



Ochsner Rehabilitation Hospital, a joint venture partnership between Ochsner Health System and Select Medical, will serve the needs of the greater New Orleans area and surrounding communities.

Our state-of-the-art rehabilitation hospital offers specialized programs designed to provide the best possible experience for patients and their families during their recovery.

Our expert, physician-led rehabilitation teams work together to restore strength, mobility and functional independence to help patients return to fuller, more productive lives.

Our clinical liaisons are available to complete on-site patient evaluations and provide the expertise and assistance needed to identify and seamlessly transition patients to our rehabilitation hospital at the appropriate time.

## **Our rehabilitation hospitals care for patients recovering from:**

- Stroke
- Brain injury
- Spinal cord injury
- Orthopedic conditions
- Neurological disorders
- Cancer
- Amputation
- Transplants
- Cardiac conditions

# Admission Criteria

## To meet criteria for admission, patients must:

- Have medical stability and functional goals
- Need multiple therapy disciplines, of which one must be physical or occupational therapy
- Meet minimum rehabilitation requirements, which generally includes three hours of therapy five days per week or 15 hours over a seven-day period
- Be able to actively participate in and benefit from the rehabilitation plan
- Require at least three weekly visits by a rehabilitation physician
- Require a collaborative and interdisciplinary approach to care



## Contact Information:

### Ochsner Rehabilitation Hospital

2614 Jefferson Highway  
Jefferson, LA 70121

*To refer a patient, please call 504-736-4930  
or fax clinical information to 504-736-4978.*



# Stroke Rehabilitation Program

Recovering from a stroke can be one of the greatest challenges you will ever face, and where you go for treatment can make all the difference in your recovery. The American Stroke Association recommends that whenever possible, patients be treated in an inpatient rehabilitation hospital rather than a skilled nursing facility. The goal of Ochsner Rehabilitation Hospital's comprehensive stroke rehabilitation program is to help you increase your independence and physical functioning, as well as enhance your quality of life.

## A Team Approach on Care...and Caring

At Ochsner Rehabilitation Hospital, you and your family will not only benefit from the care and treatment you receive, but also the training, support and encouragement we provide. First, we make sure you are comfortable, safe and have your medical and nursing needs met. We work closely with your physician and other caregivers at your previous care provider, such as the acute care hospital. Once we get to know you, our interdisciplinary team tailors an individual program to meet your specific needs and goals. Throughout your rehabilitation, you will be carefully monitored. Your plan of care will be adjusted to ensure that your needs are being met and you are making continuous progress.

Our hospital's physician, who is board certified in physical medicine and rehabilitation, leads a team of expert rehabilitation nurses; physical, occupational and speech therapists; case managers; and other clinical staff to support your recovery. You will participate in a therapy program that is typically three hours a day, five days per week. Your therapy can be broken down into hour or half-hour increments to meet your own tolerance and goals and may include treatments that:

- Restore physical function including strength, balance and mobility
- Improve speech and swallowing
- Prepare for your life following a stroke

## What Will You Do In the Rehabilitation Hospital?

Upon admission, you will be assigned a care team that includes a physician, nurses, therapists and case managers. Together, they will evaluate you, discuss your goals and establish your therapy schedule. You will also be issued a wheelchair to help you get around the hospital. Your days will start by rising from bed, getting dressed and having breakfast. Depending on your schedule and needs, you will be brought to our inviting and spacious therapy gyms several times a day. Rehabilitation relies on highly focused treatment and includes a wide range of hands-on care and technological interventions. Here are some examples of treatments you may participate in:

- Mobility skill training such as transfers, standing and/or walking
- Activities of daily living such as dressing, feeding and bathing
- Strengthening exercises for your arms and legs
- Robotics to facilitate muscular strength and coordination
- Strategies to improve communication, swallowing or vision difficulties
- Education and training for yourself and your caregivers

# Stroke Rehabilitation Program



OCHSNER REHABILITATION HOSPITAL

Your length of stay in our hospital depends upon your own goals and needs. Just as each person is unique, so is his or her recovery from a stroke. Some are able to return home, while others may need continued care after a rehabilitation hospital program. Our case manager will work closely with you and your family member or caregiver to help make arrangements to continue your journey to recovery. We are here to support you every step of the way including continued support following discharge, either at our hospital or in the community.

## Our Outcomes

Studies\* show that stroke survivors treated at a medical rehabilitation hospital — like Ochsner Rehabilitation Hospital — have a higher level of functional independence. They are more likely to be discharged to home than those treated in other care settings. In fact, on average, Ochsner Rehabilitation Hospital's stroke patients have greater improvement during their stay and a higher level of functional independence upon discharge, based on national benchmarks that measure criteria such as locomotion, cognitive ability and activities of daily living.

\* Dobson DaVanzo & Associates, LLC (2014).

*Assessment of Patient Outcomes of Rehabilitative Care Provided in Inpatient Rehabilitation Facilities and After Discharge.*

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 **Ochsner®**  
Rehabilitation Hospital  
In partnership with Select Medical