

# What's the Difference Between Acute Rehabilitation and Skilled Nursing Care?

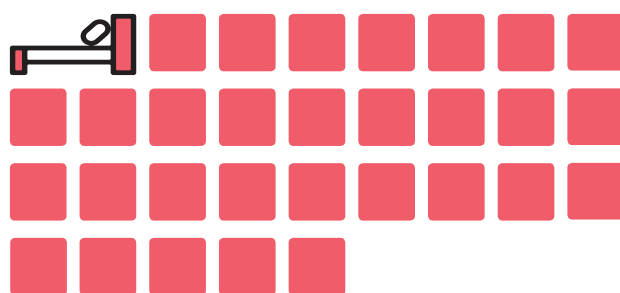
Rehabilitation might be the right next step for you, after you are discharged from the hospital. Physical therapy, occupational therapy, and speech therapy services can be provided in a rehab setting. But do you need a skilled nursing facility (sub-acute care) or an acute rehabilitation facility for your rehabilitation needs? Use these facts to help make a decision.

## Length of Stay:

The national average stay in an **ARU** is **16 days**



The national average stay at a **SNF** is **28 days**



## Type of Therapy:



**ARU:** At least **3 hours** per day, at least 5 days/week



**SNF:** One or more types of therapy, **1 – 2 hours** per day

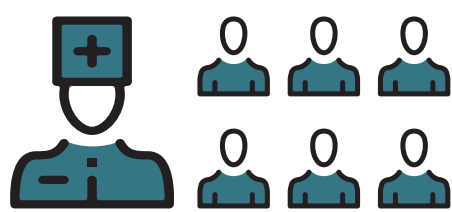
## Physician Involvement:

**ARU:** Physician care provided **24 hours a day, 7 days a week**, and a **rehabilitation physician** (physiatrist) or nurse practitioner visits **every day**

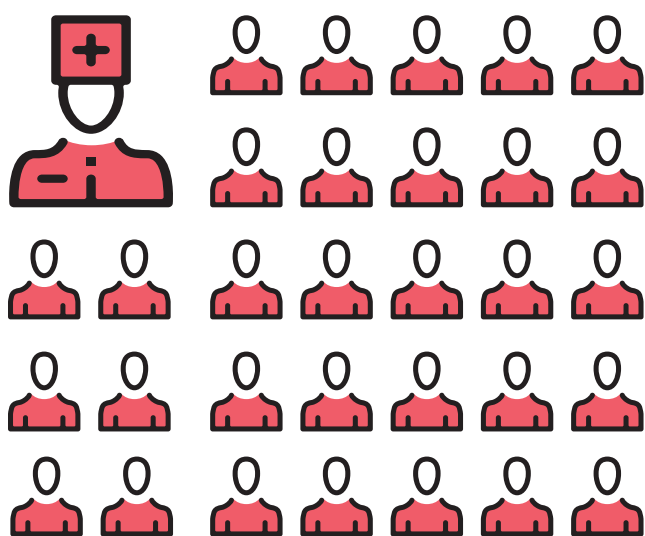
**SNF:** Attending physician provides a comprehensive initial assessment within **30 days** of admission, and an attending **physician, physician assistant, or nurse practitioner** visits once every **30 days**

## Nursing Care:

**ARU:** Nursing care is provided **24 hours a day, 7 days a week**, by **registered nurses** (RNs) and **Certified Rehabilitation Registered Nurses** (CRRNs), **Nurse-to-patient ratio** is **1 to 6 patients**.



**SNF:** A **registered nurse** (RN) is in the building and on duty **8 hours per day, 7 days a week**. The **nurse-to-patient ratio** is **1 Certified Nursing Assistant** (CNA) to **20 – 30 patients**.



## Treatment Team:

**ARU:** Your rehabilitation team includes **rehabilitation physicians** (physiatrists), **physical therapists, occupational therapists, speech therapists, nurses, dietitians, other disciplines as needed**, and **family members**, working together to help determine goals and the best individualized treatment approach for you.

**SNF:** In addition to a monthly visit from an attending physician, you may receive additional visits from a **physician assistant, nurse practitioner, or clinical nurse specialist**. Sub-acute teams also include **physical, occupational and speech therapists** and a **case manager**.

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