



Importance and Developing Patient Outcomes through Subacute Care

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DESCRIPTION

Subacute care is an essential component of the healthcare continuum, present an essential connection between acute hospital care and long-term care or home care. This level of care is designed for patients who no longer require the intensive services of a hospital but still need more comprehensive care than what is typically available in a traditional nursing home or at home. Subacute care is characterized by its interdisciplinary approach, involving various healthcare professionals to address the complex needs of patients transitioning from acute illness or surgery to a more stable condition. One of the primary objectives of subacute care is to provide a structured environment where patients can recover and recover after a significant health event. This type of care is often delivered in specialized facilities or dedicated units within hospitals and nursing homes. The services open in subacute care settings are diverse and can include skilled nursing care, physical therapy, occupational therapy, speech therapy, and social services. These services are personalized to meet the individual needs of each patient, promoting a holistic approach to recovery.

The patient population in subacute care is varied and includes individuals recovering from surgery, stroke, severe infections, or chronic illnesses impaired by acute periods. These patients often require a combination of medical supervision, rehabilitation, and supportive care to regain their functional abilities and achieve a level of independence. For instance, a patient who has undergone a joint replacement surgery may need intensive physical therapy to restore mobility, while a stroke patient might require a combination of speech and occupational therapy to regain communication skills and daily living functions. One of

the defining features of subacute care is its emphasis on short-term, goal-oriented treatment plans. Unlike long-term care, which focuses on maintaining a patient's current level of function, subacute care aims to improve the patient's condition and facilitate their return to a more independent lifestyle. Treatment plans in subacute care are developed by a multidisciplinary team that includes physicians, nurses, therapists, and social workers. This team works collaboratively to set accurate goals, monitor progress, and adjust the care plan as needed to ensure optimal outcomes.

The benefits of subacute care extend beyond the individual patient to the broader healthcare system. By providing an intermediate level of care, subacute facilities help reduce the length of hospital stays, thereby freeing up acute care beds for patients with more acute needs. Additionally, subacute care can prevent unnecessary readmissions to the hospital by providing continuous medical supervision and early intervention for potential complications. This not only improves patient outcomes but also helps control healthcare costs by reducing the burden on acute care services. The environment in subacute care settings is designed to be therapeutic and conducive to recovery. Facilities often feature amenities that support rehabilitation, such as fully equipped therapy gyms, adaptive equipment, and spaces for social activities. The staff in these settings are trained to provide compassionate and personalized care, recognizing the physical, emotional, and psychological needs of patients recovering from serious health events. The goal is to create a supportive atmosphere that encourages patients to engage in their rehabilitation actively and work towards their recovery goals.

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