

What to Expect at Admission

Admission Criteria

- Have a rehabilitation diagnosis
- Require 24 hour a day rehabilitation nursing and physician availability
- Able to participate in 3 hours of therapy treatment per day, 5 days per week
- Require at least 2 rehabilitation therapy services, other than nursing
- Be expected to achieve rehabilitation objectives in a reasonable amount of time
- Be at least 16 years of age

What should I bring from home?

You should bring comfortable clothes. This includes loose fitting shirts and elastic waist pants. Also bring a pair of supportive shoes, tennis or rubber-soled shoes with a back. Please avoid sandals, slippers or open-toe shoes. Don't forget to bring glasses, hearing aids and dentures, if you use them.

Can my caregiver or family members attend therapy sessions with me in the Rehab Gym?

Yes, caregivers or family members may attend as many sessions as needed to improve comfort levels for a safe home discharge. Due to patient confidentiality, all other visitors should not visit the Rehab Gym.

Can I get out of bed by myself or with family help?

No, patients and family members should always call a team member for help to prevent unexpected falls. This helps prevent further injury that would extend your stay.

Can someone stay with me overnight?

Yes, you can have one person stay overnight with you.

When can I have visitors?

Visitors are welcome to visit outside the therapy scheduled times. Please ask your visitors to call the unit at (225) 765-8880 to find out when you're available.

Can I leave the rehab floor?

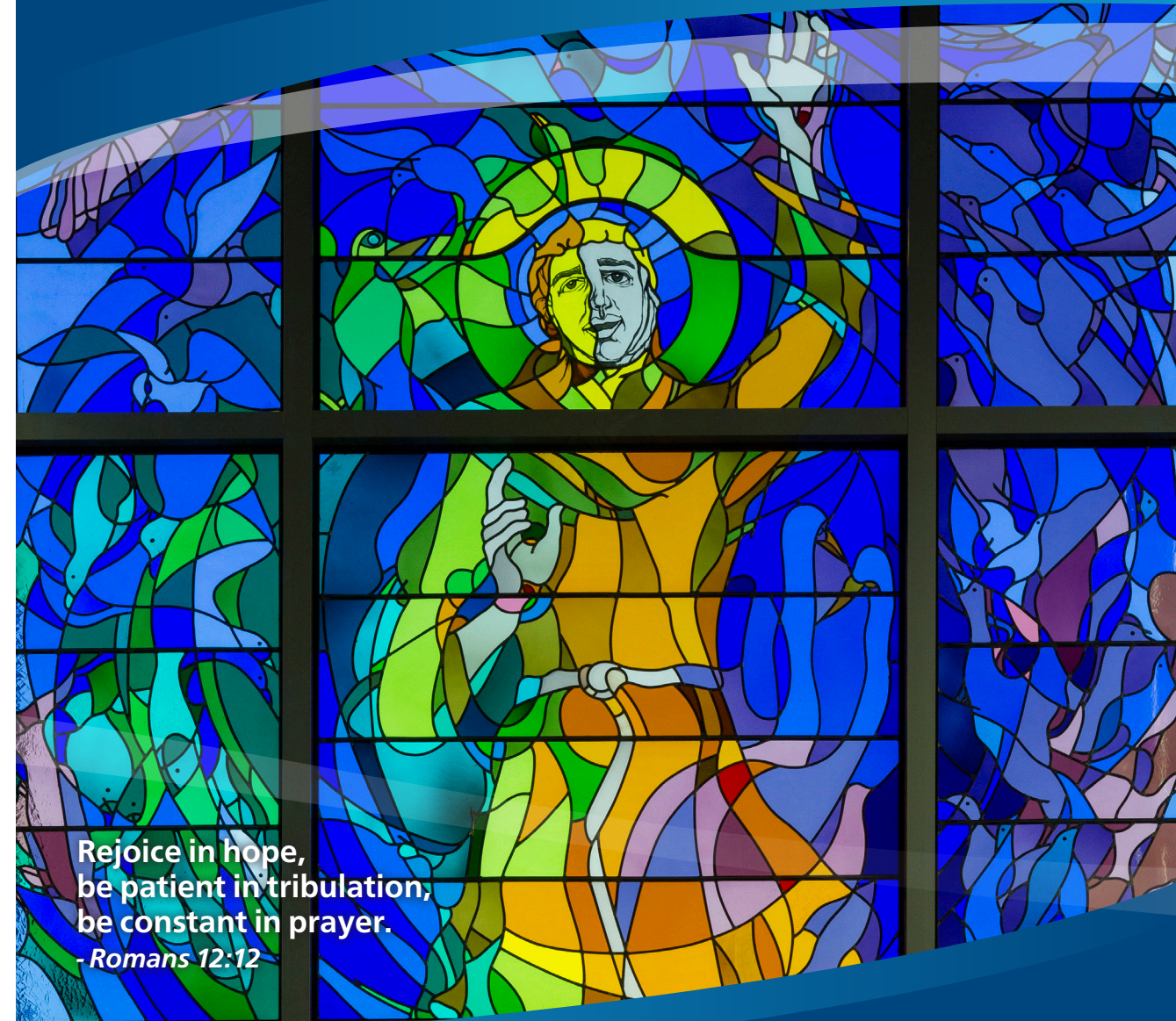
With the charge nurse's approval, you may leave the floor to visit another area of the hospital. You must sign out and back in at the nurse's station.

How often will I attend therapy?

Rehab patients must attend three hours of therapy, five days of the week. Patients will receive therapy on the weekend. Patient schedules may vary depending on the patient's needs and abilities. Extra therapy hours may be offered if the schedule allows.

How long will I be in the Rehabilitation Program?

Your unique plan of care, developed by your rehab care team upon admission, determines your how long you will be here. Our Lady of the Lake Rehabilitation Program has an average length of stay of 16 days.



Rejoice in hope,
be patient in tribulation,
be constant in prayer.
- Romans 12:12



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Our Lady of the Lake Inpatient Rehabilitation Program

The rehab team strives to improve the quality of life of our patients, maximize their function, inspire hope in patients and caregivers, and promote dignity and well-being.



The **Rehabilitation Center at Our Lady of the Lake** is a comprehensive and fully accredited 33 bed inpatient rehabilitation unit, designed for patients with physical, cognitive and communication limitations. Our goal is to restore function and mobility, maximize the highest level of independence and reduce pain levels in order to return to life in the community.

The rehab program provides a comprehensive approach to rehabilitative medicine for the following patients:

- Stroke
- Brain injury
- Spinal cord injury
- Neuromuscular disorders
- Orthopedic injury
- Multiple trauma event
- Amputations
- Other complex medical conditions

Rehab Team - Focus of Care

Rehab Physicians	Leads the rehab team. Performs daily medical rounds, medication management, and manages the comprehensive medical/rehab plan for each patient.
Case Management	Serves as patient advocates, collaborates with rehab team and communicates clinical updates with the payors, monitors patient progress, communicates with the patient/family on rehab plan, coordinates discharge planning.
Nursing	Manages medical treatment, medication, education, skin care, wound care and manages discharge planning needs.
Occupational Therapy	Promotes independence through the use of daily activities, including feeding, grooming, bathing and dressing.
Speech Therapy	Assists the patient to understand information and how to communicate wants and needs. In addition, social cognition is addressed with problem solving and memory. Swallowing disorders are also evaluated and treated.
Physical Therapy	Assists with transfers into bed, chair, wheelchair, shower, toilet and vehicle. Also assists with mobility including walking, using the wheelchair and climbing stairs.
Support Staff	Reinforces newly learned skills acquired from treatment sessions. Engages patients with activities that promote social and emotional well-being.



Patient Role

Patients are encouraged to participate to the best of their ability everyday. Practice is the best way to learn tasks, and you will have to work hard to reach your goals. The rehab team will provide support and assist you in maximizing your full potential.



Family/Caregiver Role

Family members and caregivers motivate and provide support to the patient, especially when tasks are difficult. In addition, family/caregivers will receive training in home care.



Rehab Team Role

The role of the rehab team is to provide support and assist you in maximizing your full potential. We are committed to developing and implementing a comprehensive plan that reflects your goals.

Daily Schedule



Breakfast delivered

Approximately
7:00-7:15 AM



Morning Therapy Sessions

7:00 AM - Noon



Lunch delivered

Approximately
Noon - 12:30 PM



Afternoon Therapy Sessions

1:30 - 3:30 PM



Dinner delivered

5:00-5:30 PM



What to Expect at Discharge

Your discharge plan starts on day one. You will be assessed by each member of the rehab team, and you will work with the team to establish goals. The rehab team will develop a plan of care which addresses these goals. Our ultimate goal is to prepare you and your caregiver for a safe and timely discharge to home or the next level of care if needed.

Your case manager will follow up with you and your family after our weekly team conference meetings.

They will collaborate with your rehab team to discuss:

- Progress toward your goals and your discharge needs (medications, equipment, continued therapy services)
- Recommended discharge destination
- Date of discharge

Your “Graduation Day” is the day before your discharge from rehab. This day is very important to you and the rehab team. The team will assess you on the activities which you have been practicing to ensure you are safe for discharge. Then, the team will join you in celebrating your accomplishments and goals.

Discharge occurs between 10-11 am. You will be provided with written information, including follow-up medical and therapy appointments, prescriptions, medical equipment and instructions for home care. The transition from rehab to home can be overwhelming, but we commit ourselves to making this process as smooth as possible. Thank you so much for trusting us to care for you and your family members.



Things to Know:

- All meals are served in a patient’s room.
- Most therapy sessions are conducted in the patient’s room, the Rehab gym or in a private therapy office located on the 3rd floor. Some sessions may occur off of the unit.
- Therapy schedules will be posted in your room every day. You will be updated of any changes to the schedule.
- Your rehab team can assist you in getting ready for the day. Bathing and dressing schedules are assigned daily to meet your individual needs.
- Your Rehab team communicates daily through rounding and team huddles. In addition, a formal weekly meeting is held with the rehab team to discuss your progress and determine any needs you may have for discharge.
- Before discharge, your family will be instructed on safe handling to best prepare for safe home discharge.
- You will have the ability to maintain and collaborate with current physicians from the acute care clinical team, as a part of the medical treatment plan.