

## MDS Alert

### Rehabilitation Therapy: Consider This Creative Approach for Group Therapy

**Therapy expert shares ideas for a weekend 'power group'.**

"Group therapy can be an avenue for a therapy department to prevent the need to complete an End of Therapy OMRA by not missing a day of therapy," says **Elisa Bovee, MS, OTR/L**, VP of Harmony Healthcare International in Topsfield, Mass.

"One thing we have been talking about is doing a power group on weekends where OT, for example, could make a meal and run a group for a couple of hours," says Bovee. "During the group time, the patients could be alternated from the first hour to the next so that the materials and environment are already set up and ready to go for the second group of patients," she adds.

Facilities could also "have a satellite gym for exercise or safety groups, which helps from a marketing perspective too," Bovee suggests.

Providing the group "could make a difference between a higher or lower RUG score," she says. "And you have given a great treatment to a group of patients who will build their skills for transitioning to the next level of care, whether it's long-term care or going home."

"The documentation has to reflect why therapy chose to provide group as a treatment modality and why it's more advantageous from a group perspective," Bovee adds.

Tip: "Group minutes includes any setup time provided by the therapist or therapy aides," Bovee reminds.