

Mental Health Counseling...

“In the Gym?”

**Patrick Hickey, MS, ACSM CEP, AACVPR CCRP
Mission Health Heart Path– Asheville, NC**

NCCRA Annual Meeting
Chapel Hill, NC
April 26, 2024

1 |

CONFIDENTIAL – Contains proprietary information. Not intended for external distribution.

HCA 
Healthcare®

Mental Health Assessment & Education for the Cardiac and Pulmonary Patient

- Does Medicare/AACVPR require us to address this?
 - Audits/Compliance
 - Individualized treatment plans
- How important is mental health in our rehab?
 - Barrier to moving forward
 - Delay in healing
- Where do we focus most of our time & energy?
 - Nutrition
 - Exercise

What do we currently address in our Rehabs and what type of staffing do we have?

ITP Components

- Nutrition: 20+ hours of class education
- Core Components: Variable
- Exercise: 36 hours in gym
- Psychosocial: 10+ hours of class education
- Oxygen (PR only): Variable

Staffing

- EP
- RN
- Dietician
- Counselor

Assessment Tools

- PHQ-9
- GAD-7 (PR only)
- Dartmouth COOP
- COPD Assessment Test: CAT (PR only)
- Other: Unresolved grief, family stress, toxic relationships, financial stress, age, terminal diagnosis, “exaggerated” emotions, hx of anxiety & depression, etc

How can we better address mental health, i.e. depression & anxiety in our current rehab programs?

- ICR vs Traditional Rehab
- Staffing changes
- Better assessments
- Better identification of mental health needs
- Measurable goals
- Decrease “stigma” of therapy
- Mental health education classes
- Refer out
- Frequent follow up

How does having a LCSW/Counselor support the patient in their rehab journey?

- Helps them move forward & progress with healing
- Breaks down walls/barriers
- Facilitates ability to meet personal goals
- Encourages empowerment
- Promotes positive behavior change
- Improves self confidence & self esteem
- Improves relationships
- Feel “Better” overall

How does it affect your rehab and your hospital's bottom line?

- Decreases drop out rates
- Improves daily attendance/volume
- Free positive marketing by patients
- Increases phase II enrollment
- Increases phase III enrollment
- Provides positive community benefits

QUESTIONS?

Thank You!