

2023 QUALITY OVERVIEW FOR NEXUS CHILDREN'S HOSPITAL



Specialty care for complex needs

Nexus Children's Hospital offers a supportive environment centered around quality care for children with complex needs following acquired or traumatic brain injuries, acute spinal cord injuries, chronic diseases, life altering conditions, or complex medical-behavioral diagnoses.

Working with patients who may have been unsuccessful in traditional rehabilitation or behavioral health environments, we provide individualized treatment plans created by interdisciplinary teams — because we're experts at **mending minds.**



NEXUS
CHILDREN'S HOSPITAL

MENDING MINDS.
A Nexus Health Systems Facility

BRINGING THE PIECES TOGETHER TO HEAL THE WHOLE PERSON

Just as a tangram brings seven shapes together to form a design, Nexus offers a variety of programs, services, and medical expertise to provide comprehensive, individualized care. **Here's how we're doing things differently for medically complex patients.**



1

Interdisciplinary Care

When specialists work together, outcomes improve. That's why our exceptional clinicians coordinate across disciplines — including physical medicine, neurology, psychiatry, behavioral care, and rehabilitation — to create integrated treatment plans.

Continuum of Care

Nexus' programs and services are designed to support patients throughout their journeys. By offering multiple environments within one health system, we're able to ensure continuity of care as patients progress through the stages of healing and recovery.

2

3

Programs

We are proud to offer specialty programming developed by our interdisciplinary clinical teams. Nexus programs are designed to challenge, motivate, and enable patients to live productive and fulfilling lives.

Services

With varying levels of medical, rehabilitative, and behavioral health services, our patients and residents receive comprehensive healthcare that addresses all barriers to successful recovery.

4

5

360 Care Coordination

Through 360 Care Coordination, we identify individuals with particularly complex needs and provide training and assistance to caregivers. Our goal is to support the transition from hospital to home, ensuring successful outcomes long after discharge.

Outcomes

Our outcomes speak for themselves. Through data, qualitative analysis, and satisfaction surveys, we are constantly refining Nexus' programs.

6

7

Nexus Champions

All of our patients have remarkable stories to tell. Nexus Champions have overcome especially difficult challenges and emerged from our programs with renewed vigor, strength, and optimism.

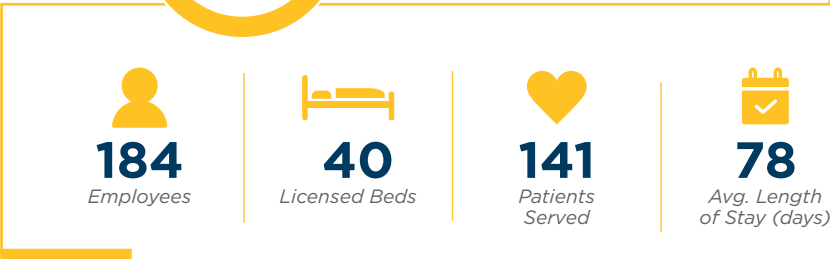
Nexus Continuum of Care

Nexus Children’s Hospital transitions patients through the care they need, acting as the bridge between the acute hospital and home. Patients may enter the continuum at any stage of their journey, and unique treatment plans are developed dependent on the severity of their condition.

Treatment plans are determined by patient needs.

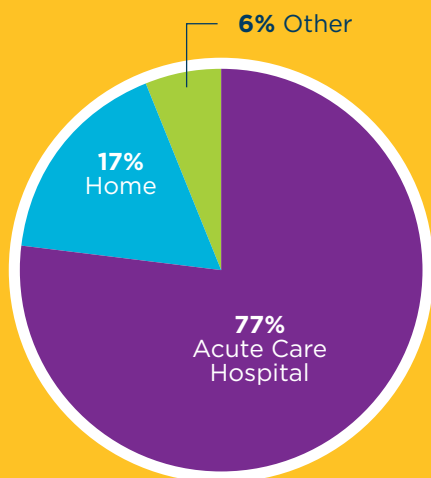


Nexus Children’s Hospital – Houston

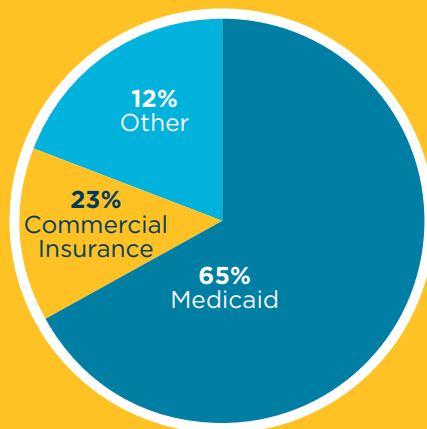


Physician & Allied Health

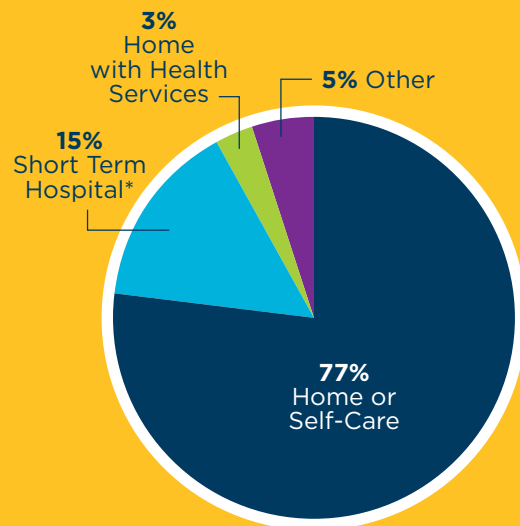
- Advanced Practice Nurse Practitioners
- Behavioral Nurse Practitioners
- Behavioral Psychologists
- Child & Adolescent Psychiatrists
- Licensed Clinical Social Workers
- Licensed Professional Counselors
- Neuropsychologists
- Pediatric Intensivists
- Pediatric Pulmonologists
- Physical Medicine and Rehabilitation Physicians
- Physician Assistants
- Psychiatric Nurse Practitioners
- Psychiatrists



Admission



Payor Mix



Discharge

Nexus Children's Hospital prides itself on delivering exceptional care and support to our patients and their families. To develop quality initiatives and ensure needs are met, individual goals are discussed in conjunction with clinical goals to prepare the patient for an optimal discharge.

**Sometimes patients leave Nexus Children's Hospital to stay at an acute hospital in the event they need follow up procedures or evaluation. Patients usually return once treatment is completed.*

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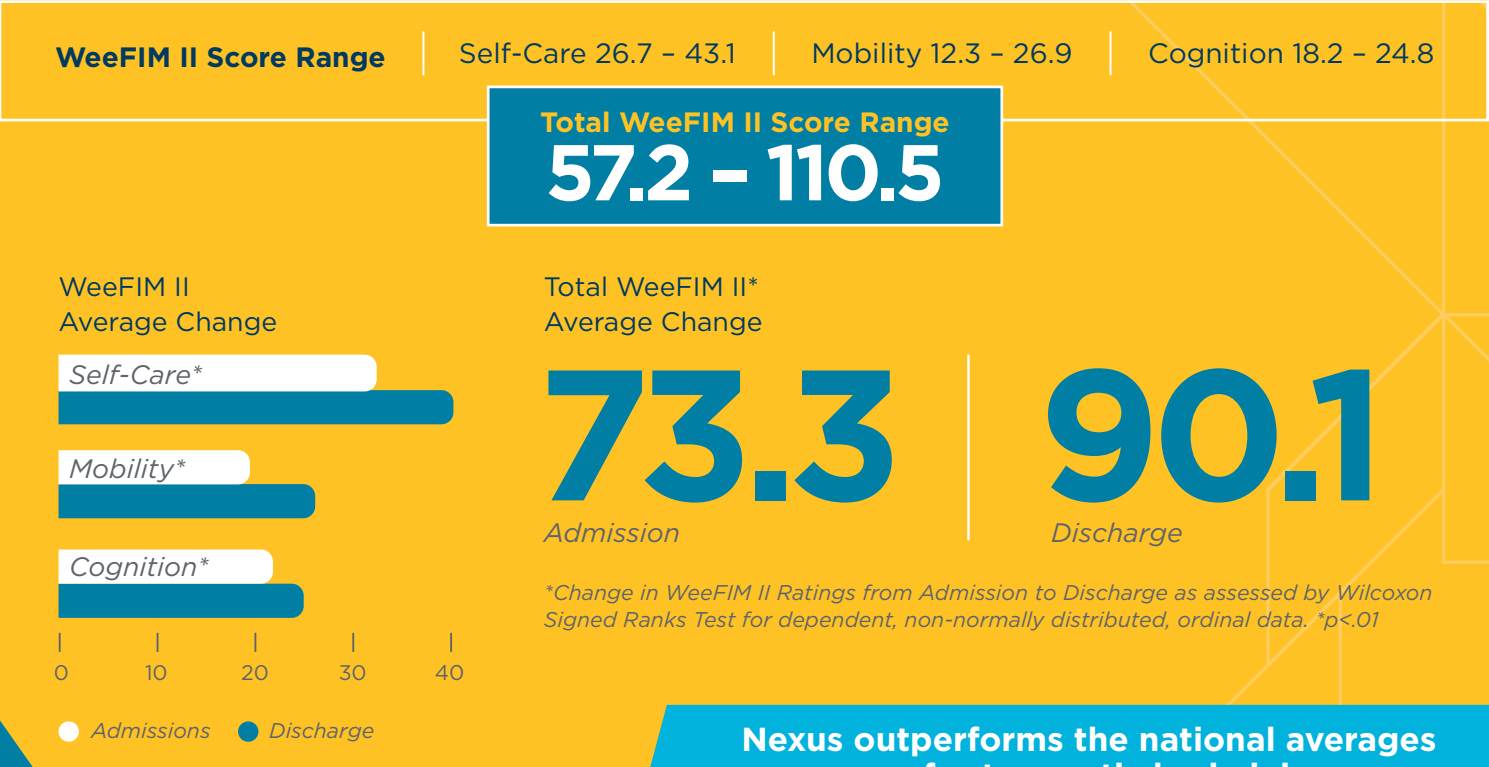
**CAUTI & VAP
Incidences**

Infection Control

Nexus Children's Hospital follows the Centers for Disease Control (CDC) guidelines and stringent infection control practices. Adhering to strict protocols is the number one way to prevent the spread of infections. The CDC highly suggests that all hospitals strive to have **zero** Central-Line Associated Bloodstream Infection (CLABSI), Catheter-Associated Urinary Tract Infection (CAUTI) or Ventilator-Associated Pneumonia (VAP) incidences.

Functional Recovery

Analyses presented only children with severe nonpenetrating, traumatic brain injury (Glasgow Coma Scale [GCS] score between 3 and 8) were included in the analyses below (n = 19). Ages ranged from 3-18 / 73% male.



Nexus outperforms the national averages for traumatic brain injury care.

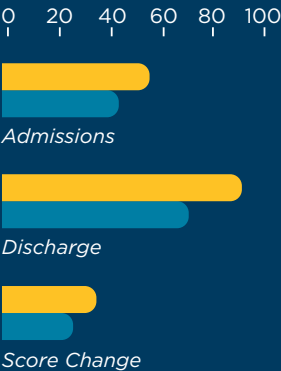
Nexus Children’s Hospital Outcomes Compared to Published Industry and National Standards

Average total WeeFIM II score for children diagnosed with Traumatic Brain Injury and Non-Traumatic Brain Injury. The reported national average is that of similar facility types (w1140).

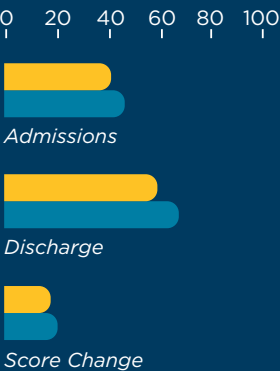
- Nexus Children’s Hospital
- National WeeFIM II Total



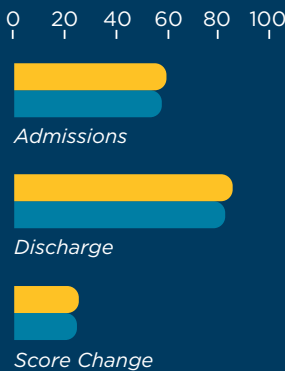
Traumatic Brain Injury



Non-Traumatic Brain Injury



Traumatic Spinal Cord Injuries



Case Study: Severe Traumatic Brain Injury

Patient: Female, age 19 | Length of Stay: 127 Days

Comorbidities: Moderately malnourished at baseline

Admission Summary

Patient is a 19-year old female who was the driver in a head-on collision on 1/24/23, driving approx. 70 miles per hour. She was a GSC score of 4 on arrival (severe TBI). She was initially found to have a Grade IV spleen laceration, L2-4 fracture, hemorrhagic contusion in frontal lobes, diffuse axonal injury, and subarachnoid hemorrhage, and required a ventilator. Patient was referred to Nexus Rise Program and admitted on 2/20/23.

At admission patient was in post-traumatic amnesia, unable to remain aroused, had significant hypertonicity, and was on a modified soft- bite sized diet. She required total assistance for all mobility and ADLs. She was also trach dependent. During her stay at Nexus, she progressed to completing bed mobility with stand by assistance, ambulating stairs with hand-rail support with contact guard assistance, and walking 600 ft with a rolling walker with stand by support. She was decannulated and learned to complete her ADLs with minimal assistance and self- feed independently. She had moderate cognitive deficits at discharge and was provided with strategies to use at home.

Injury Severity

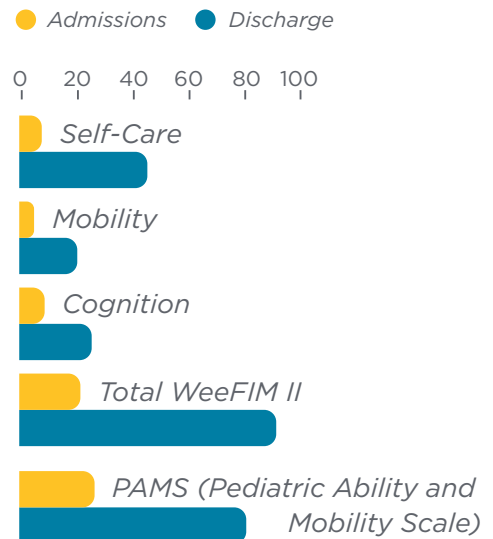
Severe

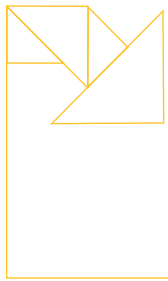
Brain Injury Trajectory (O-Log)

Admission: 13/30 (*admitted in PTA*)

Cleared PTA: 25/30
(*cleared on 3/28/2023*)

Patient WeeFIM II Summary





NEXUS CHAMPION

CHANDLAR STEEN

RISE PROGRAM

Co-occurring conditions:

Traumatic brain injury, cerebral edema, and mental health conditions

“She went from little to no movement on her left side to line dancing during our last occupational therapy session.”

MORGAN DOLLAR

Occupational Therapist, Nexus

On a rainy day in September, 17 year-old Chandler Steen lost control of her car and sustained a traumatic brain injury. In the days that followed, she underwent multiple surgeries to reduce swelling and drain fluid from her brain.

When she arrived at Nexus Children's Hospital – Houston, Chandler felt confused and depressed. She was still regaining consciousness, ingesting her food and medication through a nasogastric tube, and experiencing nausea, migraines, and disorientation.

“I understand now that this was all the result of the brain injury,” said Christy Steen, Chandler's mother. **“But at the time, it was just so traumatizing to see her suffer through that.”**

After a gastrostomy tube was inserted into her stomach, the nausea and migraines stopped almost immediately. Chandler was finally able to speak — which revealed the degree to which her cognitive faculties remained intact. While her short-term memory had been affected by the injury, her long-term memory and critical reasoning skills were still sharp.

“She's top of her class in high school,” said Christy. **“The Nexus staff could tell right away how smart she was.”**

During her time at Nexus, Chandler relearned basic activities of daily living, including swallowing, speaking,

and walking. It was difficult work. Faced with the enormity of the tasks before her, there were days when she felt overwhelmed with challenging emotions.

“I dealt with them by crying,” said Chandler.

“Honestly, I did not want to live, but my mom helped me through it. Now I know that I want to heal.”

As she made progress in therapy, Chandler began to feel more determined — and even joyful.

“Chandler's recovery was nothing short of a miracle and so rewarding to be a part of,” said physical therapist Camille Cox. **“She pushed through the hardest of days, giving her all and making us laugh constantly. Her attitude and perseverance made her a Champion every day.”**

A lover of music, Chandler relished the opportunity to reengage with one of her favorite activities: dancing. She and occupational therapist Morgan Dollar taught each other dances as part of Chandler's therapy.

“She went from little to no movement on her left side to line dancing during our last occupational therapy session,” said Morgan. **“It was so special to be a part of Chandler's journey.”**

Since returning home to Hearne, Texas, Chandler has continued to recover her physical and cognitive strength. She plans to study nursing at a historically black college.



Nexus Children's Hospital – The Woodlands



4.5

**Overall Patient
Satisfaction Score**



70

Employees



20

Licensed Beds



53

Patients
Served



154

Avg. Length
of Stay (days)

Jump Start Program

Our inpatient program helps children with established weight control problems, including obesity, Prader-Willi Syndrome (PWS), and other genetic disorders. We address patients' weight, and behavioral challenges, and medical complications through this one-of-a-kind program. Personalized calorie-controlled diets, set daily schedules, individualized physical training regimens, and behavioral health support are incorporated to help patients reach their personal health goals and maintain progress post-discharge.



1,416

Total Pounds Lost



16.4%

Avg. BMI
Decrease



154 DAYS

Avg. Length of Stay

**Doesn't include patients who did not discharge in 2023, as end point data is not available.*

Nexus Research: Optimizing healthcare management strategies for patients with PWS

Despite the well-documented clinical manifestations of PWS, there remains a lack of comprehensive research into body composition, physical activity, and associated health markers of pediatric individuals with PWS. In a recent exploratory and observational study, Nexus researchers addressed this knowledge gap by collecting data from patients in the Jump Start Program. Using an InBody® scanner, Fitbit watches, and digital skinfold calipers, in addition to grip strength and endurance testing, the team collected data that has informed interdisciplinary approaches to managing PWS in pediatric populations.

26.7%
decrease in weight

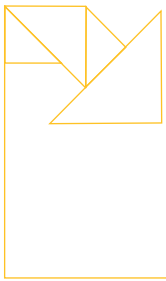
28%
decrease in body
fat mass

34.3%
decrease in BMI

26.1%
increase in 6MWT
measure

15.7%
decrease in average
heart rate





NEXUS CHAMPION

**KAHLIL
CALDWELL**

JUMP START PROGRAM

Co-occurring conditions:

Prader-Willi Syndrome, obesity, diabetes,
and behavioral challenges

“Nexus changed my life,
I feel much healthier now and
have better behaviors.”

Kahlil's parents were desperate. They had enrolled him in clinical trials and weight loss camps, tried pharmacological and dietary interventions, and learned everything they could about Prader-Willi Syndrome (PWS). Still, Kahlil struggled with weight gain — particularly during his first year in college.

He excelled academically, but the behavioral challenges associated with readily available food on campus took his family by surprise. He gained weight rapidly; at his highest, he weighed 325 pounds.

The excess weight caused fatigue and a loss of interest in physical activities he enjoyed, such as walking, basketball, Zumba, and bowling.

“I felt unhealthy,” said Kahlil. **“I wasn't moving as much and I was more tired.”**

Then his parents found the Jump Start Program at Nexus Children's Hospital. During his two-month stay, Kahlil lost 30 pounds and improved his diabetes numbers. His positivity, tenacity, and compassion made him a role model for other residents.

“Kahlil was very committed to his goals and was an inspiration to others,” said Jump Start Program Director June Finnerty. **“He has a very motivated spirit. He set high goals for himself and demonstrated steady progress to achieve them.”**

Since returning home, Kahlil and his family have continued to implement the strategies they learned at Nexus. **“His physical activity has gone up significantly,”** said Kahlil's mother, Celika Caldwell. **“He's gotten back into Zumba and is working with a trainer. We weigh every day and try to follow**

the same schedule he had in the program. We also learned a lot from the nutritionist, such as the importance of keeping meals simple and not adding extra calories.”

Thanks to his fierce determination, the knowledge he gained at Nexus, and the unwavering support of his family, Kahlil now weighs 264 pounds. He is currently learning to train cats and dogs through a program at the Montgomery County Animal Society — a natural fit given his love of animals and aptitude for nurturing others. The behavioral management strategies he learned at Nexus have also allowed him to interact with his girlfriend, Bella — whom he affectionately calls his beautiful future wife — in a healthier way. Both Bella and Kahlil's younger sister, Kendi, are immensely proud of his achievements.

“Jump Start gave our family the knowledge, guidance and confidence to support Kahlil's journey to being healthy,” said Leon Caldwell, Kahlil's father.

Kahlil agrees — Nexus provided he and his family an invaluable opportunity to recalibrate his relationship to food and exercise.

“Nexus changed my life,” said Kahlil. **“I feel much healthier now and have better behaviors. I loved being at Nexus and wish I could have stayed longer.”**



About Nexus Health Systems

Nexus Health Systems is a safe and efficient discharge option for children, adolescents, young adults, and adults who need a bridge between hospital and home. Offering a unique combination of physical, behavioral, and mental health services and support, we care for patients across our network of facilities. With locations throughout Texas, Nexus offers a continuum of care that enables patients to transition from higher acuity to lower acuity environments as progress is made. Taking a comprehensive approach, our specialized programs guide individuals through behavioral or mental health challenges with co-occurring medical needs, brain and spinal cord injury, medically complex diagnoses and conditions, and neurodevelopmental disorders. Nexus is committed to serving the needs of our community and helping individuals return to lives of productivity and meaning. Learn more at nexushealthsystems.com.

Our Programs

Rehabilitation and ongoing medical care after complex injuries or illnesses

Program Features

- Inpatient care setting with a multidisciplinary team addressing all needs, including complex medical and psychological issues
- Pulmonary services from short-term tracheotomy/ventilator assistance and ventilator weaning to long-term dependency management for patients who will return home
- Comprehensive, state-of-the-art wound care treatment and therapy for complicated, non-healing wounds and chronic illnesses
- Physical, occupational, and speech therapies
- Recreational therapy, pet therapy, music therapy, and activities



Inpatient care for complex medical and behavioral challenges

Program Features

- Hospital and medical model residential treatment center
- Integrates psychiatry, internal medicine, and physical medicine and rehabilitation physicians in one setting
- Individual and group therapies, including dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), family systems therapy/family psychoeducation, and interpersonal psychotherapy
- Behavioral health counseling
- Physical, occupational, and speech therapies
- Recreational therapy, pet therapy, music therapy, and activities
- On-site teacher/school to continue education and help individuals get caught up



Inpatient treatment for complex medical conditions combined with severe autism and other developmental disabilities

Program Features

- Individualized plan addressing developmental delays, including communication, sensory processing, social interaction, interest/item/activity fixation, and repetitive behavior patterns
 - Therapeutic activities to develop, maintain, and build upon foundational skills led by physical, occupational, and speech therapists
 - Curriculum designed to develop interests, self-confidence, knowledge, and experiences they would otherwise not have access to
 - Curriculum supported by best practices, including milieu therapy and naturalistic teaching
 - Academic and cognitive concepts integrated into weekly activities to increase exposure
 - Pragmatics and social/emotional learning skills developed
 - Music, art, and animal assistance therapy to encourage attention, participation, self-awareness, and coping skill development
-



Inpatient medical and behavioral treatment for Prader-Willi Syndrome and other weight-related disorders

Program Features

- Personalized calorie-controlled diets developed in collaboration with registered dietitian, individualized physical training regimens led by physical and occupational therapists and speech-language pathologists, and behavioral health support
 - Strategies to manage behavior and coping skills for at home, school, or in the community
 - Goals include reducing escalating behaviors, decreasing body mass index (BMI), increasing physical mobility, and resolving weight-related conditions
-



Rehabilitation and ongoing medical care after neurological injury, illness, or disorder

Program Features

- Physician-led medical care and rehabilitation are tailored to each patient's severity of injury and phase of recovery
- Master treatment plan deploys strategies to optimize sleep/wake cycle
- Physical therapists and nursing staff collaborate to manage high muscle tone to prevent contractures
- Neurostimulation, including medication and sensory stimulation
- Cognitive function testing weekly
- Physical, occupational, speech, recreational, and music therapies
- Neuropsychological evaluations performed by a licensed neuropsychologist





Care that goes beyond clinical

Nexus Health Systems is a safe and efficient discharge option for complex cases requiring medical and behavioral management.

Dallas Campus

9525 Greenville Avenue
Dallas, Texas 75243

Shenandoah Campus

123 Vision Park Boulevard
Shenandoah, Texas 77384

Houston Campus

2929 Woodland Park Drive
Houston, Texas 77082

The Woodlands Campus

9182 Six Pines Drive
The Woodlands, Texas 77380

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CHILDREN'S HOSPITAL

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nexushealthsystems.com