Built to Hold: How One MedCap Health Facility Scaled Specialty Programs Without a Single Readmission

Key Metrics

6
Months

0
Readmissions

23-POINT
Drop in Unplanned Discharges

AT A GLANCE

A MedCap Health skilled nursing facility in the greater Washington, D.C. metro area set out to build two clinical specialty programs from the ground up: an in-house dialysis track and a cardiac care program. Between December 2025 and May 2026, the facility grew specialty census, expanded its hospital referral network, and drove unplanned discharge rates to zero, all without a single 30-day readmission across either program.

BUILDING FROM ZERO

Both programs launched in late 2025 with a go-live cohort of 17 patients. By May 2026, average daily specialty census had grown from 7.9 to 16.8, with 30 total admissions that month alone. The referral network expanded in step, drawing from Johns Hopkins Baltimore, MedStar Georgetown, Suburban Hospital Bethesda, and multiple Holy Cross campuses. For Medcap Health, this was a good sign that regional discharge planners were routing their most complex patients here with confidence.

THE CARDIAC DIFFERENCE

A rounding cardiologist embedded in this program brings physician-level oversight to every complex cardiac case, from admission through discharge planning, and the outcomes reflect it.

OUTCOMES

1

Unplanned Discharges: From 23% to 0%

Unplanned discharges opened at 18% in January 2026, and 23% in February, then fell steadily: 10% by April, 5% in May, and 0% month-to-date at the time of reporting. A 23-point reduction in five months, achieved while census was still climbing.

2

Zero Readmissions at Scale

Across 15 active specialty program residents, the facility recorded zero 30-day readmissions; even as monthly admissions nearly tripled between January and April. Growth did not come at the cost of quality.

3

What It Means for Referral Partners

Hospital systems managing high-acuity cardiac and dialysis patients at discharge have one core question: can this partner handle volume without sending patients back? Cardiac care at this facility is physician-led, outcomes-driven, and built to absorb the patients most SNFs aren't equipped to take. Zero readmissions and a 23-point drop in unplanned discharges over six months give discharge planners exactly the track record they need to refer with confidence.

MedCap HEALTH

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