

Inpatient Rehabilitation Patient Handbook



Welcome to the Acute Inpatient Rehabilitation Program!

The Acute Inpatient Rehabilitation Program welcomes you and your family. We look forward to the opportunity to work with you as you enter a new phase of recovery: rehabilitation.

Where a patient chooses to go for rehabilitation directly affects his or her recovery. Our Acute Inpatient Rehabilitation Program offers patients a more specialized and intensive program. As a result, patients generally achieve better outcomes and enjoy greater independence upon discharge. Our team is here to help and support you and your family each step of the way.

Mohawk Valley Health System's (MVHS) Acute Inpatient Rehabilitation Program is the only Commission for Accreditation of Rehabilitation Facilities (CARF) certified unit in the Mohawk Valley. Organizations with CARF accreditation have voluntarily participated in a rigorous review of its services and demonstrated a commitment to CARF's high standards for quality and care.

The Rehabilitation Team

You and your family are the most important members of our rehabilitation team. We value your ideas and involvement in planning your treatment program and setting goals for recovery. Active participation in the program and activities is needed for you to get the greatest benefit and achieve the best recovery possible.

Physiatrist

Your treatment program is under the direction of a physiatrist, a doctor specializing in physical medicine and rehabilitation. The physiatrist will provide you with medical care and direct your rehabilitation program. He or she is available 24 hours a day, seven days a week.

Nursing

Specially-trained registered nurses (RN) provide nursing care 24 hours a day, seven days a week. Many of our RNs are certified rehabilitation RNs (CRRN), which means they have received additional training regarding caring for rehabilitation patients and have passed a national exam.

Nurses provide assistance with medication and pain management, and support what you learn in therapy to promote self-care. They will help you and your family reach a good understanding of your condition and of things you need to know in order to be able to care for yourself.

Occupational Therapy

Occupational therapists help you to become as independent as possible using the skills and abilities you have. Treatment focuses on learning new or different ways to do everyday tasks. This may include assessing your need for special equipment and helping to obtain it. Your family may be asked to take measurements of your home, which will help you and the rehabilitation team decide whether changes or new equipment is necessary. In special instances, the therapist may ask to visit your home.

Physical Therapy

Physical therapists help you improve your ability to perform activities such as standing, walking and wheelchair mobility, and provide training in mobility devices and artificial limbs to maximize function. Their goal is to help you regain your strength, endurance and balance.

Discharge Planning

In order to develop a plan to get you home safely, it is important to identify resources within your family and community that strengthen your support system. An appropriate plan incorporates therapists' recommendations, patient needs and patient/family preferences in a way that ensures continuity of care. Discharge planners support patients and families in coping with changes in their environment, relationships and personal lives.

Speech-Language Pathology

Speech-language pathologists help patients with difficulty communicating due to an inability to comprehend others or speak. Treatment is also provided for patients with problem solving, memory and swallowing disorders. Individual treatment programs are developed to help with communication, as well as ensure adequate nutrition.

Psychology

Psychologists help you and your family understand and adjust to the recent changes in your life style. The psychologist will meet with you and your family members during your rehabilitation stay and will discuss any concerns or questions you may have.

Therapeutic Recreation

The Therapeutic Recreation specialist plans activities to assist you in using physical, social and thinking skills. A variety of activities for you and your family will take place in and out of the hospital to prepare you for returning to your home and community.

Dietitian

The dietitian will talk about your diet and together you will create a personalized diet that promotes good health.

Other Medical Services

Your primary care provider can choose to follow you here if he or she has privileges at MVHS and if they are available 24 hours a day, seven days a week, either in person or by phone. Specialists can be arranged on a case by case basis.

Your Rehabilitation Program

Getting Started

The first few days of your stay in the Acute Inpatient Rehabilitation Unit (IRU) will be a time of adjustment. You will meet many members of our rehabilitation team as they evaluate you to determine your strengths and weaknesses. They will talk with you, your family and friends about how to work together toward your personal rehabilitation goals.

You will get dressed every morning and participate in three to five therapy sessions totaling three hours of therapy a day, five days a week. You will be given a written schedule of your therapy sessions. To the best of your ability, you are expected to attend all of your scheduled rehabilitation sessions.

Communication

Early in your rehabilitation stay, a team conference will be held to discuss your overall treatment plan, review goals and begin planning for your return home. Your assigned discharge planner will talk with you prior to and after the conference to communicate any important issues.

Key family members will be encouraged to come with you to your therapy sessions to observe your progress and to learn any needed techniques.

Transitional Living Center

During your stay on the IRU, the team may recommend that you use the Transitional Living Center (TLC). This is an area on the unit which simulates home-like surroundings in order for you, your family and the team to determine your ability to manage daily activities safely and appropriately. The TLC is equipped with a full-size kitchen, washer and dryer, bathroom, bed and simulated market place.

Therapeutic Leaves of Absence (TLOA)

A Therapeutic Leave of Absence (TLOA) is time outside of the hospital with family or a significant other to practice new skills or to experience places in a different way. A TLOA is planned when it has been decided that you are ready to leave the hospital for a short period of time and your family has been instructed about your special needs. TLOAs vary in length. Not all patients are able to participate in TLOAs due to individual needs and concerns.

Preparing to Go Home

Discharge planning to go home begins as soon as you are admitted to the Acute Inpatient Rehabilitation Program. Together, we will plan for your discharge and obtain necessary services and equipment for you before you leave the program.

At the time of discharge, you will receive prescriptions for medicines and for any supplies that you may need to get at your local pharmacy. You also will be assisted in obtaining any recommended durable medical equipment and all follow up physician appointments, along with additional outpatient therapy appointments, will be made for you. Sometimes, another family conference may be held to discuss specific discharge issues. You will be given an appointment to come back to see your physiatrist and, as needed, other members of your rehabilitation team. This allows us to find out how things are going for you and your key supporters.

Follow Up

Once you are home, you may receive a call from our customer service department. You will be asked how you are doing, how satisfied you were with your care and how well we prepared you to go home.

You may also receive a confidential survey in the mail. Please complete this survey related to your care in the IRU. The information you provide is reviewed to help us provide the best care possible.

Helpful Information

Visiting Hours

Our Rehab team understands support from your family and friends is a necessary part of your recovery. We welcome visitors from 8 a.m. to 8 p.m. every day with extended times on a case by case basis, however your attendance at scheduled therapy sessions must be a priority.

Medication

All required medications are supplied by our Pharmacy, 24 hours a day, seven days a week, and are administered by your nurse. Medications are stored and accessed through a computerized dispensing system that includes electronic scanning to ensure safety.

Smoking

Smoking is not permitted on MVHS campuses to protect the health and safety of all patients and visitors. If you are a smoker and would like to quit, ask your nurse or provider for information on quitting assistance.

Clothing

We recommend that you bring a variety of loose-fitting clothing that is suitable for use while exercising during your stay. Sweat shirts, sweat pants, shorts, t-shirts, a sweater and a coat for the season are all appropriate. Also, include in your wardrobe sneakers or comfortable, supportive shoes.

Laundry

Family members are expected to take home your clothing for washing. Keep in mind how many days of clothes you will need.

Diet

Our staff will work with you and your family to make your meals as enjoyable as possible, including snacks in between meals. To help maintain good health, some foods may need to be restricted for medical reasons. Our dietitian will help you with any of these needs.

Please check first with the nursing staff if your family wants to bring special foods in for you. If approved, food may be left in the kitchen labeled with your name, the contents and the date it was brought to you.

Lounge Areas

The IRU has a lounge area referred to as the Sun Porch. You may also use this area when visiting with your family and friends. Other areas on the unit may be used for visiting or recreation as available.

Money and Valuables

It is best that items of value are left at home. For items that you feel are necessary to have with you, the IRU maintains a safe on the unit where these items may be deposited.

Mail/Newspapers

Mail is delivered to your room on weekdays. Outgoing mail may be deposited at the nurses' station. Please let us know if you need assistance in sending out mail.

Stamps are available for purchase from the receptionist in the main hallway.

Telephone/Television

Telephones and televisions are available in each room. Local calls and television service are free. All services can be arranged once admitted to the IRU.

Diagnostic Imaging and Laboratory Services

An on-site laboratory is available 24 hours a day, seven days a week.

Diagnostic imaging is also available 24 hours a day, seven days a week, with limited services available on-site. For services off-site, transportation is provided. All results have real-time documentation in MVHS's EMR system.

Your Rehabilitation Team

Physiatrist/Physician: _____

Primary Nurse: _____

Primary Physical Therapist: _____

Primary Occupational Therapist: _____

Recreational Therapist: _____

Psychologist: _____

Discharge Planner: _____

Dietitian: _____

Speech-Language Pathologist: _____

Telephone Numbers

Program Director	315-801-8323
Nurse Manager	315-624-8759
Admissions Liaisons	315-624-8788
Director of PT/OT	315-624-5485



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