



Inpatient Rehabilitation Patient & Family Handbook



Rehabilitation Hospital

hendrickhealth.org/rehab

94-279 (06/21)



Rehabilitation Hospital



Parkinson's Exercise Classes

PWR!Moves®

Making exercise FUN for people with
Parkinson's Disease

PWR!Moves Parkinson's Exercise Classes

PWR!Moves is a research-based Parkinson-specific exercise program taught by Certified Instructor Susan King. PWR!Moves targets multiple symptoms that interfere with the mobility of people who live with Parkinson's disease. The program helps to maintain or restore skills that deteriorate with everyday movements by focusing on large amplitude exercises.

To sign up for PWR!Moves at Hendrick Health Club, call Linda Spencer, PT, at 325-670-6047.



Welcome from Our Medical Director



Ferral Endsley, D.O.

Welcome to Hendrick Rehabilitation Hospital located on the second floor of Hendrick Center for Rehabilitation. We are a 31-bed inpatient rehabilitation hospital that has provided state-of-the-art care for patients, in Abilene and surrounding areas, for over 25 years.

Hendrick Rehabilitation Hospital offers our patients an extensive array of rehabilitative services focused on maximizing functional independence after injury or illnesses affect mobility. Our program is guided by a team of professionals specialized in physical medicine and rehabilitation.

Hendrick Health is a designated Primary Stroke Center and Joint Commission certified in Total Hip and Total Knee Replacement, as well as a hospital partner with the Amputee Coalition. These recognitions allow our patients to receive world-class rehabilitative care, close to home.

Unlike other rehabilitation programs in our community, Hendrick Rehabilitation Hospital offers a continuum of care. Home health and outpatient services are available. Our patients have access to the specialists involved in their hospital stay as well as ongoing assessments by the physicians they know and trust. Additionally, Hendrick Rehabilitation Hospital offers an in-depth educational program for family members and caregivers to ensure the patient is well prepared upon discharge. The success of our rehab program is reflected by the fact that 75 percent of patients are discharged directly to their homes.

Thank you again for your interest in Hendrick Rehabilitation Hospital. If we may be of any assistance to you or your loved one, please do not hesitate to contact us at 325-670-6367.

Sincerely,



Ferral Endsley, D.O.

Medical Director

Hendrick Rehabilitation Hospital

Board Certified in Physical Medicine and Rehabilitation

Educational Series on Stroke



Surviving & Thriving After Stroke

An educational series and social gathering for stroke survivors, caregivers and family members

Meets the Third Thursday

OF EVERY MONTH

5 - 6 p.m.

Auxiliary Conference Center, Room B
Hendrick Medical Center
Shelton Building, 2000 Pine Street

For more information, call 325-670-3412.

HENDRICK
Stroke Program

Other Important Information

What to Bring

- 3 to 4 sets of comfortable, washable, loose fitting clothes
- Sweater or light jacket
- Undergarments
- Pajamas/gowns and a robe
- Non-skid shoes with rubber soles (no slip-ons), 3 to 4 pairs of socks
- Personal hygiene items such as deodorant, lotions, shampoo, cosmetics, shaving essentials, toothbrush and toothpaste
- Feel free to bring books, playing cards, writing paper, etc.

Laundry

Hendrick Rehabilitation Hospital does not have an on-site laundry facility available for patients. Friends or family will need to help supply clean clothing.

Prescriptions

Hendrick Pharmacy is available to fill all prescriptions needed at discharge. For refills, the patient can continue to use Hendrick Pharmacy or another preferred pharmacy.

Phone and Internet

Phones are available in each room for patient use. Wi-Fi is available for internet access. Patients and guests can login to HMC_Guest.

Personal Mail

Personal mail will be delivered to your room, and outgoing mail will be picked up regularly.

Visitors

Visitors are welcome at any time. The doors are locked daily at 8:30 p.m., but visitors may call the nurses' station at 670-2051, if visiting after this time. Children under the age of 18 are welcome under the supervision of an adult other than the patient. Space is available for one overnight guest.

Lodging

Temporary lodging is available for family at Hendrick League House, 1910 Hickory Street, Abilene, Texas 79601. Phone: 325-670-4430.

Tobacco-Free Campus

Hendrick Center for Rehabilitation is a tobacco-free campus.

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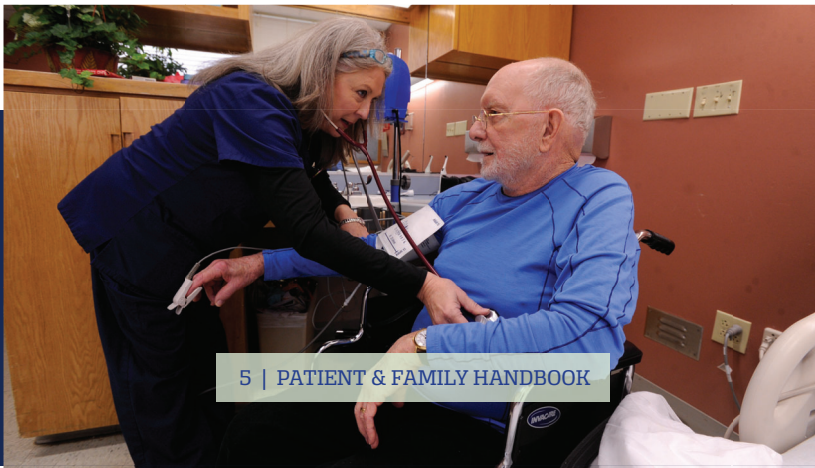
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Credentials/Specializations

Your rehabilitation team offers advanced knowledge and skills with the following credentials and specializations:

- Board certification in neurologic physical therapy (NCS)
- Neuro-Developmental Treatment (NDT) certified occupational therapist
- Therapists trained with Neuro-Developmental Treatment (NDT) and Neuro-IFRAH handling techniques
- Certified Wound Care Specialist (CWS) physical therapist
- Vital-Stim trained speech-language pathologists
- Certified Registered Rehabilitation Nurses (CRRN)
- Certified Brain Injury Specialists (CBIS)
- Certified Stroke Rehab Specialists (CSRS)
- Certified Lee Silverman Voice Treatment (LSVT) for Parkinson's Disease



Your Rehabilitation Team

Your rehabilitation team will consist of the following members, based on your medical needs:

The **Physician** specializes in physical medicine and rehabilitation. This physician leads the team by coordinating and planning your medical and rehabilitative care.

The **Social Worker** will work with you and your family to provide resources and supportive counseling to help you plan for your safe discharge from Hendrick Center for Rehabilitation to home.

The **Registered Nurse** coordinates your nursing care. She/he will assess your medical needs daily, administer medication and teach your family to assist if you need help at home.

The **Physical Therapist** will help improve your strength, balance and mobility.

The **Occupational Therapist** will help improve your ability to perform daily tasks like bathing, toileting, dressing, grooming and eating.

The **Speech-Language Pathologist** will evaluate and treat for communication impairments, cognitive deficits, language impairments and difficulty swallowing.

The **Respiratory Therapist** will assist you with breathing difficulties and help you improve your lung function.

Rehab Specialists assist with providing direct patient care which includes helping the patient with activities of daily living, such as showering, dressing and grooming, while promoting optimal independence. They assist the therapists during sessions and are a vital component to our rehabilitation team.

Welcome to Hendrick Rehabilitation Hospital

Hendrick Rehabilitation Hospital provides comprehensive inpatient and outpatient services to individuals with spinal cord injury, head injury, stroke, multiple trauma, debility, joint replacement, amputations and other neurological and orthopedic conditions.

Mission Statement

To deliver high quality healthcare emphasizing excellence and compassion consistent with the healing ministry of Jesus Christ.

Additional Services Available

- Transportation from Hendrick Health provided
- Transportation to specialty treatment provided
- Continuum of care from Hendrick Health
- Access to your primary care physician and specialists
- Pet Enhanced Therapy Services (PETS) featuring specially-trained animals to assist with therapy services
- 24-hour respiratory therapy
- Aquatic therapy
- Clinical dietitian
- Pastoral care
- Hyperbaric oxygen treatment
- Advanced wound care treatment
- Dialysis

Inpatient Rehabilitation

Inpatient rehabilitation is an active program that includes both learning and practicing. You are the most important person in this process. The success of your rehabilitation depends on the amount of effort you are willing to put into your program. Our staff of dedicated professionals will work with you and your family to obtain your goals.

Therapy Schedule

Our inpatient rehabilitation program typically consists of three hours of therapy, five days per week. However, our therapists will create an individual treatment plan in order for you to achieve and be successful with this amount of therapy.

Daily Routine

Part of the rehabilitation process includes dressing yourself everyday and attending therapy sessions. Our staff will provide assistance and instruction with any tasks you are unable to do by yourself. Family member involvement is encouraged.



Weekly Team Conference

Weekly team conferences are held on either Tuesday or Thursday morning based on your admission day. During this conference, your treatment team will discuss your individual goals and your current progress toward those goals.

Average Length of Stay

The average length of stay at our inpatient rehabilitation hospital is 14 days. However, your individual needs may necessitate a longer or shorter stay.

Communication Board

Each room is equipped with a communication board. Your care team will utilize this board to outline your care each day.

WELCOME <u>John Doe</u> TO HENDRICK CENTER FOR REHABILITATION!				
Your Room Number: <u>2023</u> Room Phone Number: <u>670-2023</u> Nurses Station Number: <u>670-2051</u>				
Dietary Meal Service: <u>7095</u>	Anticipated Discharge Date:	Your Rehab Goals: <u>"be able to take care of myself"</u>		
Our Staff Caring for You:	Therapy Schedule:	Your Assistance Needs from Others:		
Doctor: <u>Endsley</u>	7:00 <u>ST Shower</u> 12:00 <u>LUNCH</u>	Transfers	Method of Transfer	In-Room Mobility
Charge Nurse: <u>Shannon</u>	7:30 <u>ST dress</u> 12:30	Toileting Device	Toileting	
Nurse: <u>Marie</u>	8:00 <u>BREAKFAST</u> 1:00			
Aide: <u>Cori</u>	8:30 1:30 <u>PT</u>			
Clerk: <u>Sue</u>	9:00			
PT: <u>Joseph</u>	9:30 <u>PT</u> 2:30	Dressing Upper Body	Dressing Lower Body	Grooming
OT: <u>Marli</u>	10:00 <u>ST</u> 3:00	Eating / Drinking	Communication	
Speech: <u>Adrienne</u>	10:30 3:30			
Therapy Techs: <u>Bonnie</u>	11:00 <u>ST</u> 4:00			
Assistant Worker: <u>E.J.</u>	11:30 <u>6:00 DINNER</u>			
Nurse Manager: <u>Michele</u>	Your Precautions:	Notes to Family from Staff / Notes to Staff from Family:		
Therapy Manager: <u>Catherine</u>	<u>fall</u>			