



CATALINA ISLAND HEALTH

An affiliate of UCI Health



Acute Transitional Care on Catalina Island

About Catalina Island and Catalina Island Health

Catalina Island is located 22 miles off the coast of Southern California. Accessible by ferry boat, pleasure boat, or helicopter, the island offers a unique blend of natural beauty, exciting activities, and historical charm, making it a special destination for all ages. Avalon, its only incorporated city, is a picturesque island community of about 4,000 residents and approximately 1 million visitors - mostly from Southern CA - each year. Catalina Island Health is located in Avalon, adjacent to the golf course and horse stables giving most patients a spectacular view from their room.

About the Acute Transitional Care or 'Swing Bed' Program

CIH's Acute Transitional Care Program provides short-term rehabilitative or extended medical treatment for patients who need additional skilled care after a hospital stay. Ideal for patients that are ready to be released from the hospital but need a little more time and special care to fully recover. This is often the case for those who have had a severe injury, joint replacement, stroke, head injury, or other complex medical management. Our goal is to help the patient regain their normal activity level and transition back home as soon as possible.

Examples include:

- Heal and regain strength through physical, occupational therapies to aid in a safe return home or to other living arrangements, after an acute medical or surgical stay
- Orthopedic rehabilitation after any surgery or illness
- IV treatments/IV antibiotics
- Wound Care
- Coordination of care and services before the patient returns home

The hospital floor features a welcoming activity room where patients can spend time with family and friends, enjoy their meals in a relaxed setting, and participate in a variety of daily activities. These include art sessions, music therapy, and group activities designed to promote social connection and emotional well-being.

The hospital floor also includes a compact, yet well-equipped therapy gym designed to support rehabilitation and recovery. While smaller than a full-scale rehab facility, it offers a diverse range of equipment to meet essential therapy needs.

Nursing staff, therapists, and volunteers offer personalized diversional activities such as pet therapy visits, guided gardening, and creative arts. These activities are tailored to support healing, reduce stress, and encourage meaningful engagement throughout the day.

Benefits and Services

- Hospitalist-led clinical care team for round-the-clock care with a low nurse-to-patient ratio
 - » **About our Hospitalist:** Dr. Matthew Byrnes has more than 20 years of experience in critical care, level one trauma centers, emergency medicine, and infectious diseases. He works directly with our emergency room providers and nursing staff, makes daily rounds, and is available on call 24/7. Dr. Byrnes has the following certifications:
 - The American Board of Surgery, Board Certification in General Surgery
 - The American Board of Surgery, Board Certification in Surgical Critical Care
 - Advanced Trauma Life Support (ATLS) certified in addition to being an instructor
 - Advanced Cardiovascular Life Support (ACLS) certified
- Physical Therapy and Occupational Therapy
- 24/7 ER with lab and diagnostic imaging onsite
- Dietary services

To Qualify, Patient Must:

- Have a referral by a provider
- Have Medicare Part A (some supplemental policies and commercial insurance will cover Swing Bed with a prior authorization)
- Have completed a 3-midnights qualifying hospital stay as an inpatient
- Require short-term rehab or extended medical treatment (evaluated on a case-by-case basis)
- Need continued skilled care post discharge (20 days or less). Average stay is 1-2 weeks.

What Makes Our Acute Transitional Care Program Special?

- Nursing-Supported Activities: Every activity is guided or supported by our compassionate nursing team to ensure safety and comfort.
- Whole-Person Care: We focus on physical recovery, emotional well-being, and social connection.
- Family Involvement: Loved ones are encouraged to participate and stay informed.

Patient Transportation to Catalina Island Health

Our case manager will work with the discharge team from the mainland hospital to coordinate transport to the island. If able, the patient can travel, accompanied by family/friend, on the ferry boat. Our staff would pick the patient up at the ferry terminal in Avalon and transport them to the hospital. Depending on the situation, a CIH nurse may travel to meet the patient upon discharge and then accompany the patient to Avalon via ferry.

Temporary Housing for Patient's Family

For family members of the patient, CIH may be able to offer a stay at an apartment in Avalon for a nominal \$75/day cleaning fee. There is limited availability and this opportunity is first-come, first served.

For Consideration:

Contact CNO Dusty Gilleland, RN, BSN, MBA, NC-BC

Hospital (310) 510-0700

Cell (310) 995-8921

dgilleland@ci-health.org

Clinicals may be faxed to 310-510-2938