

Rehab Center

Reasons to consider inpatient rehabilitation



**When home is the goal, where you get
rehab matters.**

**West Jefferson Medical Center
Rehab Center**
1101 Medical Center Blvd.
Marrero, LA 70072
☎ 504.349.1346
☎ 504.349.1628
wjmc.org



Comprehensive Rehab
with specialties in Stroke,
Brain Injury, and Amputation



**West Jefferson
Medical Center**
LCMC Health



Inpatient rehabilitation facility

Studies show that treatment in an inpatient rehabilitation facility results in:

- Going home more quickly
- Moving independently again
- Receiving daily physician and nurse attention
- Decreased readmissions to the hospital from treatment complications

We help with:

- Walking with assistive devices (cane/walker)
- Fall prevention and balance training
- Activities of daily living (bathing, dressing)
- Fine motor skills (writing, fastening buttons)
- Hand rehabilitation/splinting
- Speech/language and swallowing therapy
- Memory strategies
- Post-joint replacement therapy
- Osteoporosis/posture therapy
- Arthritis pain management/joint protection

About inpatient rehabilitation

Our program provides a comprehensive, hospital-based physical rehabilitation program exclusively for the treatment of those who have experienced a disabling injury or illness.

Therapy plays a very important role in recovery from a life-altering injury or illness. We offer a comprehensive, hospital-based physical rehabilitation program exclusively for the treatment of those who have experienced a disabling injury or illness. Nursing care is provided 24 hours a day, 7 days a week, so you have the support and assistance you need around the clock.

As our patient, you'll have the support of a team that will include a specially-trained rehabilitation doctor, therapists, rehab nurses, social workers, and dietitians. Your rehabilitation team plays an important part in your recovery, but you are at the center of everything we do. We work with you to develop a treatment plan based on your medical needs and individual goals. And, whether you're in a therapy session or getting ready for bed, your team will support you in achieving your goals and recovering to the fullest.

We know your loved ones are making adjustments as well, and may need support during your recovery. We encourage your family members to be involved throughout your stay. Our therapists will educate family members and caregivers on how best to help you during therapy and at home.

Your treatment is a 24-hour program designed to prepare you for returning home. We will ask you to do as much as you can while supporting you on your road to independence. The most important thing to remember is our team is available at any time to assist you with your needs.

If you or your family and caregivers have questions during any step of the process, please ask!

Of key importance in an inpatient rehab setting

- Daily accessible physician specially trained in rehab
- Low nurse to patient ratio: Five to six patients to one nurse
- Intensive therapy with short length of stay

Where you recover affects how you recover

When people are discharged from traditional hospitals they often need continued care to recover completely. That's where we come in. Our expertise across the post-acute spectrum allows us to help patients recover to the fullest by providing care in the proper care setting. We help patients get their lives back.

Rehab: Continuing the care between hospital and home

Here is the scenario. You or a loved one are in the hospital due to a critical and chronic illness or medical complexities. A discharge planner, case manager, or physician walks into your hospital room and indicates that you or your loved one shouldn't go directly home but to "rehab" instead. This situation may trigger many questions.

The goal of a stay in a rehabilitation hospital is to speed recovery toward resuming everyday activities and greater independence after surgery, injury, or serious illness.

Why do I need a rehab hospital instead of going home?

People need the services of a rehabilitation hospital when they need daily rehab services such as physical, occupational, and speech therapy and when they need special nursing services or respiratory care.

Generally, these services are needed for at least five days a week and may be needed several times a day. Often patients do not have the ability to transport themselves or be transported back and forth from home to the hospital or clinic.

Come see how we care

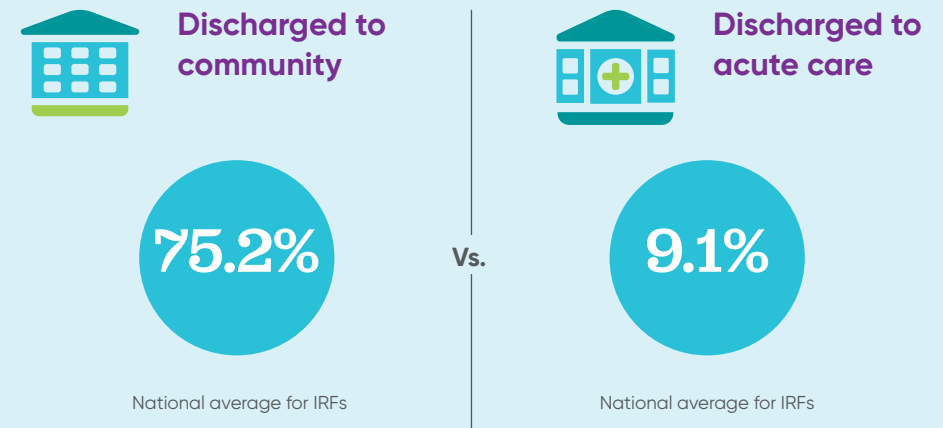
Our inpatient rehabilitation hospital offers specialized rehabilitation services and expertise in the treatment of:

- Stroke
- Brain injury
- Joint replacement
- Hip fractures
- Amputations
- Arthritis
- Neurological disorders
- Spinal cord injury
- Multiple trauma
- Other orthopedic injuries or conditions
- Cardiac conditions
- Pulmonary conditions

Treatment is determined as part of the individualized plan of care and will typically include a combination of 45 to 90 minute therapy sessions provided throughout the day by physical and occupational therapy. Speech therapy will be included if clinically indicated. Our rehabilitation center provides services including pharmacy, radiology, and respiratory services. We are consequently able to care for patients who have both medical needs and complex rehabilitation needs.

A few clinical study results to consider

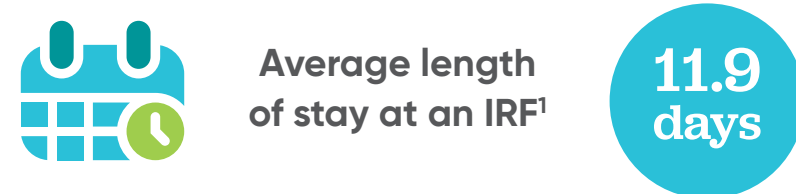
When receiving rehab at an inpatient rehabilitation facility (IRF), substantially more patients return back to the community instead of back to acute care in a hospital.¹



Weighted Data
Weighted measures are presented to show what the national and regional values would be if the nation or your region had the same case mix as your facility. For the facility, RIC, and CMG reports, weighted numbers are created by calculating the average value for each CMG and tier category for the nation and region. Average values are then volume-adjusted to the actual case mix volumes at your facility.

Patients at IRFs experience shorter lengths of stay.¹

Patients at IRFs experience shorter lengths of stay.¹



Study References: 1. Data from E-rehab 2013.

Understanding therapy basics

Physical Therapist

Your physical therapist will coach you through exercises designed to help improve your balance, strength, and endurance. Physical therapists also will work with you to decrease pain and improve range of motion, mobility and functional skills.

Occupational Therapist

Your occupational therapist will help you become more independent by teaching you new ways to perform daily tasks, including bathing, dressing, eating, and preparing food so that we can help you to return to a more normal daily routine.

Speech-Language Therapist

Your speech therapist will help you work on your communication, memory, hearing, and problem-solving skills. If you have difficulty swallowing, the speech therapist also will address this.



What to bring

Please bring comfortable clothes that you typically wear at home. Part of your therapy may include working with buttons and zippers, so you are able to get dressed on your own as much as possible. That's why using items from your own wardrobe is helpful. Specifically, we ask that you at least bring:

- Pants/trousers (2)
- Shirts or blouses (2)
- Undergarments and socks
- Night clothes, non-skid slippers, and robe
- Sweater or sweatshirt
- Shoes with rubber soles
- Personal grooming products and toiletry items
- Glasses, dentures, hearing aids
- Disposable briefs, if necessary

You may wish to place your name on all your clothing to prevent it from getting lost. You won't need to bring any cash or credit cards, and we ask that you leave jewelry or other valuables at home.

Also, we ask that you don't bring in outside food unless it has been cleared with staff. Your family and friends can check with us before they bring in any snacks or meals.

Typical day in rehab

From your first therapy session to your last check-in, our goal is to help you recover as fully as possible. When you first arrive, you'll be evaluated on activities such as eating, bathing, dressing, and walking or wheelchair usage, as well as your personal goals. This information will be used to develop your personalized treatment plan. You'll be evaluated again when you leave to measure your progress and help your team assess what help you will need when you go home.

Your team will help guide you throughout your stay, but if you've never been in an inpatient rehabilitation program, you probably want to know what your stay will be like. Here's what you can expect during a typical day:

Morning

You may not have thought about your morning routine in the past, but as you recover, day-to-day tasks such as taking a shower or getting dressed may be challenging. Each morning, a nurse or occupational therapist will help with these and other daily tasks, as well as provide training and support so you can learn to do as much as possible by yourself.

These personal tasks are known as activities of daily living or "ADLs," and include bathing, dressing, and self-feeding. Learning how to manage ADLs is a critical step in regaining your independence.

A nurse will also assist you with your medications. Once you're ready for the day, you'll have breakfast before your morning therapy sessions. This typically includes two sessions, with a combination of physical, occupational,

and/or speech therapies. Therapy can involve strength training, techniques for managing ADLs, and/or memory training. There are breaks between the sessions and as needed during them.

Noon

The lunch break begins around noon. Relax and enjoy your meal to help you recover from the morning session and fuel up for the afternoon. Therapists will work with those who need help with swallowing or eating, or require training for an adaptive device.

Afternoon

After your lunch break you will continue with your therapy sessions. As with the morning sessions, you'll have a combination of therapies and opportunities to take a break between or during sessions, as needed. If you need to use a cane, walker, or wheelchair, your therapy sessions will help you adjust to and use your assistive device.

Evening

Your day concludes with dinner and time to spend with your family or other visitors. Therapy is over for the day, and it's time to relax and spend time in quiet activities. Nursing staff will help you get ready for the night and reinforce what was learned in therapy so that your journey to greater independence continues after therapy has ended.

Night

Sleep refreshes your mind and body and your only "task" is to get the sleep you need to be ready for the next day. If you need assistance during the night, use the call light in your room and a nurse will come and help you.