

Rebuilding Lives



Pre-Admissions Guide

**HONORHEALTH™**

**Rehabilitation Hospital**

In affiliation with Select Medical



## About Us

HonorHealth Rehabilitation Hospital, a Commission on Accreditation of Rehabilitation Facilities (CARF) certified hospital, combines clinical expertise and national experience in comprehensive medical rehabilitation. This unique combination, provided in a compassionate environment, helps patients and their families set goals and plan for the future.

### **HonorHealth Rehabilitation Hospital:**

- Delivers the highest level of rehabilitation services to meet each individual's needs
- Provides ongoing, top quality physician services, including physiatrists – specialized physical medicine and rehabilitation physicians – who provide regular oversight and medical management

### **Inpatient Medical Rehabilitation**

The journey begins with a single step, and whether taken on your own, or with assistance, it is a positive step toward your recovery. We will work with you to regain strength and skills for the fullest possible return to home, work or your daily activities.

### **Taking Care of Your Needs**

HonorHealth Rehabilitation Hospital manages the complex medical needs of every patient, beginning with the transition from the acute care hospital. We make sure the quality care you received in the acute care setting continues in our hospital. We coordinate a smooth transition and provide ongoing communication that allows you to begin rehabilitation once medically stable.

During your stay, you will receive the medical treatment, nursing care and therapy you require. You'll benefit from evidence-based treatment and innovative technologies tailored to your needs. You will also be supported in an environment that is responsive to your goals, expectations and hopes for the future.

From the day you arrive at HonorHealth Rehabilitation Hospital, we begin to plan for your discharge. Although your progress will determine the actual timing, it is important that the necessary resources and equipment are in place when you leave. Your case manager helps to coordinate the discharge plan.



# The Care Team

Your **physical therapist** will help optimize your muscle control, balance and flexibility and help you build strength, mobility and endurance.

Your **occupational therapist** will help you regain the skills and offer strategies needed to perform daily activities, such as dressing, eating, working and driving. They will also evaluate your need for assistive equipment and work with you to resolve visual or cognitive issues.

Your **speech-language pathologist** works to help you improve language, cognition and communication skills, as well as swallowing challenges.

Rehabilitation requires plenty of energy. To ensure your nutritional needs are being met, our **registered dietitians** will prepare an appropriate program and may recommend supplements, texture modifications or other adaptations. While family and friends are welcome to bring you meals and treats, they must first check with the nurse to make sure you have no dietary restrictions. Special diets can be accommodated.

Our expert **rehabilitation nurses** are on duty 24 hours a day to assist with your medications and self-care and reinforce techniques learned in therapy. Rehabilitation assistants will also take part in your care.

## Which patients qualify for treatment at HonorHealth Rehabilitation Hospital?

### Acute rehabilitation patients should:

- Have ongoing medical problems that require continued hospitalization and close physician supervision
- Have difficulty walking, moving and/or taking care of themselves
- Be able to tolerate therapy three hours per day, five days per week; or in some cases 15 hours of therapy over a seven-day period.
- Demonstrate the need for at least two therapy disciplines, one of which is physical or occupational therapy
- Demonstrate the potential to benefit from the rehabilitation program.



Our specialized rehabilitation programs are provided by expert clinicians and physicians designed to enhance quality of life. Our program goals include:

### Stroke

- Our stroke program is accredited by the Commission on Accreditation of Rehabilitation Facilities
- Restore physical function and enhance the skills needed to perform daily activities
- Build strength, improve balance and regain mobility
- Improve speech and swallowing
- Develop new cognitive and behavioral strategies to compensate for deficits

### Brain Injury

- Maximize arousal and attentiveness
- Develop new cognitive and behavioral strategies to compensate for any deficits
- Improve physical function and mobility to enhance the skills needed to perform daily activities
- Overcome the psychological and social problems that often interfere with the adjustment to an independent life

### Spinal Cord Injury

- Improve physical function and mobility
- Develop the skills and strategies to perform daily activities
- Use adaptive technologies that facilitate activities at home, work and/or in the community
- Develop coping strategies to help deal with life ahead

### Orthopedic Rehabilitation

- Rebuild strength, endurance and physical function
- Learn adaptive strategies and how to use assistive equipment
- Return to daily activities with confidence

### Amputation Rehabilitation

- Learn proper wound care and limb management
- Increase strength, flexibility, coordination and endurance
- Decrease pain and discomfort
- Learn to use a prosthesis with confidence to avoid complications

### Neurological Rehabilitation

Experiencing neurological challenges can be a difficult journey. For patients facing multiple sclerosis (MS), amyotrophic lateral sclerosis (ALS), Guillain-Barre syndrome, Parkinson's disease or other neurological disorders, we offer an integrated program of care that helps you regain independence.

### Preparing for Your Stay

We're committed to making your time at HonorHealth Rehabilitation Hospital as productive and successful as possible. To ease your transition to our hospital, we will coordinate the necessary details with your referring physician, case manager and insurance carrier.

### Medications

Please bring a list of any prescription and non-prescription medications you take regularly, including dosage, frequency and who prescribed it. We will review this with you to be sure everyone involved in your care is clear about your medication regimen. During your stay, the physician may prescribe any additional medications you may require.

### Pack the Essentials

At HonorHealth Rehabilitation Hospital, you'll wear your own clothes, which give you greater comfort and confidence during your rehabilitation.

- Clothing should be loose-fitting and easy to move around in
- Wear sneakers or rubber-soled shoes with good support
- Pullover shirts
- Toothbrush, toothpaste, soap and shampoo
- Shaving supplies
- Eye glasses and hearing aids, if needed

### Visitors

The support of family and friends is an important part of the rehabilitation process and we encourage visitation. Guests are welcome from 8 a.m. - 8 p.m.

We encourage family members to work closely with the treatment team to help ready the patient and the family for discharge. Often times this requires hands-on training for the family members to learn techniques and strategies for a safe transition home.

### Insurance and Health Plans

HonorHealth Rehabilitation Hospital accepts most insurance, workers' compensation, managed care and Medicare plans. We work with families to verify insurance and help negotiate single-case agreements for any plans where we do not have a contract. Please contact your insurer or employer with questions about your policy or coverage before admission and bring your insurance cards with you to ensure accurate claims submissions.

### Advance Health Care Directives

An Advance Health Care Directive has instructions that guide your care if you are no longer able to do so. If you already have this document, please bring a copy with you. If you don't have an Advance Health Care Directive and would like to complete one, our case management staff will help you.



### **Making a Referral**

A pre-admission screening is completed for all referred patients by a designated member of the rehabilitation team and admission is approved by a HonorHealth Rehabilitation Hospital physician. We accept referrals and admissions seven days a week.

If you would like to make a referral, please call:

Admissions: **480.800.3900**  
Fax number: **717.412.9480**

**HONORHEALTH**<sup>TM</sup>

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