

Transitional care at Blue Mountain Hospital



Eagle file photo

Blue Mountain Hospital offers transitional care where people recovering from surgery or a hospital stay can recover.

Recover in John Day after surgery

Blue Mountain Hospital staff

The unthinkable happens. You have been injured or have an illness that severely affects your ability to be independent. Now what? Well, once your doctor has cleared you after your surgery or hospital stay, you will need time to recover with a transitional care team.

What is transitional care?

Care that is provided to a patient when they are well enough to leave a hospital but not well enough to go home. In a larger city, patients that have had surgery or illness would leave the hospital and go to a skilled nursing facility or rehabilitation.

The skilled nursing facility would be comprised of nursing, physical therapy, occupational therapy and a dietitian. In rural areas like Grant County, this service is provided at Blue Mountain Hospital and is called transitional care.

Following our core value of providing quality care close to home, patients do not have to rehabilitate in Bend or Boise. Instead, through this program they can stay at Blue Mountain Hospital during recovery, making it easier on

family and friends to visit and keeping the patient in familiar surroundings.

Physical therapy

A physical therapist will be the expert in strengthening, balance training and teaching of assistive devices.

We will work with you to recover from the effects of the illness/surgery and also work with your family or caregiver to make sure they are ready to help when you go home.

Occupational therapy

Our occupational therapist is trained in strengthening, use of adaptive equipment (reachers, etc.) and works closely with the physical therapist.

Your occupational therapist will work with you or your caregiver to learn ways of adapting to your illness or surgery to aid in bathing, getting dressed and preparing meals.

Respiratory therapy

Your respiratory therapist will assist the team by giving breathing treatments, if necessary, and monitoring your vitals to ensure a speedy recovery.

Respiratory therapists are not involved in all cases.

Registered nurse

Your registered nurse will monitor your vitals, administer medications, follow the treatment plan of the doctor and, if required, perform wound care.

The RN will also provide valuable education (regarding medications, etc.) to both the patient and caregivers to insure a safe return to home.

Registered dietitian

A registered dietitian is your most credible and reliable source for accurate nutrition information, trained in the use of nutrition to prevent and control disease.

They counsel people on topics including:

- Diabetes
- Weight control
- Kidney disease
- Heart disease
- Cancer

Registered dietitians help people learn about staying healthy and selecting the right foods. Balance, variety and moderation are the keys to healthful eating. A registered dietitian can help you find a total eating plan that works for you and your lifestyle.