



Delays in patient discharges to post-acute care settings have become a growing challenge for hospitals and post-acute care providers, which include inpatient rehabilitation facilities, long-term acute care hospitals, skilled nursing facilities (SNFs), assisted living residences, and home care services, among other settings.

While throughput issues were significant before the pandemic, COVID-19 exacerbated the situation and created a large volume of patients who are ready for discharge from hospitals but cannot find an appropriate bed in a post-acute care setting. In some cases, patients who require specialized post-acute care services wait weeks or even months to find an appropriate bed or service.

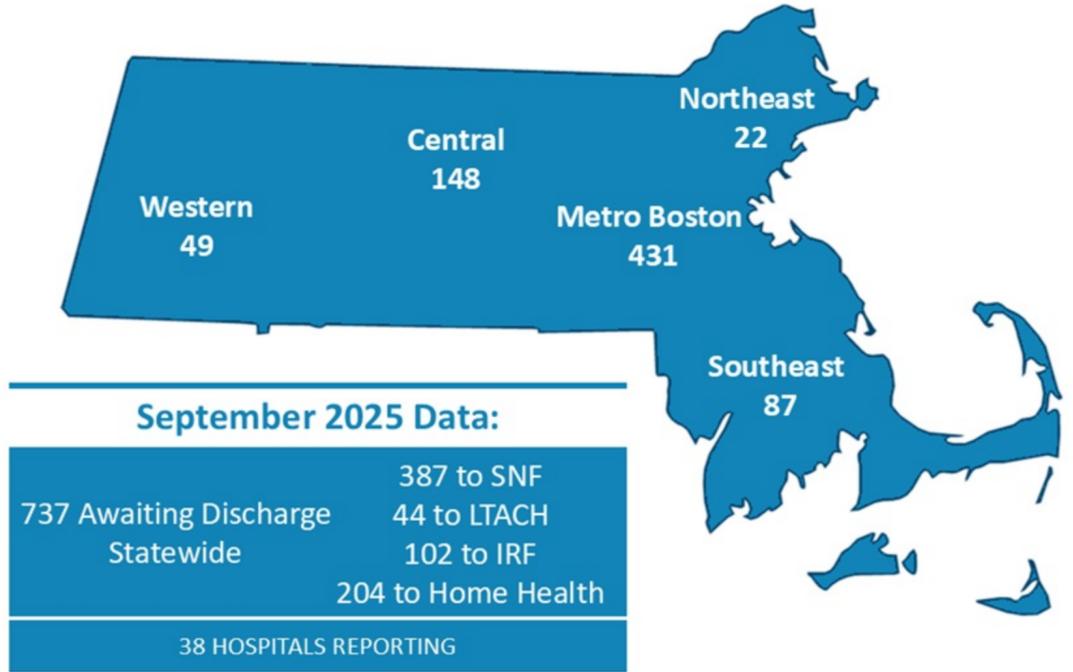
Addressing transition delays and optimizing the flow of patients throughout their healthcare journey is an ongoing priority for MHA, its members, and our partners in state government and the post-acute care community.

This report summarizes Massachusetts hospital data relating to the number of patients awaiting post-acute care placement, the types of services needed, barriers to patient care, and length of wait times, among other areas. The data is derived from a survey of case management directors in acute and post-acute care hospitals. It is intended to inform policy development and ongoing efforts to address these care challenges.

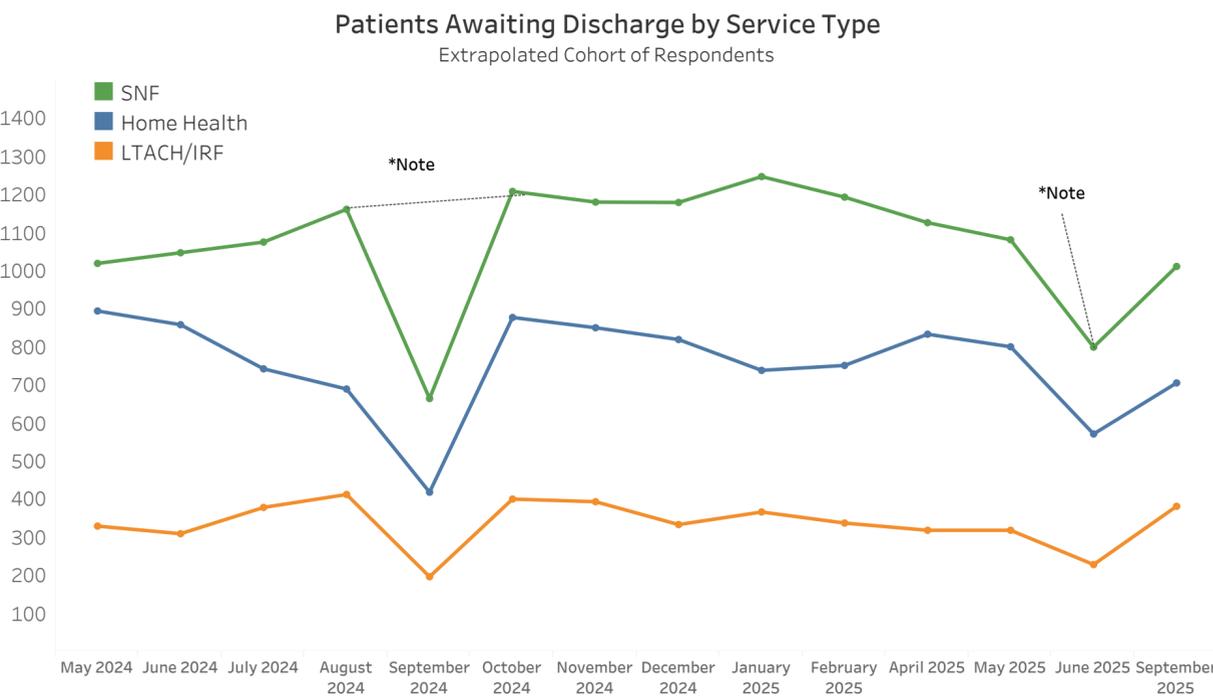
Over the past four years, MHA has worked closely with the Massachusetts Senior Care Association and state government in an attempt to mitigate throughput challenges. MHA looks forward to our continuing work with our members, partners, patients, and the state to improve post-acute care transitions for patients in need of timely, specialized care.

The chart and tables below are a summary of key data collected in this survey.

Number of Patients Awaiting Discharge to Post-Acute Settings



Several hospitals that typically report were not included in this month's data, temporarily impacting reporting volume.



	Home Health	LTACH/IRF	SNF
August 2024	16%	19%	34%
September 2024	17%	28%	44%
October 2024	12%	27%	42%
November 2024	16%	21%	37%
December 2024	19%	23%	42%
January 2025	12%	26%	39%
February 2025	18%	40%	41%
April 2025	10%	30%	44%
May 2025	9%	27%	35%
June 2025	21%	19%	46%
September 2025	7%	10%	49%

	Home Health	LTACH/IRF	SNF
% Change	23%	67%	27%

Note: The figures in the two charts above are from a cohort of respondents that includes extrapolated data for non-respondents who have submitted a response within the last three months. If a respondent did not submit data for the most recent month, we include extrapolated data that takes the average number of patients awaiting discharge (for each sub-type) for the prior three months. Because of this, figures shown here may not match those shown in other sections of the report. If a hospital fails to respond in any of the past 3 months, it is removed from the cohort for that month. Therefore, while the chart and table above may not always represent a consistent cohort of respondents, it is intended to accurately represent the directional trend of patient demand.

*MHA did not collect Throughput data in March 2025

If you have any questions about the survey report, please contact MHA's Chief Data Officer Anu Puri at (781) 262-6049 or apuri@mhalink.org. If you have any questions about post-acute care transitions in general, please contact MHA's Director of Virtual Care & Clinical Affairs Adam Delmolino at (781) 262-6030 or adelmolino@mhalink.org.

MHA Throughput Survey Report: Patients Awaiting Discharge to Post-Acute Care and Discharge Challenges

Based on Responses to MHA's September 2025 Throughput Survey

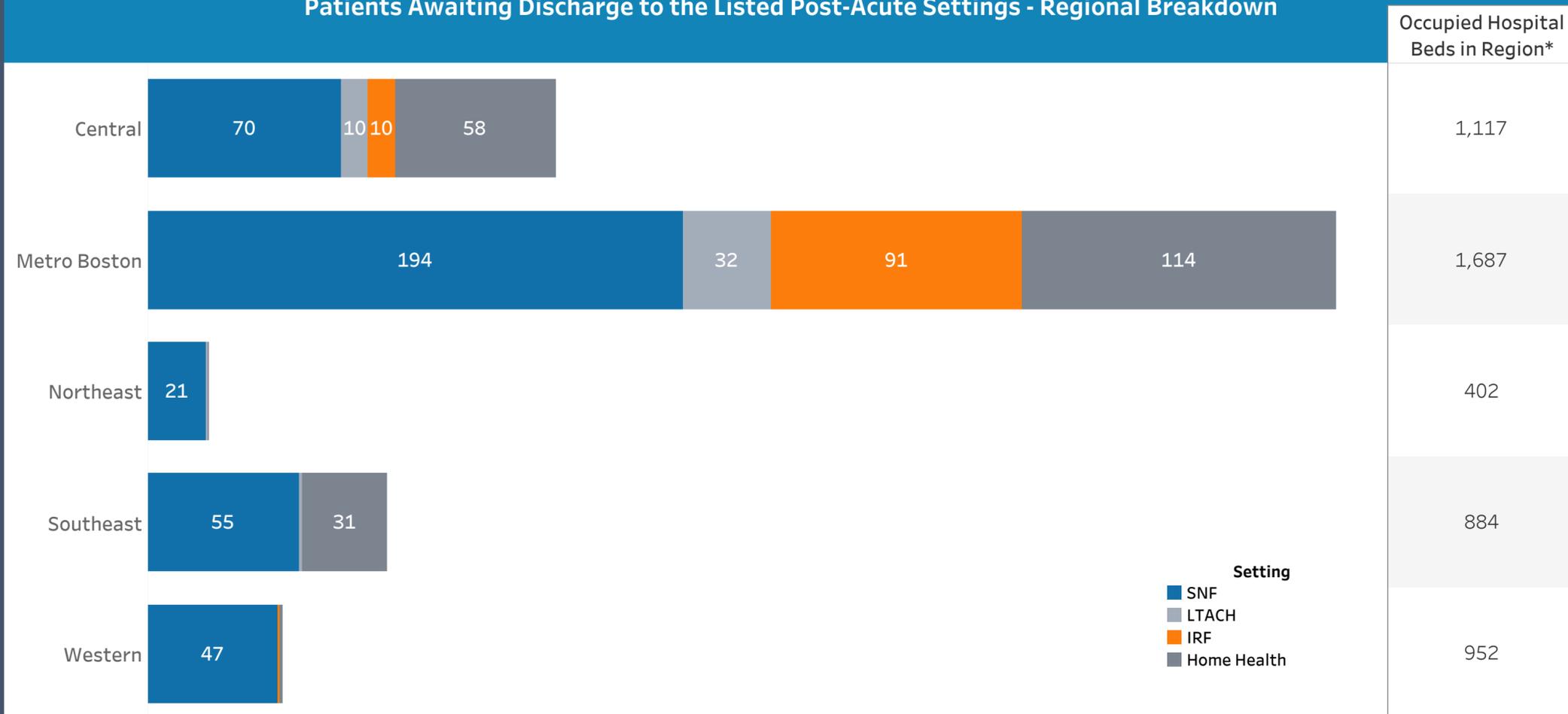
Respondent Information

	Statewide	Acute	Post-Acute	Central	Metro Boston	Northeast	Southeast	Western
Number of Hospitals	38	35	3	6	14	2	8	8
Percent of Staffed Inpatient Beds Represented by Respondents	59%	59%	18%	85%	45%	34%	54%	72%

Patients Awaiting Discharge to the Listed Post-Acute Settings - Statewide

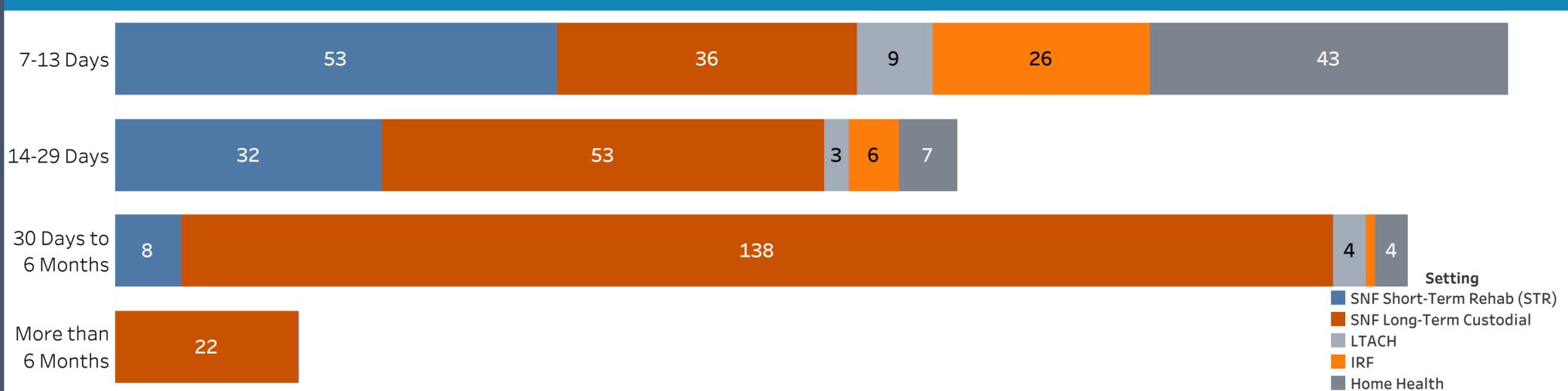
387 SNF	44 LTACH	102 IRF	204 Home Health
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Patients Awaiting Discharge to the Listed Post-Acute Settings - Regional Breakdown



*The number of occupied hospital beds in region ONLY includes acute hospital respondents.

Length of Time of Patients Awaiting Discharge to the Listed Post-Acute Setting

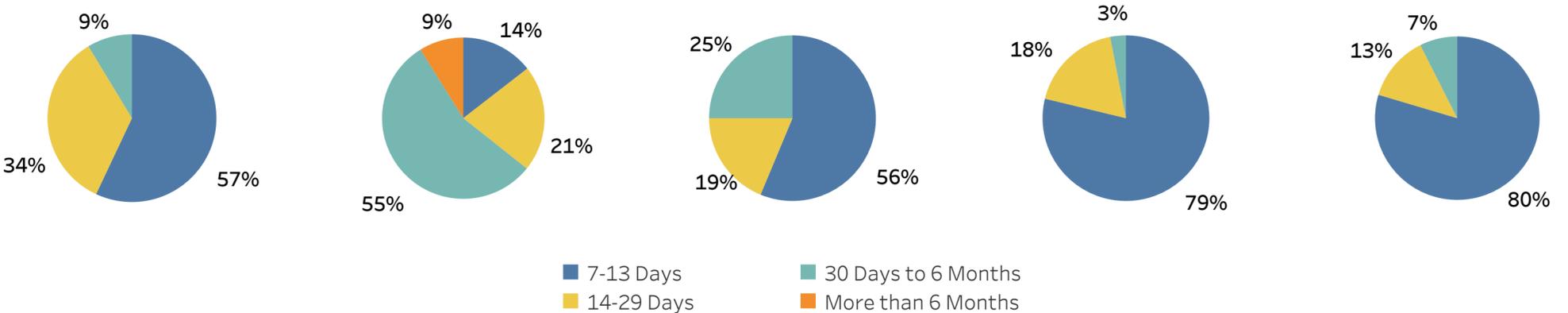


Please note that the totals above may not match those of prior charts, as survey respondents may not have answered every question.

Percentage Distribution of Patients Awaiting Discharge to the Listed Post-Acute Settings

SNF Short-Term Rehab SNF Long-Term Custodial LTACH IRF Home Health

In September, 64% of patients waiting for a SNF Long-Term Custodial bed waited longer than 30 days.



Please note that the percentages in the charts above may not add to 100% due to rounding. Additionally, survey respondents may not have answered every question. The charts and tables in this report are based on the number of responses to each specific question.

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Bed Type Needs for Patients Awaiting Discharge to SNFs

Bed Requirement/Care Need	Central	Metro Boston	Northeast	Southeast	Western	Statewide
Short-Term Rehabilitation Beds	27	130	0	11	8	176
Long-Term Care Beds	12	94	22	44	37	209
Dementia	6	38	13	36	23	116
Geri-Psych Bed	4	14	6	15	17	56
Alcohol Use Disorder/Substance Use Disorder Bed	0	4	1	2	4	11
Tracheostomy and Percutaneous Endoscopy Gastronomy	1	22	2	1	2	28
Methadone Coordination	1	6	1	1	2	11
Bariatric Concerns	0	2	0	0	1	3
Alzheimer's/Dementia in Locked Unit for Female	5	3	2	11	12	33
Alzheimer's/Dementia in Locked Unit for Male	9	8	7	19	5	48

Special Requirements for Patients Awaiting Discharge to the Listed Post-Acute Settings

	Home Health	SNF	IRF	LTACH
1-to-1 Supervision	2	46	1	8
Discharging Out of State	0	0	0	0

Additional Details on Patients Awaiting Discharge

Number of Delayed Discharges due to Non-Availability of Transportation	Longest Waiting Period for Patient Awaiting Discharge due to Non-Availability of Transportation	Number of Delayed Discharges due to Lack of Reimbursement for Outpatient Hemodialysis
0	7 Hours	2

Range of wait time for patients awaiting discharge due to non-availability of transportation: 2 hours to 7 hours

Insurance Provider for Patients Awaiting Discharge to SNFs April 2025 Survey

Medicare Non-Managed 42%	Commercial Insurer 29%			MassHealth 11%	
	Medicare Advantage 11%			Dual Eligible 3%	Other 1%
				Self Pay 0.5%	MHPE 0.4%
	MassHealth Limited 1%	Other State 0.4%	MHFA 0.1%		

MHFA - MassHealth Family Assistance; MHPE - MassHealth Presumptive Eligibility

Challenges for Patients Awaiting Long Term Care Beds in Skilled Nursing Facilities

	Central	Metro Boston	Northeast	Southeast	Western	Acute	Post-Acute	Statewide
Traumatic Brain Injury	0	3	0	0	0	3	0	3
Acquired Brain Injury	0	6	0	2	1	9	0	9
Outpatient Hemodialysis (HD)	0	11	0	2	1	14	0	14
Tracheostomy (Trache)	0	5	0	1	0	6	0	6
Trache and HD	0	4	0	1	1	6	0	6
Percutaneous Endoscopy Gastronomy (PEG)	0	15	0	0	0	15	0	15
Trache and PEG	0	12	0	1	0	13	0	13
Dementia Care Diagnosis	4	58	11	36	18	127	0	127
Behavioral Health Diagnosis	2	30	1	1	9	43	0	43
Other Neurocognitive Challenges	1	5	0	2	0	8	0	8
Awaiting Conservatorship	22	9	2	4	4	41	0	41
Awaiting Guardianship	0	29	5	17	3	54	0	54
Awaiting Guardianship Expansion	2	4	0	1	4	11	0	11
No Identifiable Conservatorship	0	3	0	1	1	5	0	5
No Identifiable Guardianship	0	9	0	5	1	15	0	15

Patients Awaiting Long-Term Care Beds in Skilled Nursing Facilities with Pending MassHealth Long-Term Care Applications

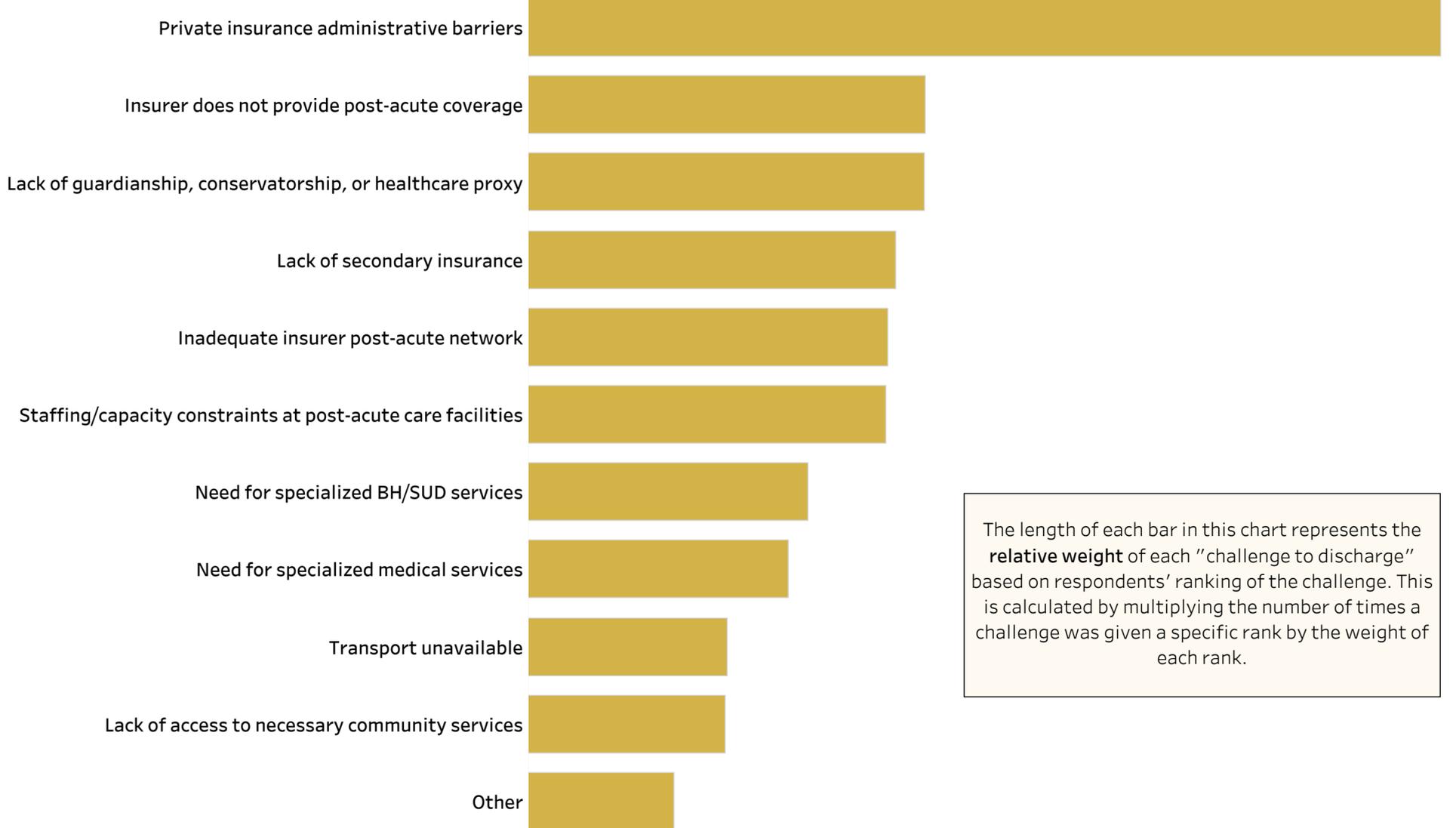
	Central	Metro Boston	Northeast	Southeast	Western	Statewide
Patients with No Outstanding Requests for Information Awaiting MassHealth LTC Application Approval	1	14	0	2	6	23
Patients with No Outstanding Requests for Information Awaiting MassHealth LTC Application Completion	6	26	0	10	7	49

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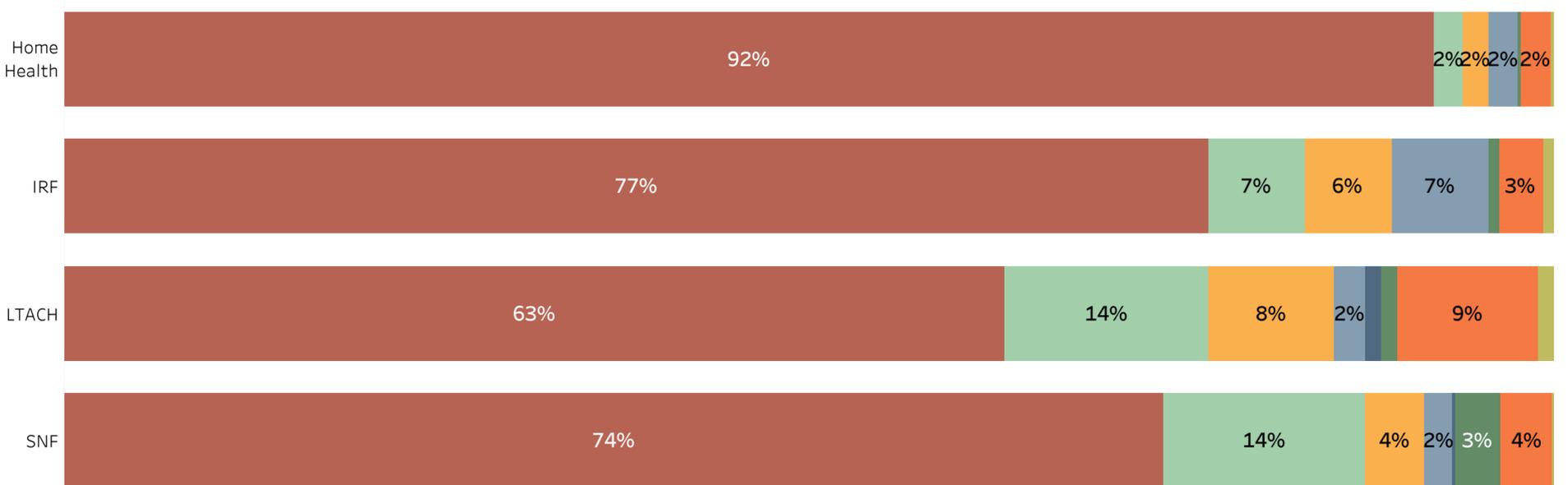
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Challenges to Discharging Patients to SNFs and IRF/LTCHs by Relative Ranking



Race and Ethnicity of Patients Awaiting Discharge to the Listed Post-Acute Settings April 2025 Survey



Race/Ethnicity

- White
- Black/African-American
- Hispanic/Latino
- Asian
- Unknown/Not Specified
- American Indian/Alaska Native
- Other
- Native Hawaiian or Other Pacific Isl.

Please note that survey respondents may not have answered every question. The charts and tables in this report are based on the number of responses to each specific question.

Emergency Shelter Services

	Central	Metro Boston	Northeast	Southeast	Western	Statewide
The number of individuals who have presented in hospital emergency departments who are seeking emergency shelter services and do not require medical care:	4	21	6	10	89	130

Challenging Discharges Due to Repatriation to Other States/Countries

	Home Health		IRF		LTACH		SNF
Total number of patients awaiting discharge who are residents of other states that will be discharged back to their state of residency:	1		2		2		14
Location to which non-Massachusetts residents were discharged to:	Connecticut	Maine	New Hampshi..	New York	Rhode Island	Vermont	Other
	3	1	6	3	1	1	4

Other includes: Brazil, Columbia, and Guatemala

DPH/DMH State Hospital Questions

Total number of patients awaiting discharge that are awaiting placement for a bed in a DPH state hospital:	13
Maximum length of time in days that a patient has waited at a facility for a bed in a DPH hospital in the previous month:	163 days
Total number of patients awaiting discharge that are awaiting placement for a continuing care bed in a DMH state hospital:	8
Maximum length of time in days that a patient has waited at a facility for a continuing care bed in a DMH hospital in the previous month:	365 days

Please note that survey respondents may not have answered every question and the charts and tables are based on the number of responses to each specific question. This data may change significantly as respondents collect more data for this question in future surveys.