

**LONG-TERM
ACUTE CARE
HOSPITALS
(LTACH)**

*A Step on the
Road to Recovery*



**HEALTH
LITERACY**
KENTUCKY

in conjunction with the [Kentucky Hospital Association](#)

What is a Long-term Acute Care Hospital (LTACH)?

Long-term acute care hospitals (LTACHs) take care of serious medical problems for patients who are stable, but still very sick with complex medical conditions. Their illness or injury is better, but they still need to be in a hospital where a team of doctors and nurses can take care of their needs. In many cases, these patients transfer from a community hospital to an LTACH because they need a longer recovery time and slower, more supervised care.

LTACHs specialize in treating critically ill patients by:

- Providing care for illnesses that make breathing difficult
- Reducing the time on a ventilator (breathing machine), with the goal of the patient being able to breathe on their own
- Caring for more than one medical problem at the same time
- Treating severe wounds
- Taking care of IVs (a small tube put in a vein) and other medical equipment

Why are you or your loved one leaving one hospital and going to another?

The hospital where you or your loved one received care is a short-term acute care hospital (STACH). The STACH provides medical and surgical care in order to treat and stabilize patients. In most cases, patients go home within a few days. You or your loved one needs continued care from a specialized medical team.

A doctor has determined that an LTACH is a step on the road to recovery.

The sickest patients who still need around-the-clock doctor supervision, nursing care and specialized medical services can benefit from treatment at an LTACH. They may have ongoing medical problems such as diabetes or heart disease that can delay the healing process.

LTACH Team Approach to Care

Each LTACH patient-therapy care team develops short and long-term goals for the patient.

A doctor leads the team with:

- Nurses (to help with daily care and medicines)
- Case managers (to help manage all health care needs)
- Pharmacists (to manage medicines)
- Respiratory therapists (to assist with breathing)
- Physical therapists (to help regain strength, mobility and fitness)
- Occupational therapists (to help re-learn daily activities)
- Speech therapists (to help with swallowing, speaking and understanding language)
- Radiologists (to take X-rays, or pictures using a CT or MRI machine)
- Nutritionists (to plan the right meals)
- Specialists (doctors who treat certain areas of the body)

This team works together to help each patient get better. The type of care and goals are different for each patient depending on their health needs.

Medical problems treated at LTACHs include:

- Amputations
- Blood vessel disease
- Brain injuries

- Breathing problems (requiring ventilator weaning or treatment for emphysema, pneumonia or lung disease)
- Heart disease
- Infections
- Organ failure
- Serious fractures (broken bones)
- Serious wounds and pressure wounds (from too much body pressure that causes the skin to open)
- Severe burns
- Spinal cord injuries
- Strokes

Where will I or my loved one go after being treated at an LTACH?

After patients recover at the LTACH, they may be well enough to return home, or go to a rehabilitation hospital where they can get more help to build their strength, and learn how to do things for themselves. The patient may also go to a nursing home or a Skilled Nursing Facility (SNF) where they can be assisted with more exercise at a slower pace.

10 Questions

Ten questions to ask your doctor about the specialized medical treatment and other benefits you will receive at a long-term acute care hospital (LTACH):

1. Who will treat my medical problems?
2. How often will the doctor or nurse see me?
3. How much therapy will I receive?
4. What are the short and long-term therapy goals for me?
5. Will I have pain during therapy?
6. How long will I stay at the LTACH?
7. Will I go home after being in the LTACH?
8. Will my insurance cover the costs?
9. Are visitors allowed?
10. Will I have a private room?

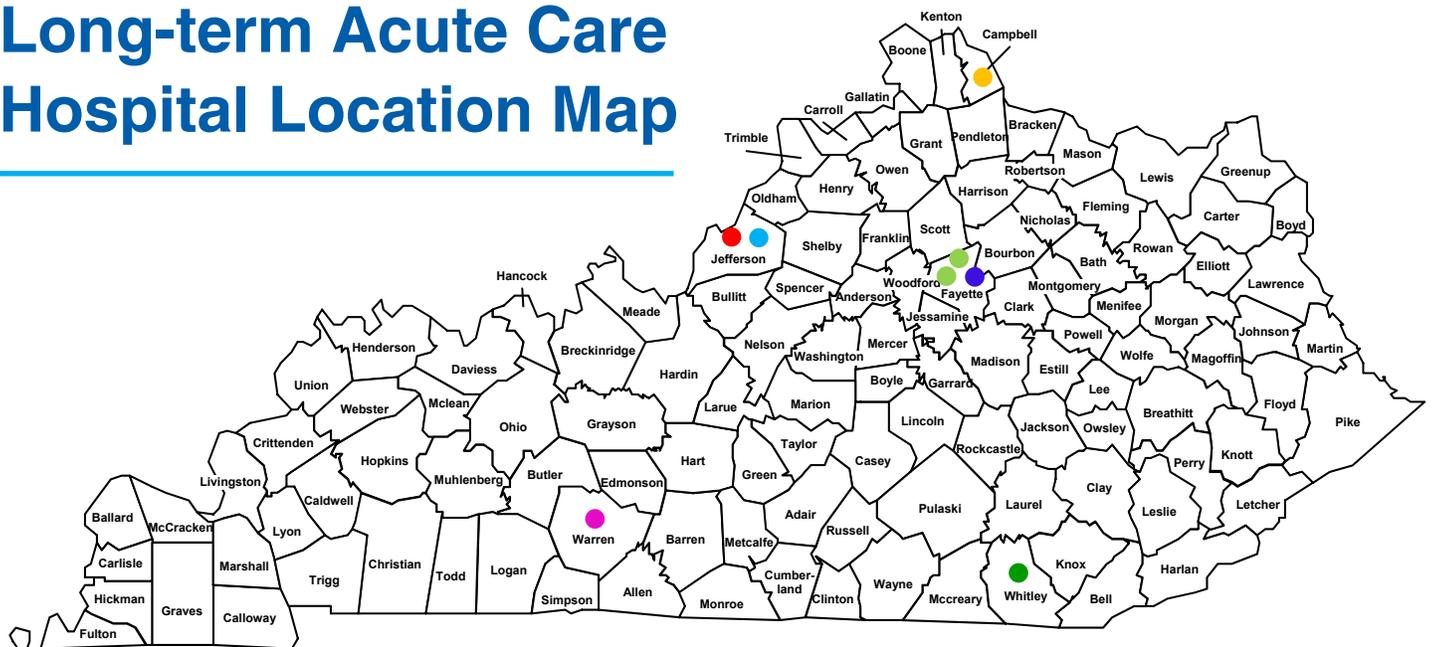
There are eight Long-term Acute Care Hospitals (LTACHs) in Kentucky.

Your doctor or hospital will help you select an LTACH. All LTACHs in the state are licensed by the Commonwealth of Kentucky and are Medicare certified.

- **Commonwealth Regional Specialty Hospital**
250 Park Street
Bowling Green, KY 42102
Phone: (270) 796-6200
<http://www.commonwealthregionalspecialtyhospital.org/>
- **Continuing Care Hospital at St. Joseph and St. Joseph East**
150 N. Eagle Creek Drive, 5th Floor
Lexington, Kentucky 40509
Phone: (859) 967 – 5744
<http://www.sjhlex.org/continuingcarehospital>
- **Kindred Hospital – Louisville**
1313 St. Anthony Place
Louisville, KY 40204
Phone: (502) 587-7001
<http://www.kindredlouisville.com/>
- **Kindred Hospital - Louisville at Jewish Hospital**
200 Abraham Flexner Way
Louisville, KY 40202
Phone: (502) 587-3999
<http://www.khlouisville-jewish.com/>
- **Oak Tree Hospital at Baptist Health Corbin**
One Trillium Way
Corbin, KY 40701
606 523-5150
www.oaktreecorbin.com
- **Select Specialty Hospital – Lexington**
135 E. Maxwell Street
Suite 300
Lexington, KY 40508
Phone: (859) 226-7178
<http://www.selectspecialtyhospitals.com/company/locations/lexington.aspx>
- **Select Specialty Hospital – Northern Kentucky**
85 North Grand Ave
Fort Thomas, KY 41075
Phone: (859) 572-3880
<http://www.selectspecialtyhospitals.com/company/locations/northern-kentucky.aspx>

- See location map on back -

Long-term Acute Care Hospital Location Map



- Commonwealth Regional Specialty Hospital
- Oak Tree Hospital at Baptist Health Corbin
- Continuing Care Hospital at St. Joseph and St. Joseph East
- Select Specialty Hospital – Lexington
- Kindred Hospital – Louisville
- Select Specialty Hospital – Northern Kentucky
- Kindred Hospital - Louisville at Jewish Hospital



**HEALTH
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Health Literacy Kentucky (HLK) is a partnership of more than 35 organizations that have come together to address the issue of health literacy in Kentucky. HLK’s goals are to raise awareness of the critical role that health literacy plays in health outcomes and health disparities; lay the foundation for a strong, cohesive health literacy effort in Kentucky; and introduce new opportunities for collaboration among those working with health literacy. For more information, please visit www.healthliteracyky.org



2501 Nelson Miller Parkway ● P.O. Box 436629 ● Louisville, Kentucky 40253-6629
502-426-6220 ● 502-426-6226 ● www.kyha.com