



Carolinan Rehabilitation

Uncompromising Excellence. Commitment to Care.

Inpatient Services General Information

Rehabilitation Care Philosophy

In the acute care environment, the focus is on acute management of often unstable medical issues. This care relies on the direct nursing management of patient issues with little family/patient independence. During your stay, most of your recovery time is spent inside your room.

An acute *rehabilitation* environment is the next step in your journey to return to your home and community. The focus is on encouraging and maximizing independence while managing stable medical issues. Our staff focuses on maximizing the independence of patients in performing activities of daily living including self care (such as dressing and bathing), mobility and general functional tasks. You and your family will be asked to participate in your own care in preparation for your return to the residential environment.

Accommodations

Carolinan Rehabilitation has two types of patient rooms: semi-private and ward rooms. Because inpatient rehabilitation therapy and nursing care is designed to restore independence and foster feelings of accomplishment, these accommodations permit patients with similar physical challenges to interact and share their experiences during recovery. Most of your recovery time will be spent outside of your room. Additionally, your privacy is important to us and will be strictly respected at all times throughout your stay.

What to Bring

We recommend you bring only those items you will need during your stay with us. Pack enough seasonal clothing to last for one week and include night wear. We provide a washer and dryer at each facility for your convenience. Examples of items to bring may include the following:

Toiletries

- Toothbrush and toothpaste
- Razor/shaving cream
- Hairdryer
- Chapstick
- Deodorant
- Shampoo/conditioner
- Body Soap
- Comb/brush

Personal Items:

- Dentures and denture care items/case
- Hearing aid and extra batteries
- Favorite blanket or stuffed animal (pediatrics)
- Eyeglasses and case
- Make-up

Equipment:

- Braces/splints
- BiPap/CPAP Equipment
- Adaptive equipment (reacher/shoehorn/prosthesis)

Visitation

General visitation is between 12 pm and 9 pm daily. Quiet time for patients begins at 9 pm. Please allow this time for your family member to rest. Visitors less than 18 years old must be accompanied by an adult to visit patient floors. Children must be directly supervised by an adult at all times. The adult must be someone other than the patient for safety purposes. We take patient and staff safety very seriously. Any unidentified visitors will be asked to leave the hospital. Visitor parking is available on campus at a nominal fee. A therapy schedule will be provided to assist with visiting arrangements.

Rehabilitation Care Providers and Treatment Plan

Your **Physician** is a specialist in Physical Medicine and Rehabilitation and serves as your care team leader. He/she will meet with you routinely to assess your current and ongoing medical needs. A Physician's Assistant may also assist with medical management during your stay. You are assigned a physician based on your needs upon admission. Because we are a teaching institution and focused on state-of-the-art, research-centered care, we are pleased to have Resident Physicians (physicians receiving additional training in Physical Medicine and Rehabilitation) to compliment our medical staff. This again shows our commitment to a higher standard and to offering the best care in the industry. Your medical team will be monitoring your care 7 days a week.

Your **Primary Nurse** will provide clinical rehabilitation nursing expertise and coordinate medical and nursing related goals. He/she will be available to you on admission and throughout your stay. General nursing care is provided 24 hours a day/7 days a week by registered nurses and certified nursing assistants trained in the rehabilitation specialty.

Your **Rehabilitation Case Manager (Masters Level Medical Social Worker)** will assist you and your family with the coordination of your entire rehabilitation stay and your discharge needs, as appropriate. They can assist you with all aspects of discharge planning including: community referrals, resource education and crisis intervention. They are your care coordinators and will be your primary point of contact for information as you communicate with the care team during your stay.

Your **Therapy Team** will consist of licensed physical and occupational therapists. Your therapy may also include speech and language pathologists and/or certified therapeutic recreational specialists. Other key members of your team who support your therapy efforts include: registered dietitians, respiratory therapists, registered pharmacists and an endorsed, non-denominational chaplain for spiritual needs.

You will receive **Therapy** based on your mutually agreed upon therapy goals. Therapy consists of one-on-one or group therapy and/or family education. Therapy also includes all aspects of your day including: meals, dressing, grooming, bathing and toileting. Therapy is provided 5 days a week. Weekend therapy hours vary depending on the individual needs of the patient. Your therapy schedule will be coordinated around your physical needs and goals. Therapy sessions are in 30 or 60 minute blocks of time.

Your **daily schedule** will be available to you the evening prior to your next therapy day. The therapy day begins around 7 am and lasts approximately until 5 pm. Some therapy sessions are held at bedside. If therapy will be held outside of your room, a transporter will assist you to the location. Your therapy will be broken up into morning and afternoon sessions with rest and meal breaks throughout the day based on your individual needs. Meal times are consistent on a daily basis and will be reviewed upon admission.

Your **care team** consists of all active medical and therapy staff that are working with you during your rehabilitation stay. They meet weekly to discuss your care plan and progress based on your individual needs and goals. The information shared in these meetings will be shared with you on an ongoing basis by your Rehabilitation Case Manager. Information sharing is an ongoing process which can happen at any time throughout your stay.

Family/caregiver participation is a major component of the rehabilitation process. Formal family education sessions will be scheduled through the medical social worker.

Upon admission, you will be asked to designate a **primary caregiver** who will be a key participant in your therapy program. This family member (significant other) will be asked to participate in direct care taking as well as patient and family education sessions. This request will be coordinated and planned around mutually agreed upon times and dates throughout your stay.

Excellence

It is our ultimate goal to ensure that we exceed your service and rehabilitation goals during your stay. Upon 24 hours of your admission, we will have a representative greet you to ensure your transition was smooth and exceeded your expectation. An administrative liaison will also meet with you at intervals throughout your stay to ensure your continuous satisfaction. After discharge, you may receive a phone call with your prior permission to make certain that we achieved our goal of providing you with service and rehabilitation excellence.