

### WELCOME TO CLINICAL CONNECTION

Welcome to the Fall edition of LifeCare Clinical Connection. With the chill of autumn upon us, hospitals and health systems nationwide are preparing for the H1N1 virus as communities across the country and around the world continue to report new cases daily. An estimated 1.8 million patients will be hospitalized during the epidemic, and as many as 300,000 of these patients will require treatment in intensive care units. H1N1 patients could occupy 50-100 percent of all ICU beds in affected regions during peak times. This could be an enormous hardship for many of our partners in the health care community.



Grant Asay,  
Executive VP – Operations

According to the World Health Organization (WHO), doctors are now reporting a severe form of H1N1 that directly attacks the lungs, resulting in severe and sometimes fatal respiratory distress in otherwise healthy young people. WHO reports as many as 15 percent of patients hospitalized with the new H1N1 pandemic virus need intensive care, further straining already overburdened healthcare systems.

In an effort to help local health care professionals and facilities prepare for H1N1, we would like to remind you of the types of high acuity, medically complex patients that may be appropriate for transfer to our facility for extended critical care services.

- › Respiratory Failure
- › Ventilator Dependence with Complications
- › Complex Pulmonary Disease (COPD)
- › Multi-System Failure
- › Cardiomyopathies
- › Complications related to Multi-drug Resistant Organisms
- › Stage III and IV Wounds
- › Complications Post Surgery

We provide a broad range of services for medically complex patients, including dialysis, telemetry, wound care, on-site radiology and laboratory, respiratory services, case management, physical, speech and occupational therapies.

As always, we are honored to serve as an extension of your team and your partner in delivering excellent patient care.

Most Sincerely,

*Grant Asay*

\* Sources: President's Council of Advisors on  
Science and Technology/World Health Organization

### PATIENT SUCCESS STORY

*"I survived, thanks to LifeCare"*

Javier Torres is a 33-year-old father of four. He was actively involved in his work and his children's busy lives when he contracted H1N1, also known as the swine flu. When he experienced respiratory failure due to serious complications that led to six weeks in the intensive care unit, his family feared the worst as his condition became very unstable. He had to be revived on three occasions, was dependent on a ventilator to breathe and became unresponsive. Mr. Torres was admitted to LifeCare Hospitals for the hospital's unique combination of intensive therapy and critical care services. Soon, Mr. Torres could breathe on his own. With the help of the hospital's trans-disciplinary team, he regained strength and was able to actively participate in therapy and walk again. Within weeks, Mr. Torres was able to return home to his loving family.



Javier Torres, Age 33

## VENTILATOR WEANING AND RESPIRATORY MANAGEMENT PROGRAM

Our hospital provides specialized care to medically complex patients recovering from a broad range of acute and chronic respiratory conditions. Designed to address the needs of patients during and after mechanical ventilation, our ventilator weaning program offers a variety of supportive services including breathing retraining, dysphagia management and chest-trauma specific physical therapy to assist patients in achieving their full recovery potential.

Our care teams help patients accomplish ventilator weaning through a progressive program individualized to each patient's needs. Bedside pulmonary equipment enables patients to participate in therapies early in their recovery. Specialized exercise equipment is available to increase mobility in a safe and medically supervised environment – both in the patient room and in our rehab areas.

With a commitment to identifying and maintaining clinical best practices, our hospital participates in a program that tracks patient outcomes, success rates and complications associated with mechanical ventilation.



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## PULMONARY REHABILITATION

Our pulmonary rehabilitation program is designed for medically complex patients with chronic lung conditions who are not able to actively participate in outpatient therapy. Our multi-disciplinary treatment team includes physicians from various specialties, respiratory therapists, nurses and physical therapists. We work to understand the unique needs of each patient in order to develop individualized programs for conditions, such as:

- › Chronic Obstructive Pulmonary Disease (chronic bronchitis and/or emphysema)
- › Asthma
- › Interstitial disease
- › Bronchiectasis
- › Cystic fibrosis
- › Chest wall diseases
- › Neuromuscular disorders
- › Pre- and Postoperative lung transplantation

### Primary Program Components:

- › Medication management
- › Patient and family education
- › Stress management techniques and relaxation methods to control shortness of breath
- › Nutrition consultation
- › Laboratory and diagnostic testing
- › Physical therapy

LifeCare Hospitals operates 19 specialty acute care hospitals in 9 states. For more information, please visit [www.life-care-hospitals.com](http://www.life-care-hospitals.com).