

METHODOLOGY

America's Best Physical Rehabilitation Centers 2023



Methodology – America’s Best Physical Rehabilitation Centers 2023

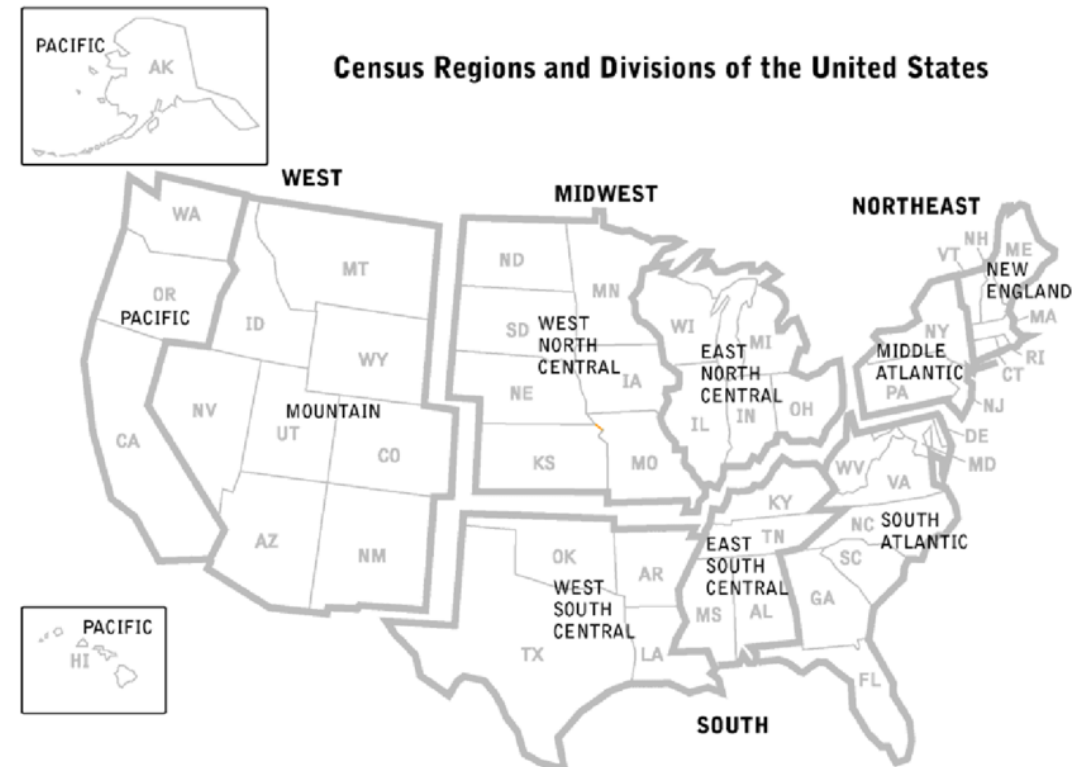
Summary of the project

- The 4th edition of **America’s Best Physical Rehabilitation Centers 2023** ranking awards the leading inpatient physical rehabilitation facilities in the US.
- The physical rehabilitation centers were identified according to the definition of Inpatient Rehabilitation Facilities (IRFs) by CMS (Centers for Medicare & Medicaid Services). IRFs are free standing rehabilitation hospitals and rehabilitation units in acute care hospitals⁽¹⁾.
- Centers which offer outpatient physical rehabilitation services only were excluded.
- Physical Rehabilitation Centers from **all US states were included** in the survey.
- The 25 states with the most facilities according to CMS were surveyed individually. The remaining states were grouped into 4 regions: Northeast, Midwest, West and South. Physical rehabilitation centers from these states were considered accordingly.
- The list is based **on three data sources**:
 - **National online survey**: From April to May 2023, an online survey among experts with knowledge of physical rehabilitation centers (physicians, physiotherapists, doctors, clinic managers and other health care professionals) was conducted in cooperation with Newsweek
 - **Quality metrics** data for IRFs published by the U.S. Centers for Medicare & Medicaid Services (CMS)
 - **Accreditation** data on physical rehabilitation centers provided by the **Commission on Accreditation of Rehabilitation Facilities** (CARF) and the **Model Systems Knowledge Translation Center** (MSKTC)
- Participants were also able to specify a standout program (Amputation, Brain Injury, Cancer Rehabilitation, Spinal Cord Injury, Stroke) for the recommended physical rehabilitation center.
- On average, the top 20% of facilities were awarded per state/region, **280 nationwide**.

Physical rehabilitation centers from all US states were eligible for the ranking

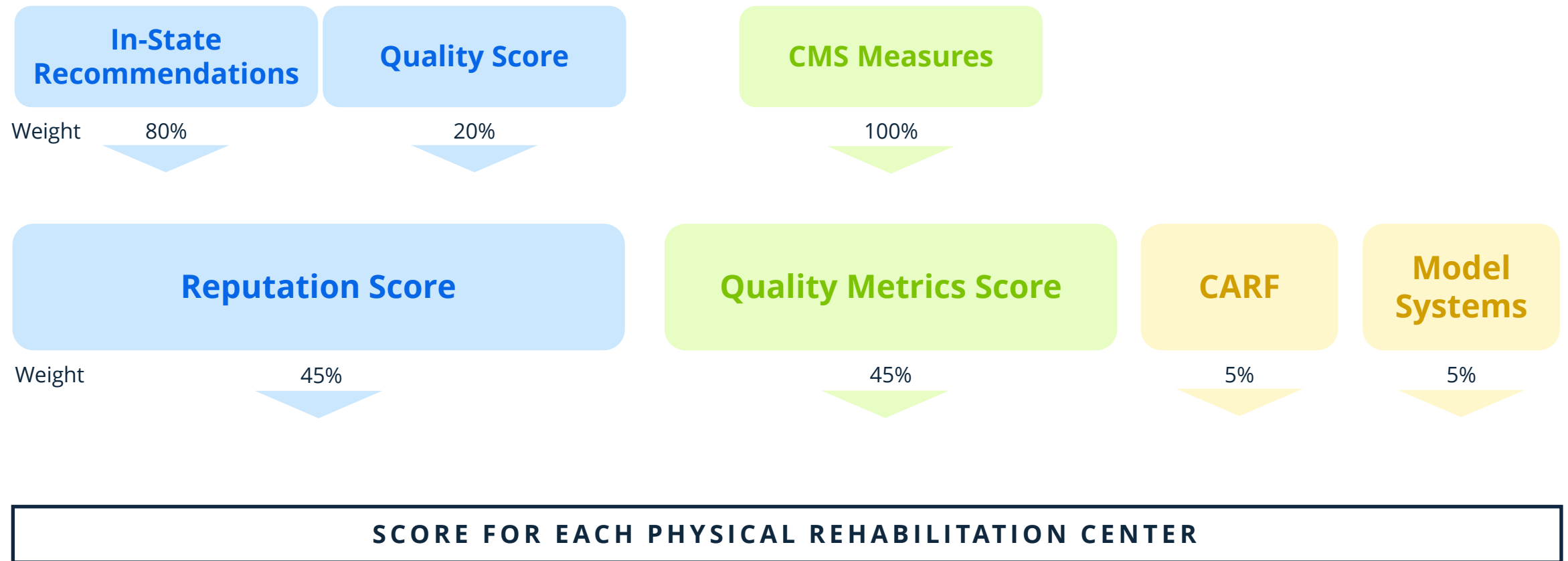
Geographical distribution

- Physical rehabilitation centers from the **25 states with the highest number of these centers**⁽¹⁾ were included in the survey:
 - Alabama
 - Arizona
 - Arkansas
 - California
 - Colorado
 - Florida
 - Georgia
 - Illinois
 - Indiana
 - Kansas
 - Kentucky
 - Louisiana
 - Michigan
 - Missouri
 - New York
 - North Carolina
 - Ohio
 - Oklahoma
 - Pennsylvania
 - South Carolina
 - Tennessee
 - Texas
 - Virginia
 - Washington
 - Wisconsin
- All remaining states were divided into **4 regions** for the survey:
 - Northeast:** Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, Rhode Island, Vermont
 - Midwest:** Iowa, Minnesota, Nebraska, North Dakota, South Dakota
 - West:** Alaska, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Wyoming
 - South:** District of Columbia, Delaware, Maryland, Mississippi, West Virginia



A score was calculated for each physical rehabilitation center

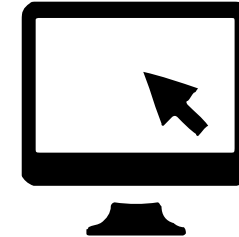
Scoring model



Medical experts with knowledge about physical rehabilitation centers were surveyed about the best facilities in their state

National online survey by state

- From April to May 2023, Statista conducted a nationwide online survey among medical professionals (e.g., physicians, therapists, nurses) and managers/administrators who work in physical rehabilitation centers.
- The survey was available to medical experts to participate on Newsweek.com. Additionally, participants were invited via e-mail.



Online survey by state among medical professionals and managers/administrators working in physical rehabilitation centers.

Participants were asked to recommend the Top 10 of physical rehabilitation centers **from their respective state**. Recommendations for own employer were not allowed.

Facilities that were recommended as the Top 1 rehabilitation center received a 33% higher weight. Additionally, the professional experience of the participant was taken into account. A **score was assigned to each facility** based on the number of weighted recommendations.

RECOMMENDATIONS CONSTITUTE 80 % OF THE REPUTATION SCORE

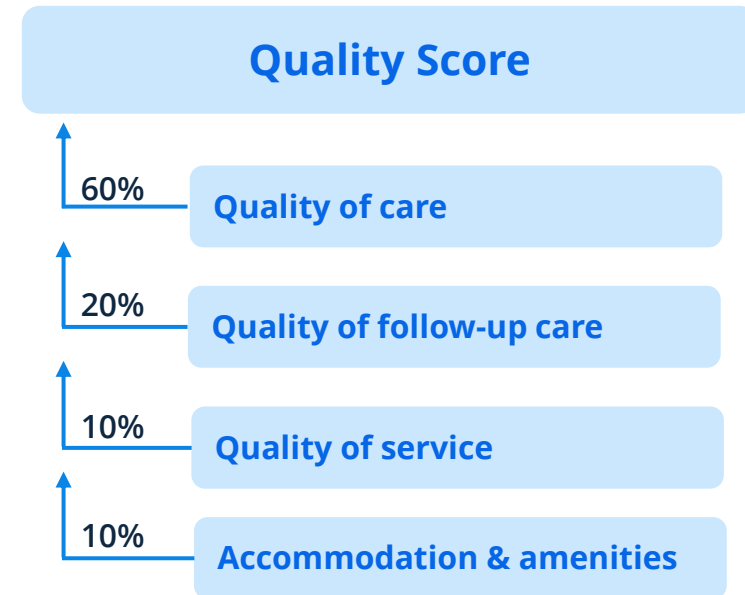
A quality score was included based on recommendations for each physical rehabilitation center

Quality assessment as part of the reputation score

CALCULATION OF QUALITY SCORE

- For each recommended physical rehabilitation facility, participants were asked to assess the quality of
 - **care** (e.g., treatments/therapies, consultation with doctor/therapist)
 - **follow-up care** (e.g., outpatient therapies)
 - **service** (e.g., meals, leisure activities)
 - **accommodation & amenities** (e.g., size of room, quality of furnishing)
- The quality scale ranged from 1 ("Poor") to 10 ("Excellent")
- A quality score was assigned to each facility based on the weighted average of these ratings

WEIGHTS OF QUALITY DIMENSIONS



QUALITY SCORE CONSTITUTES 20% OF THE REPUTATION SCORE

A quality metrics score was calculated for each facility (1/2)

Rehabilitation specific performance indicators

CALCULATION OF QUALITY METRICS SCORE

- Quality metrics data published by CMS (U.S. Centers for Medicare & Medicaid Services)⁽¹⁾ was used to determine the quality metrics score
- These quality metrics are **risk-standardized quality measures**, allowing for a comparison of facilities regarding quality of treatment and medical conditions, even if the patient groups are varying
- For each of the **sixteen quality metrics reported by CMS**, a sub-score was calculated⁽²⁾. The facility which achieved the best result in one individual measure (e.g., lowest infection rate or highest influenza vaccination coverage among healthcare personnel) received 100% for the respective sub-score
- The **weighted sub-scores** were used to calculate the total quality metrics score

INCLUDED MEASURES

1. Catheter-associated urinary tract infections (CAUTI) - Standardized infection ratio (SIR) (A/B)
2. Percentage of patients whose functional abilities were assessed, and functional goals were included in their treatment plan - Facility rate
3. Change in patients' ability to care for themselves - Average risk - adjusted change score
4. Change in patients' ability to move around - Average risk - adjusted change score
5. Percentage of patients who are at or above an expected ability to care for themselves at discharge - Facility rate
6. Percentage of patients who are at or above an expected ability to move around at discharge - Facility rate

QUALITY METRICS SCORE CONTRIBUTES 45% TOWARDS OVERALL SCORE

(1) <https://www.cms.gov/>

(2) If a facility reported the maximum of sixteen quality metrics, each measure makes up 1/16 of the total score. For a facility with the minimum amount of four measures available, each of them accounts for 25% of the total score.

A quality metrics score was calculated for each facility (2/2)

Rehabilitation specific performance indicators

INCLUDED MEASURES

7. Percentage of IRF patients who experience one or more falls with major injury during their IRF stay - Facility rate
8. Clostridium difficile Infection (CDI) - Standardized infection ratio (SIR) (A/B)
9. Influenza vaccination coverage among healthcare personnel - Rate of flu vaccination
10. Rate of potentially preventable hospital readmissions 30 days after discharge from an IRF - Risk-standardized potentially preventable readmission Rate (RSRR)
11. Rate of potentially preventable hospital readmissions during the IRF stay - Risk-standardized potentially preventable readmission Rate (RSRR)

INCLUDED MEASURES

12. Rate of successful return to home and community from an IRF - Risk-standardized discharge to community rate
13. Medicare Spending Per Beneficiary (MSPB) in IRFs - MSPB Score
14. Percentage of patients whose medications were reviewed and who received follow-up care when medication issues were identified - Facility rate
15. Percentage of patients with pressure ulcers/injuries that are new or worsened - Facility risk-adjusted rate
16. Percentage of IRF healthcare personnel who completed COVID-19 primary vaccination series - Rate of COVID-19 vaccination

KPI DATA SCORE CONTRIBUTES 45% TOWARDS OVERALL SCORE

Accreditations and Model Systems were used as additional elements of the scoring model

Accreditation and Model Systems

CARF ACCREDITATION

- **CARF International**⁽¹⁾ (Commission on Accreditation of Rehabilitation Facilities) is a nonprofit organization assigning voluntary accreditation for US inpatient rehabilitation facilities
- To receive accreditation, facilities must
 - commit to quality improvement,
 - focus on the unique needs of each person the provider serves
 - monitor service outcomes
- The following specialty programs were included in the scoring model:
Amputation, Brain Injury, Cancer Rehabilitation, Spinal Cord Injury, Stroke
- Facilities receive a **2.5% bonus** to their score if they have CARF accreditation and **0.5% for each specialty program** (max. 2.5%)

MODEL SYSTEMS

- The **Model Systems** are funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)⁽²⁾
- These specialized programs of care are available in the areas of **Spinal Cord Injury (SCI), Traumatic Brain Injury (TBI) and Burn Injury (Burn)**
- The aim is to provide high quality research and patient care to improve the health and overall quality of life of people with TBI, SCI and burn injuries
- Facilities receive a **5% bonus** if they have one or more model system designations awarded by NIDILRR

ACCREDITATION AND MODEL SYSTEMS EACH CONTRIBUTE 5% TOWARDS OVERALL SCORE

(1) <https://carf.org/>

(2) <https://msktc.org/>

As a result, the 280 physical rehabilitation centers with the highest total score were awarded

Final physical rehabilitation centers score

California

Rank	Physical rehabilitation center	Score	City
1	Ronald Reagan UCLA Medical Center	93,03%	Los Angeles
2	Sutter Health - California Pacific Regional Rehabilitation Center	82,99%	San Francisco
3	California Rehabilitation Institute	82,85%	Los Angeles
4	PIH Health Good Samaritan Hospital	81,81%	Los Angeles
5	Loma Linda University Medical Center	81,45%	Loma Linda

[...]

Texas

Rank	Physical rehabilitation center	Score	City
1	Baylor Scott & White Institute for Rehabilitation - Dallas	88,43%	Dallas
2	Methodist Rehabilitation Hospital	82,91%	Dallas
3	Houston Methodist Rehabilitation Center	81,34%	Houston
4	TIRR Memorial Hermann	81,27%	Houston
5	Baylor Scott & White Institute for Rehabilitation - Irving Rehabilitation Unit	80,74%	Irving

[...]

LEADING PHYSICAL REHABILITATION CENTERS WERE AWARDED BY STATE/REGION

America's Best Physical Rehabilitation Centers partner network

Overview of involved parties

Newsweek

About Newsweek

Newsweek is a premier news magazine and website that has been bringing high-quality journalism to readers around the globe for over 80 years.

Newsweek provides the latest news, in-depth analysis and ideas about international issues, technology, business, culture and politics. In addition to its online and mobile presence, Newsweek publishes weekly English print editions in the United States, Europe/Middle East/Africa and Asia as well as editions in Japanese, Korean, Polish, Serbian and Spanish.

[newsweek.com](https://www.newsweek.com)

statista 

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Statista R is a world leader in the creation of company, brand, and product rankings, based on comprehensive market research and data analysis.

With a team of over 100 expert analysts and partnerships with more than 50 media publications across all continents, Statista creates transparency for consumers and helps companies build trust and recognition across a plethora of industries and product categories.

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Disclaimer

The rankings are comprised exclusively of physical rehabilitation centers that are eligible regarding the scope described in this document. A mention in the ranking is a positive recognition based on peer recommendations. The ranking is the result of an elaborate process which, due to the interval of data-collection and analysis, reflects the last 12 months only. Furthermore, any events preceding and following the period June 15th, 2022 – June 15th, 2023, and/or pertaining to individual persons affiliated/associated to the facilities were not considered in the metrics. As such, the results of this ranking should not be used as the sole source of information for future deliberations.

The information provided in this ranking should be considered in conjunction with other available information about physical rehabilitation centers or, if possible, accompanied by a visit to the facility. The quality of physical rehabilitation centers that are not included in the rankings is not disputed.