

BRIDGEPOINT+

BridgePoint Continuing Care Hospital is a Long-Term Acute Care Hospital (LTACH) with two locations in Washington, DC. It provides extended, hospital-level specialty care for some of the most medically complex patients. LTACH care helps bridge the gap between a traditional hospital stay and next place of care ie (ie. Skilled Nursing Facility (SNF), home health, home.

WHAT IS AN LTACH?

An LTACH, or Long-Term Acute Care Hospital, LTACH is not a nursing home. It is a special type of hospital for patients who are very sick and need hospital-level care for a longer time than the traditional hospital. These patients have complex medical problems that are too serious for a rehabilitation center or skilled nursing facility, but they no longer need emergency or intensive care in a short-term hospital. Patients stay about 3 weeks at an LTACH.

LTACHs provide daily treatment from doctors, nurses, and specialty services like physical therapy. They often care for patients who need long-term ventilator support, extended IV antibiotics, advanced wound care, or close monitoring for several serious health conditions that occur at the same time.

FACILITY TYPE	MAIN PURPOSE	LENGTH OF STAY	LEVEL OF MEDICAL CARE	COMMON PATIENTS
Short-Term Hospital	Treat acute illness or injury	A few days	Highest level; 24/7 doctors, ICU, surgery	Heart attacks, strokes, trauma, surgeries
LTACH (Long-Term Acute Care Hospital)	Ongoing hospital care for complex conditions	About 25-30 days	High level; daily physician care, complex treatments	Ventilator-dependent patients, severe infections, complex wounds
Skilled Nursing Facility (SNF)	Recovery and nursing care after hospitalization	Weeks to months	Moderate; nurses on site, doctors visit periodically	IV antibiotics, wound care, help with daily activities
Acute Rehab Facility	Intensive physical rehabilitation	1–3 weeks	Moderate medical care plus intensive therapies (physical /speech/ occupational)	Stroke, spinal injury, traumatic brain injuries, amputation, trauma

WHY IS GOING TO AN LTACH BENEFICIAL?

For medically complex patients, going to an LTACH often leads to a safer, smoother recovery which can lead to better outcomes long-term.

An **LTACH is designed for patients who need prolonged hospital-level care**, such as daily physician oversight, close monitoring, IV medications, breathing support, or complex wound care. This level of care is beneficial for patients who may not yet be strong or stable enough for a SNF, where medical care is less intensive and doctors are not present every day. By spending time in an LTACH first, the patient can continue healing in a setting that is better equipped to manage complications, adjust treatments quickly, and prevent setbacks that could lead to rehospitalization.

In addition, Long-Term Acute Care Hospitals provide specialized care for patients who need more time to recover after a hospital stay. With daily physician oversight and a multidisciplinary care team, LTACHs help reduce hospital readmissions while accelerating recovery. This focused approach improves long-term functional outcomes and better prepares patients for a successful transition to a Skilled Nursing Facility or home.

WHAT IS THE GOAL OF LTACH?

The goal of the LTACH stay is to help complex patients become **medically stable and stronger**, so that when they do transition to their next level, they are more likely to succeed there.

HOW LONG WILL I STAY AT THE LTACH?

The length of stay at an **LTACH (Long-Term Acute Care Hospital)** varies from person to person and depends on your medical needs, but **most patients stay about 25- 30 days** before graduating to the next level of care on their recovery journey.

Some people may stay a shorter time if they improve quickly, while others may need a longer stay if they have more complex medical issues, such as needing help weaning off a ventilator, long-term IV antibiotics, or complex wound care.

Discharge Planning: Your care team will regularly reassess your progress and begin planning the **next step in recovery**, as soon as it is safe to do so. The goal is always to help you recover and move to the next level of care as quickly and safely as possible.