



# Rancho Los Amigos National Rehabilitation Center

## DEPARTMENT OF PEDIATRICS

### POLICY AND PROCEDURE

**SUBJECT: RECREATIONAL THERAPY COMMUNITY  
OUTING**

**Policy No.: P 125  
Supersedes: 12/2019  
Review Date: 02/2023  
Page: 1 of 1**

#### **POLICY STATEMENT:**

Recreational therapy community outings are essential for the reintegration of the patients to their prospective communities and are a regular part of our multidisciplinary approach for our inpatient services.

#### **PROCEDURE:**

1. The rehabilitation interdisciplinary team will discuss and approve the therapeutic recreational outing during the team conference.
2. A physician order must be written for the patients who will be participating in the recreational therapy outing.
3. Patients will be accompanied by a recreational therapist and appropriate interdisciplinary team member depending on the specific therapeutic goals outlined by the team.

**KEY POINT:** Respiratory Therapist (when appropriate) and Registered Nurse in addition to Therapy staff will accompany patients with tracheostomy or who are ventilator dependent. Licensed Vocational Nurses (LVN) can accompany patients who may need intermittent catheterization or tube feedings.

4. A patient who is 16 years old or above and is deemed appropriate by the Pediatric team will be allowed to participate in adult based groups/outings. The Physician's order must specify that the patient is cleared to attend an outing on the specific adult unit.

**KEY POINT:** A Pediatric Therapy staff does not need to accompany the patient on the outing. Specific goals and or precautions must be communicated to the treating therapists on the outing as appropriate.

5. Treating therapy staff will document patient's response to activity in the electronic medical record.

Reviewed By: Michael Bolaris Chief of Pediatrics

Melanie Sarino MD, Jennifer Bashar OT, CBIS, April Macabuhay BSN, CBIS

Approved By: Barry Jordan Chief Medical Officer