

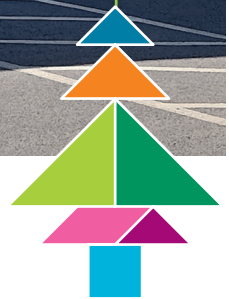
2023 QUALITY OVERVIEW FOR NEXUS NEURORECOVERY CENTER - CONROE



Compassionate post-acute care after neurological injury and illness

Nexus Neurorecovery Center provides comprehensive post-acute rehabilitation for those who have experienced brain and spinal cord injuries, stroke, and other neurological illnesses. Our 26-acre campus features four residential facilities, a 24,500 square-foot rehabilitation center, and a variety of programming options designed to meet the unique needs of each resident.

Neurological impairments often result in mental and behavioral health challenges, which is why we offer a uniquely integrated approach to care. Nexus residents receive individualized treatment plans developed by an interdisciplinary team, representing specialties such as physical medicine, rehabilitation, psychiatry, and behavioral science. At Nexus, we treat the whole person, because we're committed to improving outcomes and **mending minds**.



NEXUS
NEURORECOVERY CENTER
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 Health Systems offers a continuum of neurological rehabilitation and treatment from intensive care services to community-based assisted living facilities. 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.



4.25

**Overall Facility
Rating Score**


264
Employees


59
Licensed Beds


246
Patients
Served


53
Avg. Length
of Stay (days)

★★★★★ 4.36
Physical
Environment

★★★★★ 4.71
Case Management/
Program Director Services

★★★★★ 3.71
Nutrition
Services

★★★★★ 4.32
Nursing Services

★★★★★ 3.86
Direct Care Staff

★★★★★ 4.57
Medical Staff
Services

★★★★★ 4.68
Rehabilitation
Services

★★★★★ 3.77
Medication
Management

Rehabilitation Demographics

Nexus Neurorecovery Center prides itself on delivering exceptional care and support to our residents and their families. To develop quality initiatives and ensure needs are met, individual goals are discussed in conjunction with clinical goals to prepare the resident for an optimal discharge.

Transitional Rehabilitation Services

Patients with a length of stay less than one year.

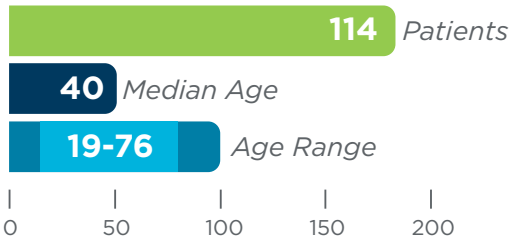
Total Patients



80
Male



34
Female



Life Care Services

Residents are individuals with a length of stay more than one year.

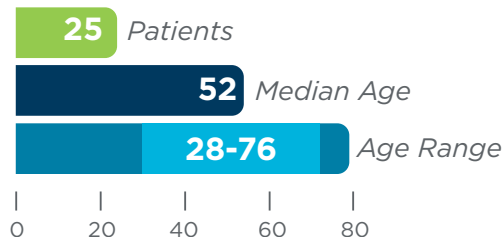
Total Patients



24
Male



1
Female



Outcomes

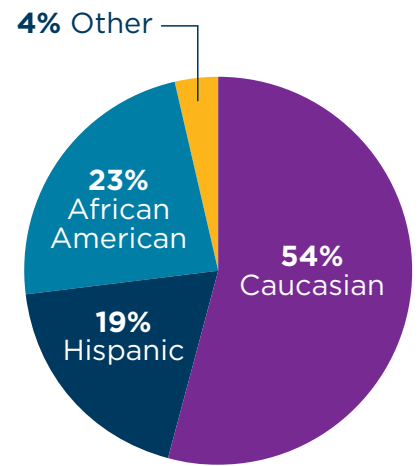
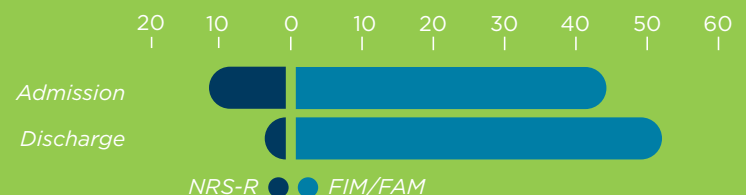
The progress individuals achieve while participating in our therapeutic programs is measured using the following outcome measurement assessments. The information is collected within 72 hours of admission and discharge.

Neurobehavioral Rating Scale-Revised (NRS-R)

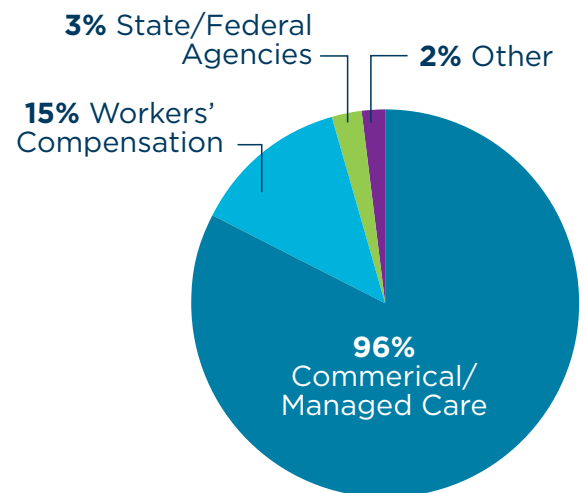
The NRS-R is a nationally recognized 27 item instrument that utilizes a seven-level ordinal scale. Improvement is noted by a decrease in score, denoting disruption of cognition, energy, metacognition, somatic symptoms, anxiety, and language. This measurement tool is found to have specificity and validity.

Residential Outcome Measurements Assessment

The lower NRS-R scores show the residents have improved self-control, orientation, and mobility. The higher FIM/FAM scores show they improved their physical and cognitive abilities.



Patient Ethnicities



Payor Mix

Total Discharged Transitional Residential Care



101
*Residents
Discharged*

Mayo-Portland Adaptability Inventory-4 (MPAI-4)

A nationally recognized tool utilized to assist with clinical evaluations. The 35 item assessment results in an ability, adjustment, and participation index score. It represents a measure of physical, cognitive, emotional, behavioral, and social functioning that may be problematic. The MPAI-4 also assesses major obstacles to community integration which may result directly from a brain injury. Lower MPAI scores indicate residents have shown improvement in the assessment areas.

T-Score Difference

The t-score is a number that helps us understand if there is a statistically significant difference between two groups (such as pre- vs post- treatment or treatment 1 vs treatment 2), or if any observed difference is just due to random chance. Generally, a t-score of 5 or greater indicates a **significant** difference between admission and discharge. A t-score of 9 or greater indicates a **robust** difference.

Transitional Adult Residents with Brain Injury

13.4

T-Score

39



Residents
Discharged



Transitional
Residents

Transitional Adult Residents with Spinal Cord Injury

12.4

T-Score

6



Residents
Discharged



Transitional
Residents

Transitional Adult Residents with Stroke

16.4

T-Score

56



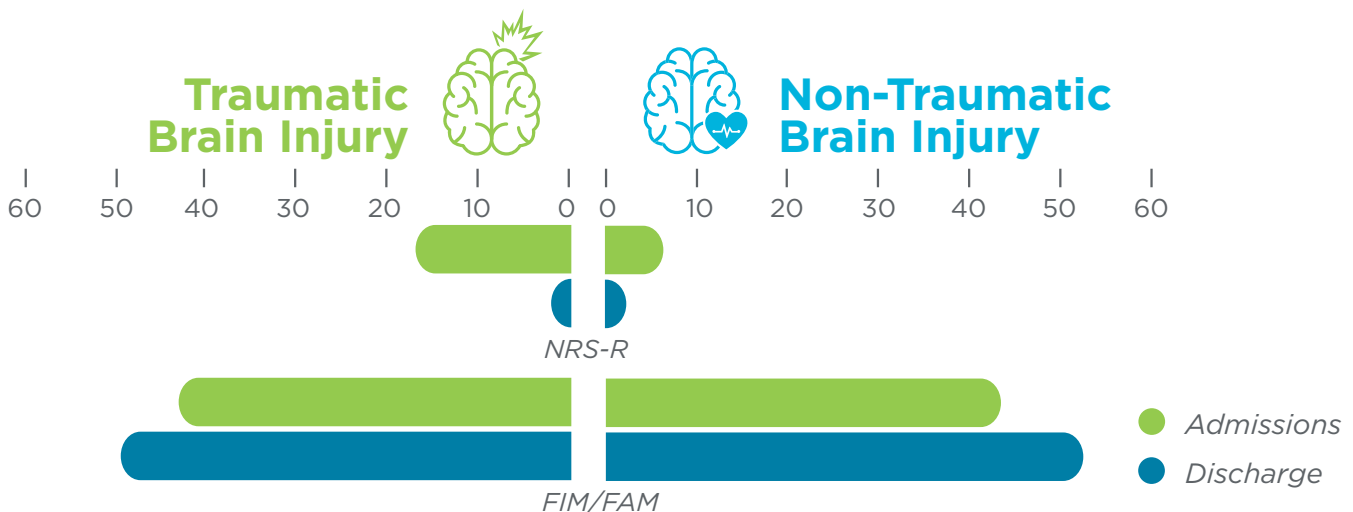
Residents
Discharged



Transitional
Residents

Functional Independence/Assessment Measure (FIM/FAM)

A nationally utilized 30 item assessment that uses a seven-level ordinal scale. An increase in independence is noted by an increase in score. The Functional Independence Measure (FIM) portion assesses motor and cognitive dimensions. The Functional Assessment Measure (FAM) compliments the FIM portion and includes cognitive, behavioral, communication, and community functioning measures. This measurement tool is found to be reliable and valid.



Services

Outpatient Rehabilitation

Nexus Neurorecovery Center modifies outpatient rehabilitation programs to accommodate the needs of our residents. Our outpatient programs can offer case management, physical, occupational, speech, and cognitive therapies, testing, counseling, and medical oversights as needed.

97



Outpatients
Served

35



Average
Number
of Visits

Vocational Services

The mission of the Vocational Services Program at Nexus Neurorecovery Center is making the individual's life meaningful and productive. The purpose of the program is developing a set of skills a person can use daily and unmasking the self-pride associated with the ownership of these skills. Accomplishing this mission and purpose on an individual basis should naturally lead to an interesting, enjoyable quality of life.

134



Inpatients
Served

42



Outpatients
Served

95%



Residents Utilized
Vocational Services

44



Residents
Underwent
Vocational
Testing

CARF Accredited

Nexus Neurorecovery Center strives to provide the highest quality services with superior outcomes. Our residential facility has met a comprehensive set of standards for quality business and service delivery practices through the Commission on Accreditation of Rehabilitation Facilities (CARF). Each provider's commitment to excellence is evaluated on-site and reviewed annually. Nexus Neurorecovery Center's CARF accredited programs include:

Rehabilitation Programs:

- Brain Injury Program (*Adults*)

Residential Rehabilitation Programs:

- Brain Injury Program (*Adults*)
- Brain Injury Program (*Children & Adolescents*)
- Stroke Specialty Program (*Adults*)

Interdisciplinary Outpatient Medical Rehabilitation Programs:

- Brain Injury Program (*Adults*)
- Stroke Specialty Program (*Adults*)

Vocational Services:

- Brain Injury Program (*Adults*)
- For further information on our accreditation please visit www.carf.org

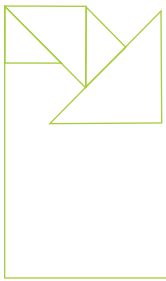


AHCA/NCAL Bronze Quality Award

The Bronze Quality Award recognizes the foundation and journey of continuous quality improvement. We're honored to be formally recognized for our commitment and demonstration of improving the lives of individuals recovering from life-changing events.

The AHCA/NCAL aims to improve the lives of individuals who receive long-term or post-acute care. The Quality Award program is a progressive process that encourages continuous learning, development, and performance excellence.





NEXUS CHAMPION

DAVID YORK

RISE PROGRAM

Co-occurring conditions:

Stroke, physical and cognitive impairments, and mental health challenges

“ I fully believe I will be able to cook again. I never thought I was going to walk again, but now I’m walking without a cane. ”

On December 9, 2023, David York sustained a stroke as the result of a ruptured brain aneurysm. After being rushed to the hospital for surgery, he developed a brain bleed that required the placement of a shunt.

David was in a coma throughout this period of intensive care. When he awoke five weeks later, he found himself unable to perform basic activities, such as showering, eating, and using the bathroom without assistance.

“It was a dark time for me,” said David. “I didn’t want to accept it. I was scared, but I quickly found strength in the Lord. He was just so good and kind to me.”

David’s faith played a crucial role in his recovery over the next seven months, which he spent at Nexus Neurorecovery Center – Conroe (NNC-C). He participated in intensive speech, physical, and occupational therapy to strengthen his damaged vocal cords, compensate for the left neglect he developed, and re-learn activities of daily living.

“The staff at Nexus is just so amazing. All the therapists and CNAs are wonderful. They’re so well organized, they’re friendly, outgoing, they talk to you. I don’t know what would have happened if I had gone somewhere else. It was a godsend that I was able to go there.”

As David began to regain his physical and cognitive strength, he discovered a passion for encouraging other patients on similar recovery journeys. Uplifting and connecting with members of the NNC-C community became a crucial part of his rehabilitation.

“Once I got better, I wanted to share the good news with other people,” said David. “I would always encourage everybody to give 110%, especially on the days they didn’t want to. I made it my mission while I was at Nexus to relate to others. It’s incredible the way you can connect to somebody that’s in the same position as you. Other people can tell you they understand, but unless they’re undergoing what you’re going through, they don’t.”

After being discharged from inpatient care, David visited NNC-C regularly for outpatient therapy, and now continues to practice his therapeutic exercises at home. He can now take care of himself and his elderly mother, who lives with him, and looks forward to re-engaging in one of his favorite activities: cooking. Prior to his stroke, David took great joy in preparing food for others.

“My pleasure was feeding people,” said David. “I fully believe I will be able to cook again. I never thought I was going to walk again, but now I’m walking without a cane.”

During a recent hospital check-up, David was invited to volunteer in a program for stroke victims. This will allow him to continue fulfilling the purpose he found at Nexus — sharing his strength with people in recovery.

“I can’t wait to encourage people in the way I did at Nexus. I just want to share the joy and light I have found.”





Care that goes beyond clinical

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

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MENDING MINDS.



nexushealthsystems.com