It was my first experience working in a skilled nursing facility setting. My instructor provided me with helpful tips

in working successfully with the variety of conditions that are treated in a SNF facility.”

After graduation, Tammy was hired as a PTA at RehabCare’s partner, Hibbards Rehab and Nursing Facility. “My internship allowed me to settle into my new position quicker than I expected by giving me a foundation of knowledge to work from. I still have a lot to learn as a new PTA and will always be willing to grow my skills here.”

We asked Tammy what her favorite Kindred Core Value is and she said, “‘Give your best.’ By giving my best to the patients and co-workers each day all the other core values will be present. I have the potential to change someone’s life by improving their safety and mobility and maybe putting a smile on their face.”



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# QUOTES of the QUARTER

See what all of our students have been buzzing about!

"I have loved my rotation at Saint Mary Rehabilitation Hospital in Langhorne, PA. Every day I leave ***I am more amazed at the staff's ability to deal with patients devastated by events that have led them to the hospital*** and push them in ways that only benefit their recovery."

Angelique L., LPN/LVN Student,  
Bucks County Community College

"I really enjoyed my experience. I learned a lot about different diagnoses, treatments, orthotics, wheelchairs, etc. My clinical instructor was supportive and had very helpful feedback. ***I loved the variety of things I learned at this site.***"

Miranda, K., OT Student,  
Washington University School of Medicine  
Beverly Farm

"The staff and patients made Crown Point Health Suites so welcoming. ***I loved my experience and recommend this clinical to anyone and everyone.*** I felt very prepared and enjoyed the welcome packet and key ring of materials!"

Macy K., PTA Student  
South Plans College  
Crown Point Health Suites

"My favorite thing about this clinical was all of the hands-on supervision at the beginning which led to greater knowledge and independence toward the end. I felt like I got so much experience and felt fully confident leaving. I had great supervisors and enjoyed the multi-disciplinary team approach. I loved my experience."

Lucy P., SLP Student  
University of North Texas  
Discovery Village

## Spring 2020 Events Cancellations and Virtual Learning Opportunities

Spring 2020 events have been canceled in response to the COVID-19 pandemic. The Student Programs Team continues to support our hospitals' efforts to connect with healthcare students and foster their growth virtually through webinars scheduled in April. For more information on how to connect to these opportunities and more email us at [scheduleyourclinical@kindred.com](mailto:scheduleyourclinical@kindred.com).

### "Virtual Student Resource Webinar" Thursday, April 9, 12:00 PM CST

- **Introductions**  
Meeya Hill, Therapy Student Program Manager (East Region)
- **My Journey as a New Grad Nurse at Kindred/RehabCare**  
Hillary Harrison, BSN, RN, CRRN, CIC,  
Nursing Student Programs Manager
- **Coaching Advice for Job Searches**  
Haley Merrick, Recruitment Strategy Professional
- **Mindfulness Resources for Your Health and Wellbeing**  
Laura Dailey, Nursing Student Programs Manager

### "Mindsets and Mindfulness in Nursing" AACN Webinar Wednesday, April 15

