**Inpatient Rehab Program for Adolescents**

Wake Forest Baptist Medical Center’s Comprehensive Inpatient Rehab Programs serve patients age 13 to 17 who need comprehensive, intensive rehabilitation. Program participants typically are recovering from stroke, brain injury, spinal cord injury, amputation, trauma, or other neurological and orthopedic conditions. Patients admitted to the Program commonly exhibit decreased strength and sensation; impaired posture, movement, and balance; impaired communication; difficulty swallowing; and impaired bowel/bladder function. These deficits may interfere with the patient’s ability to walk, communicate, and perform activities of daily living such as dressing, bathing, feeding, and toileting. The goal of the rehab process is to maximize independence and the patient’s ability to return to life roles and activities that include returning to school, extracurricular activities, work, social events, and community activities. Patients benefit from the expertise of our interdisciplinary rehabilitation team and intensive training for patients, families, and caregivers.

**Philosophy of Care**

Each patient is unique, with specific needs, capabilities and potential. Therefore, each patient’s treatment plan is individualized and modified as recovery progresses. The rehabilitation team, patient, and family/caregivers work together to set and achieve functional improvement goals.

**The Care Team**

The Program’s success is attributed to its comprehensive, interdisciplinary team, which includes the patient, family members/caregivers, and professionals specializing in:

|  |  |  |
| --- | --- | --- |
| Rehab Medicine | Clinical Nutrition | Social Work |
| Rehabilitation Nursing | Occupational Therapy | Recreation Therapy |
| Clinical Psychology | Physical Therapy | Assistive Technology\* |
| Neuropsychology | Speech Language Pathology | Hospital-School Teacher\* |

\*These services are provided by team members who are not directly employed by WFBMC, but who work collaboratively with the Wake Forest Baptist Medical Center Rehab Programs.

**Scope of Services**

* Board-certified physicians specializing in Physical Medicine and Rehabilitation (PM&R) direct the patient’s plan of care on a daily basis.
* Rehabilitation Nursing is provided 24 hours a day, 7 days a week
* Each patient receives a minimum of 15 hours of therapy each week, including a combination of physical therapy, occupational therapy, speech therapy, and/or orthotics/prosthetics training. The type of therapy, intensity of therapy, and schedule are tailored to the needs of each patient. Therapy services are provided between 7AM and 5PM Monday through Friday, and on Saturdays as needed.
* Recreation therapy, clinical psychology, neuropsychology, and assistive technology services are available 5 days a week, and are provided based on the needs of each patient.
* Each patient is assigned a Care Coordinator who acts as a liaison between patient, family/caregiver, rehabilitation professionals, and third party payers.
* Wake Forest Baptist Medical Center provides all ancillary services including, but not limited to, Diagnostic Imaging, Laboratory, Pharmacy, Spiritual Care, and Respiratory Therapy.
* Consulting physician services including pediatric specialists and subspecialists are provided by Wake Forest Baptist, as needed.
* If services not available within Wake Forest Baptist are needed, referrals or consultations are made for these services, which may include, but are not limited to: cognitive rehab, orthotics and prosthetics, durable medical equipment, caregiver/family services, substance abuse counseling, rehab engineering.

**Treatment Goals and Common Interventions**

The ultimate goal is to return each patient to the highest level of independence possible, and in most cases, to return the patient to home. Specific treatment goals are individualized for each patient and may include:

* Maximizing function in:
	+ Mobility and balance
	+ Activities of Daily Living (eating, grooming, dressing, bathing)
	+ Communication and cognition
	+ Swallowing
	+ Bowel and bladder management
* Addressing sexuality and family and cultural issues
* Disability adjustment, counseling, and coping strategies
* Patient and family education for individualized needs
* Recommending healthy living practices for weight control and smoking cessation
* Optimizing community integration and life roles through community outings, recreation therapy and use of assistive technology
* Identifying and providing additional services for families/support systems (e.g., support groups)

**Why Choose WFBMC for Inpatient Rehabilitation?**

|  |  |
| --- | --- |
| **Exceptional Facilities*** Dedicated Brain Injury Unit
* Heated therapeutic pool
* Spacious rooms and showers
* Home of the Region’s Resource Room for the Brain Injury Association of NC
 | **Comprehensive Care & Expertise*** Offering IP Rehab Programs since 1978
* Part of Wake Forest Baptist Medical Center, one of America’s top ranked hospitals
* Board certified rehabilitation physicians
* Certified rehabilitation nurses
* Certified brain injury specialists
* Clinical psychology and neuropsychology
* Seating & wheeled mobility evaluations
* Home evaluations for home modification recommendations
* Animal Assisted Therapy Program
* Recreation therapy-led community re-entry outings
* Assistive technology services
* School tutoring education program
* Peer-mentor & caregiver/family support programs
 |
| **Advanced Technology and Treatment*** Vitalstim Therapy System for swallowing difficulty
* Deep Pharyngeal Neuromuscular Stimulation
* Bedside fiberoptic endoscopic evaluations of swallowing
* Weight bearing assisted treadmill therapy
* Functional Electrical Stimulation with Bioness (Upper & Lower Extremity)
* *Saebo*Flex custom fabricated splint
 |

**Parent Involvement**

We understand that parents of teens want to be involved and may want to stay overnight.  Please talk to your Care Coordinator about your plans and we will make every effort to meet your needs. We will make every effort to provide a private room in order for families to remain with adolescents 24 hours a day if desired by both the family and the adolescent and deemed appropriate by the program.

**Demonstrated Excellence in Rehabilitation**

The Comprehensive Integrated Inpatient Rehabilitation Program has been awarded accreditation from the Commission on Accreditation of Rehabilitation Facilities. CARF Accreditation means that Wake Forest Baptist Medical Center’s Rehab Program:

* + - is committed to excellence in rehabilitative care
		- meets rigorous international standards of patient care and satisfaction
		- is committed to helping each patient achieve their individualized rehabilitation goals
		- constantly works to improve services and stays on the edge of rehabilitation techniques and technology
		- surpasses communication expectations with referral and payer sources

**Admission Criteria and Referrals**

Patients admitted to the Rehab Program must have realistic rehabilitation goals that reflect the potential for gaining independence or achieving a higher function in self-care activities and mobility. Additionally, a patient must:

* Be 13 years of age or older
* Require and be able and willing to participate in intensive physical, occupational and/or speech therapy (if indicated) at least 3 hours a day
* Have the need for more than one type of rehab therapy and have potential for functional improvement.
* Be medically appropriate for an inpatient hospital environment and have stable vital signs.
* Have a supportive social system and a defined, expected discharge destination to home.
* Have a cognitive level of three or higher on the Rancho Los Amigos scale.
* Be able to breath without the help of a mechanical ventilator at all times.

Wake Forest Baptist Health accepts payment from all major private insurance plans, worker’s compensation, Medicare and Medicaid. The Program evaluates and verifies insurance coverage for each patient prior to admission. If the patient does not have insurance coverage for the Rehabilitation Program, the patient and/or family/caregiver will be notified and alternate payment plans or treatment options will be discussed. Any estimated financial responsibilities will be communicated to the patient and/or family. A listing of prices is available at <https://www.wakehealth.edu/Patient-and-Family-Resources/Billing-and-Insurance/Your-Health-Care-Costs>.

The Program welcomes referrals from many sources, including, but not limited to, physicians, short term acute care hospitals, rehab hospitals, nursing facilities, long term acute care hospitals, and home health agencies. To make a referral, call (336) 713-8500 or (888) 605-9568.

For additional information about the program, email Rehab4Life@wakehealth.edu.

The Rehabilitation Programs at Wake Forest Baptist Medical Center do not discriminate against individuals of varying age, disability, race/ethnicity, religion, gender, or sexual preference and strive to understand and be sensitive to these characteristics and to patient-specific preferences.



**Inpatient Rehab Program for Adolescents**

Number of Patients: 41

63% males/37% females

Average Days in the Program: 14.2

Intensity of Therapy:

3 hours per day, 5 days per week

**Program Patients and Outcomes: Most Recent Three Years**

|  |  |  |
| --- | --- | --- |
| **Age** | **Number of Patients –Most Recent Year)** | **Number of Patients – Past 3 Years** |
| 13 | 3 | 8 |
| 14 | 0 | 5 |
| 15 | 4 | 13 |
| 16 | 5 | 17 |
| 17 | 4 | 14 |

Patients’ function is measured at admission, during the stay, and at discharge. The table to the left shows the percentage of patients who demonstrated functional improvement and the average percentage improvement achieved between admission and discharge from the Program.

Patients’ ability to return home is a key outcome and expectation for rehabilitation programs. In recent years, 93% of the Program’s patients returned home. 7% of patients returned to their previous hospital setting.

|  |  |  |
| --- | --- | --- |
| **Functional** **Improvement in:** | **% Patients Who Had Improved Function Between Admission and Discharge** | **Average % Improvement Between Admission and Discharge** |
| Self-Care | 100% | 68% |
| Mobility | 100% | 119% |

Source: Uniform Data Systems for Medical Rehabilitation

|  |  |
| --- | --- |
| **Patient/Family Satisfaction** (Source: Press Ganey Survey) | **Average Score (Out of 100 points)** |
| Likelihood of recommending program | 100 |
| Prepared to function at home | 92 |

**What to Expect in *Your* Rehab Program**

The information below will give you an idea of what your rehab program may include. Please keep in mind that your rehab care team will complete a thorough evaluation after admission and develop a more detailed care plan based on your needs and your family’s needs.

 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Diagnosis\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rehab Physician\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Expected Days in Program\_\_\_\_\_\_\_\_\_ Expected Discharge\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Coverage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rehab Intensity: Treatment will include a minimum of either three hours of therapy per day, five days per week, or fifteen hours of therapy over the seven day period. On average, patients in the Program receive 72minutes physical therapy, 75 minutes occupational therapy, and 48 minutes of speech therapy per day, 5 days per week.

|  |  |
| --- | --- |
| **Program Services**  | **Treatment Goals** |
|  | Rehabilitation Physician Services | Manage your medical condition to ensure your safety and progress toward your goals. Nurse practitioners, physician’s assistants, medical students, and residents may work in close collaboration with your rehab physician. During your stay, physician orders will be responded to, with results, within 24 hours, unless otherwise specified. |
|  | Physical Therapy | Improve & maximize your mobility skills, safety, strength and endurance |
|  | Occupational Therapy | Improve your ability to complete activities of daily living such as eating, dressing, bathing, toileting and home management; address sexuality issues related to impairment |
|  | Speech Therapy | Improve your swallowing, communication and cognitive skills |
|  | Rehab Nursing | Manage your bowel and bladder control, address family issues associated with impairment, educate on care needs, including health and wellness. Our team will be asking you to assume more responsibility and independence the closer you get to discharge. This will make you and your family better prepared for your activities of daily living and resuming home life. |
|  | Nutrition Services | Educate and ensure proper nutrition during treatment |
|  | Clinical & Neuropsychology | Help you and your family members with emotional and mental health challenges associated with temporary or permanent disability |
|  | Recreation Therapy | Educate you and your family on how to adapt to community environment after discharge and how to enjoy recreational activities safely |
|  | Care Coordination | Coordinate services with the care team, you, and your family members to ensure needs are met prior to discharge |
|  | Orthotics  | Provide custom orthotic (if needed) to improve mobility and range of motion |
|  | Other | The Program is attentive to the specific cultural or other needs of each patient. Please let us know if you have any specific needs or requests. |

**What to Expect During Your Stay**

The following is a typical schedule for the first three days after admission to the Rehab Program.

**Day One**

 Arrive on the 3rd floor of the Sticht Center at assigned room.

 Nurse assesses your condition and needs upon arrival to the rehabilitation unit.

 Meet with the physician, social worker and nurses within the first 24 hours.

 Receive an assigned wheelchair for the rehab stay.

 Receive a tentative schedule for each therapy. Throughout your stay, you will receive regular updates on the scheduled times for each therapy service identified for your care plan.

**Day Two**

 Begin therapy evaluations and treatment, which could include physical therapy, occupational therapy, speech therapy and recreation therapy. You will participate in approximately three hours of therapy each day and at least 15 hours per week.

**Day Three**

 Working with you and your family, the Rehab team develops an individualized Plan of Care based on your

condition and determines your functional status. The Plan of Care guides your treatment program. The rehab team reviews your progress toward your goals at least weekly.

**What to Expect During and After Discharge**

Your care coordinator will work with you, your care team, and your family/caregiver to coordinate the best

discharge plan for your individual needs. Many activities must be completed prior to discharge. For example:

 Your care team will make recommendations for equipment you will need at home or modifications that you will need to make at home for your safety and continued recovery.

 Your Care Coordinator will arrange for delivery of equipment.

 Your care team will determine if you need assistance from a home health agency, which includes nursing and/or therapy at home. Another option is outpatient therapy after your discharge. If the best option for you is home health, your Care Coordinator will give you a list of agencies to choose from near your home and arrange Home Health visits. If outpatient therapy is the best option for you, the Care Coordinator will set up

appointments for outpatient therapy.

 Your care team will review all discharge instructions with you.

 The unit secretary will schedule follow-up appointments with your physician.

**After discharge from the Inpatient Rehabilitation Program:**

 Your rehabilitation journey will continue, and you may need additional resources to assist with lifestyle changes. During your stay, we will provide information about additional resources that are tailored to your individual needs. If you have additional needs or questions about community resources, please email: Rehab4Life@wakehealth.edu.

 You will receive a Press-Ganey Survey in the mail to request feedback on your satisfaction with our services. Please note that you may receive 2 surveys — one for your stay in the acute hospital and a second one for your stay in our Rehabilitation Program.

* We ask that you complete a rehab follow-up survey 3 months after your discharge and mail it back to us in a postage paid envelop to let us know how your recovery continued after discharge. This helps us to improve our program and better prepare people for a successful return to home.

**Resources for Your Continued Recovery**

There are many other services within our health system and in your community that may assist you in your

continued recovery. The next two pages introduce services offered by WFBH, by the local community, or through national organizations. We encourage you to call or visit the website for these organizations. However, please do not hesitate to ask us for additional information on these services or for other providers or services in your community.

Your physician will determine whether you would benefit from **Outpatient Rehabilitation Services** after you have completed your Inpatient Program. Wake Forest Baptist Health’s Neurorehabilitation Therapy services are highlighted in this folder, but WFBH offers six additional outpatient therapy centers, including Sports Therapy, Hand Therapy, Spine Therapy, Occupational Rehab, Pediatric Therapy, and General Outpatient Physical Therapy. WFBH has one of the largest and most specialized outpatient rehabilitation centers in the region. To learn more about our expertise in these areas, please visit our Rehabilitation Resource Room on the Comprehensive Inpatient Rehabilitation Unit or email: Rehab4Life@wakehealth.edu.

The **WFBH Medical Fitness Program** offers diagnosis-specific, small group exercise classes designed for anyone who has been discharged from outpatient rehab, but is not ready to exercise independently. Evaluation by a physical therapist or a physician referral is required for admission to the program. Classes are offered at Medical Plaza Miller. For more information:

 336.716.8402

**The WFBH Aquatic Therapy Program** offers a variety of classes led by qualified instructors trained in fitness, arthritis and water safety. Classes are offered in the warm water pool at the Sticht Center. For more Information:

336.713.8082

 www.wakehealth.edu/Specialty/r/Recreation-Therapy/Aquatic-Programs

**WFBH** **Massage Therapy** services are offered at Medical Plaza Miller inside the Fitness Center; Sticht Center on 2nd floor; and anywhere in the hospital at patient’s bedside with physician’s order. Massage Therapy offers many health benefits including decreased muscle tension, pain, and anxiety, nausea, stress and sleep difficulties.

For more information:

 336.716.8304

 www.wakehealth.edu/Recreation-Therapy/Massage-Therapy.htm

The **ABC (Aphasia, Brain Injury, Cognition) Book Club** provides people who have experienced a brain injury the opportunity to practice skills needed for reading, verbalization, and comprehension of written materials.  It is a safe, judgement free environment where people can practice the skills needed to enjoy reading again.  Participants are encouraged to use large print books and audio books to assist in the process.  The facilitator of the group is a Licensed Recreational Therapist who is a certified brain injury specialist with 15+ years of experience in brain injury rehabilitation. This group meets every Wednesday from 1:00-2:30 at Medical Plaza Miller. For more information:

336-716-8051

**Driver Rehabilitation Services** include clinical assessments of a person’s visual, perceptual, cognitive, physical, and behavioral abilities as it relates to safe and independent driving due to aging, an illness or injury. Two local providers of these services are:

Driver Rehabilitation Services, P.A. Wake Forest Baptist Medical Center- Outpatient NeuroRehab

888.888.0039or 336.697.7841  336.716-8400

https:www.driver-rehab.com

**Resources for Your Continued Recovery**

Wake Forest Baptist Health’s **Assistive Technology Center** is a partnership with the North Carolina Assistive Technology Program (NCATP) and is a demonstration center for assistive technology devices (AT).  Assistive Technology or “AT” is any piece of equipment or device that a person with a disability uses to make every day living easier, to be more productive in the workplace or to be more independent. Therapists, consumers, patients, and family members can visit the center at Medical Plaza Miller to look at devices, have them demonstrated, and try them out.  Many of the devices can be loaned out for short periods of time to try out in the environment of choice. For more information:

Contact: Paul Eklund

336.716.8030

www.wakehealth.edu/Recreation-Therapy/Assistive-Technology.htm

**BestHealth** Community is the Piedmont Triad’s trusted source for hands-on health knowledge, classes and screenings. BestHealth is presented by Wake Forest Baptist Medical Center, one of America’s top ranked hospitals. An optional subscription is also available to individuals who want to take a more active role in improving or managing their health. For more information:

336.713.BEST (336.713.2378)

 https://www.wakehealth.edu/Patient-and-Family-Resources/Health-and-Wellness/BestHealth/BestHealth-Community

WFBH offers ***myWakeHealth***, a patient portal that gives patients unprecedented access to their health

information, without the unnecessary burden of waiting. ***MyWakeHealth***allows you to get answers to your medical questions from the comfort your own home; schedule your next appointment or view details of your past and upcoming appointments; and access test results. For more information:

[www.mywakehealth.com](http://www.mywakehealth.com)

The **Winston-Salem Mayor’s Council for Persons with Disability** hosts free meetings that are open to the

public. Meetings are at 11:30am on the second Tuesday of each month. For more information:

336.245.5678

**Multiple Sclerosis Association of America (MSAA)**

 800.532.7667

www.mymsaa.org

**Guillain-Barre Syndrome Foundation International**

www.gbs-cidp.org

**Guillain-Barre Local Support Group**:

336.765.9498 (Jeanette Lawson)

The Inpatient Rehabilitation Programs are pleased to offer a **Rehabilitation Resource Center** on the

Comprehensive Inpatient Rehabilitation Unit. Please visit the center and let us know what you think.

If you need assistance finding additional resources in your community:

Email: Rehab4Life@wakehealth.edu

**Map and Driving Directions to the Sticht Center**



The Rehabilitation Programs are located on the 3rd floor of the Sticht Center. Park in Patient/Visitor Deck A.

**From Interstate 40 East:** Take Business 40 toward Winston Salem. Exit Cloverdale Avenue. At the bottom of the

exit ramp, continue straight through the traffic light onto Medical Center Boulevard. Proceed up the hill and around the curve. Turn left into the Main Entrance to the Medical Center. Turn into the first drive on your left. And then right to park in Deck A.

**From Interstate 40 West**: Take Business 40 toward Winston Salem. Exit Cloverdale Avenue. At the bottom of the

exit ramp, turn right on Cloverdale Avenue. At the first traffic light, turn left onto Medical Center Boulevard and proceed up the hill and around the curve. Turn left into the Main Entrance to the Medical Center. Turn into the first drive on your left, and then right to park in Deck A.

**Contact Numbers**

We want to provide the best possible care and service to you and your family. If you have a problem, concern, or unmet need related to your stay on the rehab unit, please speak to your nurse or care coordinator as soon as possible. We are here to help you each step of the way.

**Rehabilitation Units**

Acquired Brain Injury (ABI) Unit-3SA Rooms-301-310 336.713.8300

General Rehabilitation Unit-3SB Rooms-351-369 336.713.8341

Patient Rooms 336.702.5(room number)

**Rehabilitation Program Management**

Nurse Manager: Jennifer Beacom 336.713.8355

Therapy Manager: Jennifer Brown 336.713.8065

Quality and Compliance Manager, Lynn Watkins 336.713.8328

**Care Coordinators**

Joy Watson 336.713.8815

Katherine Conrad 336.716.8024

**Office of Patient Experience**  336.713.2273

**Billing and Insurance**

Billing 336.716.4958 or 877.938.7497

Financial Counselor 336.716.0681

**After Discharge**

For Questions about community resources or general inquiries about rehab services: email Rehab4Life@wakehealth.edu

Inpatient Rehabilitation Website: <https://www.wakehealth.edu/Specialty/p/Physical-Medicine-and-Rehabilitation/Inpatient-Rehabilitation>

Last revision July 2021