



Working closely with patients and their families, it is the mission of our team to restore you to the highest degree of personal dignity by reestablishing independence in such areas as walking, caring for personal needs, performing homemaking tasks, health maintenance, pursuing hobbies and returning to careers. In our 18-bed facility, specially trained health professionals care for those who have suffered recent illness or trauma that has affected their functional ability. Due to our exceptional staff and intimate size, we are able to provide the optimum level of attention to each patient. The result is exemplary care down to the smallest detail.

Serving the community since 1979, Memorial Hospital of Rhode Island's *Center of Rehabilitation* stands as one of the most experienced, well-established rehabilitation units in the state. Our affiliation with the Warren Alpert Medical School of Brown University assures our capacity to deliver quality treatment, not only in our rehabilitation programs, but also in the medical care provided to all our patients. Because we are hospital-based, our patients have immediate availability of an on-site acute care medical facility. Also, in a national standardized system for evaluating inpatient rehabilitation programs, the *Center for Rehabilitation* has consistently demonstrated shorter length of stay with better outcomes. We provide a continuum of care, which includes home care and outpatient services.

The *Center for Rehabilitation* at Memorial Hospital of Rhode Island is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) and by The Joint Commission as a stroke specialty unit.

YOUR PROGRAM

Adjusting to illness, hospitalization and disability can be extremely stressful. Admission to the *Center* is designed to help you, your family members and support system, not only with your physical limitations, but also with your transitions back into the community.

After the initial evaluation period, a comprehensive integrated inpatient medical rehabilitation program will be provided with services available 24 hours per day. Your program will include both intensive individualized and group therapy sessions with the coordinated goals of maximizing your functional independence.

A schedule board near the nurse's station will show your therapy schedule for each day. Each morning you will also receive your own personal schedule to carry with you throughout the day.

The Rehabilitation Team

Our team approach for care focuses not only on the patient, but extends to the family/support system as well. To accomplish our ultimate goal of providing the finest possible care in this manner, we have gathered together a highly qualified group of dedicated specialists. It is through the combined knowledge, talents and commitment of these professionals that we are able to develop targeted, individualized programs that comprehensively address the unique, often complex needs of each patient.

During your stay you may work with some or all of the following team members:

Primary Physician: If your personal physician is unable to care for you during your stay at the *Center for Rehabilitation*, your care will be assigned to an attending physician who will do so, and who will communicate with your personal physician as appropriate.

Medical Director: Will oversee all of your care.

Rehabilitation Nurse: Will coordinate your overall 24 hour care and help you to practice what was learned in your therapy sessions. The nurse will assist you in adapting to your activity limitations while providing a therapeutic environment for you, your family members and support system. The nurse designs and implements treatment strategies that are based on scientific nursing therapy related to self-care that promotes physical, psychosocial and spiritual health.

Physical Therapist: Will improve your mobility, relieve pain, increase strength, and decrease or prevent deformity. Focus is on transferring in and out of bed/chair, walking and instruction in use of ambulatory devices.

Occupational Therapist: Will improve functional use and dexterity of your arms to complete daily living skills as well as homemaking tasks, avocational, vocational skills and recreation and leisure activities. Additional skills include fabricating upper limb/hand splints and training to use self help devices.

Speech/Language Pathologist: Will assess abilities and provide treatment for problems you experience with speech, language, cognition (thinking tasks) and swallowing.

Registered Dietician: Will assess nutritional status and formulate an appropriate nutrition care plan.

Neuropsychologist: Will assess and assist with your coping skills to decrease emotional barriers to your disability and to improve thinking processes, memory and learning skills.

Continuing Care Nurses: Assist with discharge planning and coordinate services/equipment that are needed after your rehab stay.

Admission Criteria

The center admits adult patients who have been diagnosed with a stroke, amputation, arthritis, fractures, and neurological conditions such as multiple sclerosis and Parkinson's disease. Complex medical cases who are disabled after prolonged hospitalization, and meet the admission criteria may also be admitted. The program admits all patients meeting the admission criteria regardless of sex, race, culture, language, or other unique factors.

Patient's whose needs may not be able to be addressed adequately by our program but will be considered on a case by case basis, includes patients with such specialized conditions as:

1. Spinal cord injury (SCI): Irrespective of the etiology of the SCI and the co-morbidities, patients with a level above T7 and an American Spinal Injury Association (ASIA) scale rating of A, B, C generally will be referred to the New England Regional SCI Center in Boston MA.
2. Traumatic brain injury
3. Burns
4. Major medical trauma
5. Chronic pain syndrome
6. Significant behavioral issues

All patients must meet the following admission criteria:

1. Must have functional limitations of recent onset, or progression of chronic disabilities for which they have not previously received rehabilitation.
2. Be at least 18 years of age.
3. Require the supervision of a physiatrist (or equally qualified physician) for their rehabilitation program.
4. Require 24 hour rehabilitation nursing.
5. Be able to tolerate a relatively intense level of therapies and other services.
6. Be medically stable to allow participation in the program.
7. Require an interdisciplinary team approach for the delivery of the program.
8. Have a reasonable expectation of improved function that will be of practical value to the patient.
9. Require PT or OT and one other therapy.

Discharge/Transition Criteria

Patients are discharged from the program when one of the following discharge criteria are met:

1. Inadequate participation, which is unlikely to change within a few days despite medical or psychological interventions.
2. Medical status warrants an acute care admission.

3. A reasonable expectation of improved function that will be of practical value to the patient is unlikely to occur soon (days to weeks rather than months).
4. Patients who have a home discharge plan will be discharged from the program when their functional status reaches a level that their social support system and services can manage at home.

THE REHABILITATION EXPERIENCE

Your rehab experience will differ from an acute care hospital experience. You will dress everyday in comfortable street clothes and the focus will be to regain as much functional independence as possible. With “patient safety” in mind and under staff supervision you will be encouraged to participate each day within your full potential.

There are both private and semi-private rooms available that are specially designed for wheelchair use with adapted bathrooms and showers. Therapy sessions are conducted on the unit. You are encouraged to participate in all the scheduled therapy (at least 3 hours) sessions unless you are medically unable.

In addition to intensive therapies, there is time to also socialize, watch television, participate in games and other activities coordinated by our staff.

The involvement of your family and friends is an important aspect of rehabilitation. We encourage, and may sometimes request, family members to attend therapy sessions or other meetings. Visitors should check with therapists or unit secretary prior to joining a therapy session. Visiting hours for family members are flexible.

All team members involved in your care communicate on an ongoing basis and will meet regularly to assess your progress toward your goals, adjust therapy or solve problems as needed. Your inpatient rehab program is only one part of your journey toward recovery. Your plan of care after discharge may include recommendations for home care services, on-going therapy and/or other community services. On-going home care services and outpatient therapies can continue to be provided by Memorial Hospital of Rhode Island staff.

A Suggested List of What to Bring

There is no need to purchase new clothing or special "exercise" clothing prior to admission. However, it is very important that you have your own clothes as soon as possible. If anything special is needed the nursing or therapy staff will be able to advise you. Please label all clothing and personal items. Bring three to four complete changes of clothes, including underwear, tops, socks, (loose-fitting pants and tops are best). Females are strongly encouraged to wear pants for modesty reasons. Avoid small buttons, turtlenecks, pantyhose, corsets, tube socks, tight clothing, tight elastic anklets. Family members are responsible for laundering the patients clothing.

- Comfortable, skid-proof, low-heeled shoes or sneakers. Velcro sneakers are helpful if tying is difficult. Avoid flip flops, clogs, heels, and sandals.
- Cardigan sweater or sweatshirt.
- Personal care items:
 - Eyeglasses
 - Hearing aids and batteries
 - Toothbrush & toothpaste or dentures, denture cleanser/paste, denture cup & brush
 - Electric shaver*
 - Personal toiletries
 - Hair dryer*

Additionally Please Bring

- Insurance information
- Living Will or Durable Power of Attorney for Health Care (if you have one)

* Any electrical device brought from home must be checked by hospital staff before use. Ask a nurse or secretary for assistance.

What NOT to Bring

Medications, valuables, credit cards, or large sums of money.

NOTE: All valuables must be declared at time of admission.

GENERAL CONCERNS

If you have any questions, concerns or complaints regarding any aspect of your care, please speak with a staff member or the Nurse Manager, Barbara Saleeba at (401) 729-2278.

SPECIAL PHYSICAL NEEDS OF VISITORS

Family members or friends with special needs, are encouraged to discuss them with the staff.

CAFETERIA

During your hospital stay, your guests may wish to take a break in the cafeteria or coffee shop. The cafeteria is located on the ground floor of the Wood Building, and is open from 6:30 am to 7:00 pm Monday – Friday and on weekends and holidays 6:30 am – 10:00 am, 11:00 am – 1:30 and 4:00 pm – 7:00 pm. The coffee shop is located off the main lobby in the Sayles Building and contains vending machines that dispense hot and cold food and drinks. A microwave oven is available.

GUEST TRAYS

Guest trays for visitors may be purchased for \$5.00. Your guest should make arrangements for the tray in advance at the cashier's office, located in the main lobby. Ask your nurse to contact Food and Nutrition services to set up a menu for your meal and give her the receipt from the cashier's office.

PATIENT CONDITION INFORMATION

Relatives and friends can call (401) 729-2322 for general information about your condition. Detailed information about your condition is confidential and will only be shared with your designated contact person.

BANKING

A branch of Pawtucket Credit Union is located within the hospital on the ground floor of the Sayles Building for the convenience of patients, visitors, and employees. There is an Automatic Teller Machine on the ground floor of the Sayles Building.

NEARBY PLACES TO STAY

Comfort Inn	2 George Street	Pawtucket	(401) 723-6700
Providence Marriott	Charles and Orms	Providence	(401) 272-2400
Biltmore Hotel	Kennedy Plaza	Providence	(401) 421-0700
Westin Hotel	1 W. Exchange Street	Providence	(401) 598-8000
Radisson	200 India Street	Providence	(401) 272-5577