



Rehabilitation Patient Handbook

Your room number is: _____

Your phone number is: _____

Straith Hospital's phone number is: 248-357-3360

CHANNEL NAME – PROGRAM	CHANNEL NUMBER
CNN	2
Fox News	3
The Weather Channel - TWC	4
American Movie Classics – AMC	5
FOX – Local Channel 17	6
NBC – Local Channel 8	7
ABC – Local Channel 13 or 14	8
CBS – Local Channel 3	9
PBS – Local Channel 35	10
Discovery	11
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STRAITH HOSPITAL

Rehabilitation Program

WELCOME TO STRAITH HOSPITAL

The Straith Hospital staff welcomes you and your family to our Rehabilitation Program. During your stay at Straith Hospital, the Rehabilitation Physician will organize your rehabilitation program through the combined efforts of our health care team members in order to help you reach your goals of carrying out your daily activities within your physical abilities. Your rehabilitation program will be individualized in order to meet your needs. Rehabilitation is a process where you learn to do as much for yourself as possible. Our emphasis is on helping you to learn and to gain the confidence and skills to help yourself. Your health care team members may include:

*Program Manager
Physician Specialists
Registered Nurses
Nursing Assistants
Physical Therapists
Speech Therapists
Occupational Therapists
Social Worker
Dietitian
Pharmacist*

This booklet has been designed to help familiarize you with our program and its procedures.

GENERAL INFORMATION

While you are a patient, you will have a daily schedule of therapies and activities. Therapy times cannot be missed. It is important for you to share your therapy schedule with your family and visitors.

We encourage family to attend therapy sessions with you so that they will better understand what your needs will be upon discharge from the hospital. Your nurse or therapist will also call your family if additional training sessions are needed.

We ask that family and friends with cold or flu symptoms not visit as a precaution for our patients. Children must remain with their parents/guardians while they are visiting.

Security – After 5:00 p.m. and on weekends and holidays, all of the doors are locked to outside visitors. At the Discharge Lobby, in the front of the building there is an intercom system (a tan box with white button). Pressing the white button will alert the nursing staff to check their security camera monitor. The nursing staff will then either speak to you or activate the door and allow you to enter the building.

Visiting Hours - 8:00 a.m. - 8:00 p.m.

Free visitor parking is available in the parking areas surrounding the building.

Clothing/Personal Property

While you are residing at Straith Hospital, you will need to wear street clothes. You will be learning to return to your normal lifestyle and will be practicing both on the nursing floor and in therapy on how to handle your clothing. Clothes should be comfortable and clean and what you usually wear. Good fitting shoes with a leather or rubber sole are necessary for safety. (Tennis shoes are popular and very comfortable). Clothes need to be washed by family/friends. It is suggested that you bring at least 3 complete outfits and your personal toiletries. If you have any questions regarding what to wear, please talk to your nurse or therapist.

The hospital cannot be responsible for valuables you bring to the unit such as money, jewelry, etc. Please send these items home when you arrive at Straith Hospital.

A Typical Day

We will attempt to simulate a schedule that is similar to the activities you pursue at home. Your day will start with personal hygiene and dressing. Breakfast will be served between 8:00 and 8:30 a.m. in the dining/activity room. You will then attend a formal therapy session. Lunch hour is from 12:15 p.m. to 1:00 p.m. in the dining/activity room. There will be more formal therapy after lunch. It is important that you understand that any member of the Rehab Team you come in contact with is providing you with a therapeutic service. Those services may be as simple as encouragement to practice walking or explaining your home exercise program, or it may also be more complex such as medication administration, general education or teaching wound care dressing changes. Your participation in the hospital setting will better prepare you for living at home comfortably with the changes that have occurred since you were first hospitalized.

Your daily therapy schedule may include Physical Therapy, Occupational Therapy, and Speech Therapy, or a combination thereof. Scheduled rest periods will be a part of your day. "Rest" periods may be used for visiting, meeting with the social worker or therapist to discuss plans for discharge, or relaxing. If the discharge plan is for you to return home independently the last few days prior to discharge the staff will supervise your independence. You will be expected to demonstrate your independence by bathing, dressing, making your bed, keeping your area neat, getting to the dining room at meal times and asking the nurses for appropriate medications. This will assist us in determining if further training is needed. It will also enable staff to determine any safety needs you may have and to recommend appropriate services upon discharge.

Meals

Being around people is part of your return to a normal lifestyle. All of your meals will be served in the dining/activity room to encourage you to socialize. It is most safe if meals are eaten from a chair. If you have trouble feeding yourself or eating and swallowing safely, you may need to be supervised during meals. If needed, a nurse or therapist will help you at each meal by coaching you on safe swallowing and feeding techniques. Family members who wish to be with you during meals are welcome in the dining/activity room during meals.

Kosher meals (frozen are available and our dietary staff will do all they can to meet your dietary requirements regarding restrictions. Family may bring in meals, as long as they do not conflict with the dietary recommendations by the physician, i.e. salt and sugar restrictions.

Meal Times (Approximate)

Breakfast - 8:15 a.m.

Lunch - 12:30 p.m.

Dinner - 5:30 p.m.

Smoking

In accordance with Michigan State Law, there is no smoking in Straith Hospital. We appreciate your compliance with this law.

Television and Telephone

Color television is available for your enjoyment for an added fee of \$5 for your entire visit. Any other electrical appliances are not permitted in the hospital.

A separate fee of \$5 for your entire visit is required for the telephone, restricted to local calls only. Out of area calls will need to be charged to another number, calling cards are easiest.

Medical Services

You may receive billing from physicians who treated you while a patient at Straith. The physicians may be from Physiatry (Rehabilitation), Internal Medicine, Neuropsychology, Podiatry, Neurology. If you have questions about the bills, you should call the informational line associated with that bill.

Mail and Flowers

All incoming letters, telegrams and flowers are delivered to you through our nursing station. All outgoing mail can be left at the nurses' station to be mailed.

Alcohol and Drugs

Upon your admission, your physician will prescribe necessary medication. Patients or visitors are not allowed to bring alcoholic beverages, drugs, or medication into the hospital. There may be circumstances where the pharmacist will request that family bring in a particular medication. (Any unused portion will be returned to you at discharge.)

Any patient admitted to Straith Hospital using any medication or drug illegally or illicitly or that has not been prescribed by a Straith physician is subject to discharge from the Straith Hospital Rehabilitation Program.

OUR PROGRAM

Rehabilitation Nursing

As a Rehabilitation patient at Straith Hospital, your care will be delivered by Registered Nurses, and nursing assistants. Nurses are an integral component of your team and will work closely with you and your therapists to help you reach your rehabilitation goals. The nurses will provide encouragement and instruct you to become involved in all parts of your care. The nursing area is where you and your family will practice the new things you have learned in the therapy areas.

As we encourage your increasing independence, you will be asked to wheel yourself to the dining/activity room and back and to and from therapy whenever possible. This builds your strength, endurance, confidence and independence. You may be seen by the Program Manager if you have special concerns or needs. **Medicare requires that you participate in a total 3 hours of therapy per day.** Your full participation and willingness is essential.

Physical Therapy

Physical Therapy uses a variety of exercises and activities to help you regain the most function possible within the limits of your disability. Your treatment plan may include exercises designed to increase your endurance, strength, mobility, coordination, and/or reduce your pain. You may also participate in activities to teach you to walk, use a walker or use a wheelchair. Your physical therapist will assist you in obtaining the required mobility device. At times, you may need to contribute to the cost of the device, depending on circumstances. Please discuss with staff members your goals and any concerns you may have about your care.

Occupational Therapy

The primary goal of occupational therapy is to improve your ability to take care of yourself. You will work on activities such as getting dressed, taking showers, preparing meals, and preparing to go back to work. This will include treatment that helps with arm strengthening, hand coordination, sitting balance, standing balance and tolerance as well as some thinking tasks to determine your safety.

Your therapist will also be speaking with you regarding equipment you may need in your home. This equipment will be discussed with you and your family based on your individual needs. In some cases, insurance pays for a portion of this equipment. Some items may not be covered by insurance and will require you to pay. If you have purchased equipment before, any new or additional items can usually be obtained through the same company. If you have a specific company you wish to use you can indicate that to your therapist.

Speech Pathology

A Speech-Language Pathologist provides a complete range of testing and treatment services to people with impaired swallowing, speech, voice, language and cognitive (ability to think) skills. In addition, families are counseled about their role in the patient's therapy. Individual and group therapies are offered. Therapy is often a long-term process and generally continues on an outpatient basis after you've been discharged from the Straith Hospital Rehabilitation Program. Patients are evaluated and then a treatment program is developed. **Check with the nurse before bringing any food from the outside in case there are dietary restrictions.**

Group Therapies

On occasion, it is beneficial to treat patients as a group. It can help with improving memory, orientation, and coordination. It also provides companionship with others having similar difficulties. These groups may include an exercise group, a cooking group, and sometimes a leisure group.

Social Work

A Rehabilitation Social Worker is available to assist you and your family in adjusting to your disability, including planning for your care after discharge, financial counseling, and emotional support.

TREATMENT RELATED INFORMATION

Team Conference

Team Conferences are held Monday, Tuesday, Thursday and Friday. The team healthcare members will discuss your goals and progress, update and/or revise your rehabilitation program. Your family is encouraged to contact any one of the team members to express their concerns/plans. The social worker will contact the patient's authorized contact after the conference to discuss the teams' recommendations. Your Primary Nurse will represent you at this conference, so be sure to discuss your concerns and questions with him or her.

FAMILY INVOLVEMENT

A Note To Your Family

Family members are an important part of the team. Although anyone can visit, if the family is large, please advise the Social Worker of a designated family member that will be the spokesperson. You will be working with the nursing staff, the rehabilitation physician and therapists during your relatives stay at Straith Hospital. It is important that you remember the goal of independence and that your relative should be encouraged to do as much as possible for herself/himself. This may be frustrating to you, but it will help your relative in the long run! You are encouraged to come to therapy sessions to provide encouragement to your relative and/or to learn how to best assist them. Keep socializing to a minimum during therapy sessions. Family training sessions can be scheduled directly with the treating therapist or one of the team members. Please feel free to discuss your frustrations and/or concerns with the nursing staff, the social worker or any of the team members.

Note: **Family refers to any person of your choice who may provide emotional, physical or financial support.*

Education

Learning about your medications and your condition is critical to the maintenance and preservation of your optimum function. All team members will be involved in teaching and reinforcing the skills you will need for continued independence. At our request, or your request, your family may be asked to participate when it is felt it would be beneficial to you. Feel free to ask for additional instruction or clarification when necessary.

There are various methods of teaching used. Some of them are:

1. Face to face with a health care professional
2. Brochures (Found in your educational folder)
3. Demonstration with patient or family demonstrating their level of understanding or skill to the health care professional
4. Video tapes with before and after tests.

These methods are designed to make the process easy and smooth. Ask about anything you do not understand. Most educational materials reviewed with the patient will have an accompanying handout to enhance the learning process and provide the patient and family with reference material.

Family Conference

A family conference with the rehabilitation team may be held during your hospital stay. These are generally scheduled when difficult discharge decisions are to be made. During the meeting, your progress will be reviewed and discharge plans will be finalized. Family conferences can be scheduled to meet your needs and last approximately thirty (30) minutes. The patient will attend, and they are open to any concerned family member or caretaker you may want to invite. You will be informed in advance of when the conference will be held. Come prepared with questions and/or concerns. Not all patients will require a family conference.

Discharge Planning

Discharge planning begins prior to your admission to the Straith Hospital Rehabilitation Program. It includes helping make sure that any special services, for which you are eligible, will be ready when you are discharged. These may include visiting nurse, homemaking services, equipment, home modifications, or continued therapy. Your physician, social worker, nurses, and therapists will meet with you and your relative to discuss these plans.

You and your family are responsible to make plans for where you will live when you leave the hospital if that is different than prior to your entering the hospital. The Rehabilitation team will assist you with placement by suggesting the most appropriate type of living arrangement based on how much help you need.

You will be told ahead of time of the date of your discharge. You and/or family members will be given discharge information that lists helpful suggestions, home exercise programs, medications, and follow up appointments. This information will be reviewed with you prior to leaving the hospital. We request that you plan to have 3 hours of therapy on your discharge day. To do this, discharges will be scheduled after 1 p.m. Your therapy will be provided in the morning.

At the time of discharge, you will also be asked to complete a patient satisfaction questionnaire. Please take a few moments to complete it prior to leaving us. We value and need your feedback in order to improve our program.

FOLLOW UP

After discharge, make an appointment with your primary care physician within 2 weeks. Take your medication reconciliation with you when you meet with your primary physician so that he/she can renew your prescriptions. Make a follow-up appointment with your rehabilitation doctor for 4 - 6 weeks after discharge.

STRAITH HOSPITAL

REHABILITATION ADMISSION CRITERIA

Program Description:

The purpose of a Straith Hospital's Rehabilitation Program is to provide a cost-effective quality alternative for patients requiring comprehensive rehabilitation care for post-surgical conditions or post-medical conditions. This setting may be in lieu of an admission in a designated acute rehabilitation setting.

The following criteria will be used to determine eligibility of the candidate for admission.

- The patient has a disability which shows reasonable prognosis for significantly increased function as a result of therapy services.
- The patient must show the ability to participate in a **minimum of three hours** of therapy per day, **5 days per week**.
- The patient must show a willingness to participate in therapy. The patient may need ongoing encouragement from therapy and the nursing staff but must eventually participate in the plan of care.
- The patient must have adequate community support upon discharge. (Family, friends, community agencies)
- There are realistic recovery goals that can be met in the inpatient program setting.
- A probable discharge destination and approximate length of stay must be determined prior to admission.
- The patient's condition is stable given the parameters of the diagnosis.
- Patients will be screened for Multidrug Resistant Organisms (MDRO) such as: MRSA, VRE, Gram Negative bacillus, and C. Difficile.

GUIDELINES

- Afebrile 24 hours prior to admission (<100°F)
- Blood Pressure within 48 hours of admission: **systolic** >85, <180 **diastolic** >50, <110
- Heart Rate between 50 and 120 and does not require cardiac monitoring
- Lab values within normal limits given the diagnosis
- MDRO's must be colonized
- Patients who have/require a sitter, will be considered for admission on an individual basis

Diagnosis Examples: The following are examples of diagnoses previously admitted to Straith Hospital's Inpatient Program:

Orthopedic: Total knees, hips, pelvic fractures, upper extremity fractures, spinal stenosis, vertebral fractures, compression fractures, debilitated arthritis.
Neurological: Cerebral Vascular Accident (Stroke), Hemiplegia, Parkinsons, Syncope.
Cardiac: Coronary bypass, femoral grafts, after heart attack, stabilized angina.
Debility: After radiation therapy, after chemotherapy, after radiation therapy, after mechanical ventilation, chronic pulmonary lung disease, medically complex.

All patients referred for admission to the Straith Hospital Rehabilitation Program will be screened prior to admission by Straith's Program Manager (248-357-3360 or 586-839-3263).

ADDITIONAL INFORMATION ABOUT YOUR HEALTH CARE

- **Participate** in your health care
- **Ask** questions about things you do not understand
- **Ask** the nurse to explain your medications
- **Ask** staff to wash their hands prior to providing you with care
- **Ask** staff to identify you two ways, arm band, birthday, medical record number, etc.
- Use your call light **before** getting out of bed or chair.

INFLUENZA VACCINE

Why get vaccinated? The flu is contagious. The elderly and those with lowered immune systems are at increased risk to get the flu in addition to being at increased risk for becoming very ill. If you get the flu, and have small grandchildren, you could easily spread it to them.

What is the vaccine? The vaccine comes two ways. It comes as a live virus and a dead virus. Here at Straith, we use the dead virus to help your body develop immunity to the flu.

Who should or should not get the vaccine and when? Anyone over the age of 65 should be vaccinated. If you are under age 65 but have debilitating diseases such as diabetes, heart disease, chronic lung disease, Parkinson's or Multiple Sclerosis, it is a good idea. If you have young grandchildren and contract the flu, you could expose them causing a severe illness. If you have questions on whether you should be vaccinated, contact your primary doctor. At Straith Hospital, you can receive the vaccine without out of pocket expense. **When?** Straith provides the vaccine from October through February.

Why not? If you have a lot of medication allergies or are allergic to eggs, contact your primary physician for advice prior to taking the vaccine.

PNEUMONIA VACCINE

The pneumonia vaccine is also available at Straith without out of pocket expenses. It is most often given after age 65 unless your immunity is lowered by chronic disease. It is usually given once or twice in a lifetime. Consult with your primary care physician if you have questions.

DENTAL HEALTH

- Follow up with your dentist at least every 6 months.
- If you are on Coumadin or other blood thinners, notify your dentist.
- If you have had any joint replacements, notify your dentist.
- Clean your teeth and mouth at once daily. This includes dentures and partials.
- If you need a dentist: Call 1-800-DENTIST (1-800-336-8478) for a referral.

CONSTIPATION

Constipation in the rehabilitation population is of particular concern. The single most important thing you can do to prevent it is to be sure to drink plenty of liquids, especially water. You should be drinking between 2 and 3 quarts of liquid per day. If you are taking pain medication, this is especially important. Other things you can do to reduce the frequency of constipation are as follows:

- Consume a high fiber diet or take a supplement like Metamucil or Fibercon.
- If you are on a "water pill", drink more water. The "water pill" helps the water get from outside of your circulation back into it so it can be removed by the kidney.

- Avoid high sweets and fatty meats, these cause risk for constipation.
- Increase your mobility. Walking helps the digestive system “keep moving”.
- Talk to your doctor if you are taking antacids like Tums or iron supplements, these constipate.
- Narcotics cause constipation, when needed, increase fluid and fiber intake.
- Regular use of laxatives causes dependence on them, use only occasionally.

DIETARY CONCERNS

The dietician will be meeting with you to discuss your diet (the foods you eat) and how it is related to your therapy and well being. Ask her any questions you may have about foods interacting with medication. In particular, if you are on medication for high cholesterol or Coumadin, there are foods that interact with these that should be avoided. Your dietician is here to help you have the best possible results from your therapy.

5 THINGS YOU CAN DO TO PREVENT INFECTION

- **Wash your hands.**
- **Make sure health care providers wash their hands.**
- **Cover your mouth and nose when you cough.**
- **If you are sick, avoid close contact with others.**
- **Get shots to avoid disease and fight the spread of infection.**

PAIN

Straith’s responsibilities:

- Provide pain management, reducing patient’s pain to improve to function.
- Educate patient regarding alternative pain management.
- Educate patient on pain management techniques.
- Health Professionals will respond quickly and empathetically to your reports of pain.

Patient’s responsibilities regarding pain management:

- Understand that pain levels can often be greatly reduced but not completely eliminated.
- Discuss pain management with your nurse and physician.
- Ask for pain medication when pain level begins to increase.
- Use the scale below to describe your pain levels accurately.
- Discuss any concerns you have such as dependence on, constipation or anything else regarding your pain medication.

0	1	2	3	4	5	6	7	8	9	10
NO PAIN	MILD PAIN			MODERATE PAIN			SEVERE PAIN			

SAFE MEDICATION PRACTICES

Your physician, nurse, and pharmacist are here for you. **ASK, ASK, ASK**, them any questions you may have about what you are taking and why. **ASK** about side effects, how to use the medication correctly, what to do if you miss a dose.

When you are discharged from the hospital, you are given prescriptions and a current list of medications. If they do not match what you have at home, take them to your pharmacist or ask your home care nurse for help in sorting them out. Take only the medication that was

prescribed on discharge. You may use medication you have at home that is exactly the same as ordered. For medications you no longer use, ask your local pharmacist where they should be disposed of. Flushing medication into our sewer systems is not appropriate.

Food and Drug Interactions

There are many medications that interact with each other and with food. The most offending medication interactions occur with:

- Grapefruits or Grapefruit Juice.
- Cranberry Juice or juice products.
- Herbals.
- Dark Green Leafy Vegetables, or juices made from them.
- Aspirin.
- Non-Steroidal Anti-inflammatories (NSAIDS).
- Combination Drugs containing NSAIDS or Aspirin.

Check with your physician or pharmacist before starting any new medication, or over the counter preparations.

SAFETY

While in the **hospital**, to prevent falls follow these simple injury prevention measures:

- Use your call light to request assistance in getting up.
- We use only two side rails up at the head of the bed. This is where the bed controls are.
- Report any dizziness or lightheadedness to the nurse.
- Wear non-skid slippers or shoes when walking.
- Be patient after putting on the call light, the nurse will come as soon as possible.

If you are forgetful, or get up without putting on the call light, the nurses may give you a personal alarm. This clips to the back of your shirt and will sound an alarm if you get up without help, to remind you to use your call light.

When you go **home**, to prevent falls, you should:

- Have your family remove all clutter from the floors. Remove throw rugs.
- Use your assistive device, walker, cane, wheelchair, **EVERY** time you walk.
- Place cords behind furniture so you cannot trip on them.
- If you have oxygen with long tubing, be extra careful where and how you walk.
- At night, have a night light on or keep flashlight handy.
- Leave bathroom light on.
- Keep portable or cell phone nearby.

SPEAK UP

S – Speak up if you have questions, concerns, or needs. It is your body, you have right to know.

P – Pay attention to the care you receive, especially medications and treatments.

E – Educate yourself about your diagnosis, tests, treatments, and medications.

A – Ask a trusted family member or friend to be your advocate.

K – Know what medications you take and why you take them.

U – Use a health care provider that undergoes regular scrutiny for meeting safety standards.

P – Participate in all decisions about your health care. If you are unable, your advocate can do that for you.

SENIOR RESOURCES

DETROIT AREA AGENCY ON AGING

1100 Michigan Building
220 Bagley
Detroit, MI 48226
(313) 962-1196 or 313-446-4444
Website: <http://www.daaa1a.org/DAAA/>

SOUTHFIELD AREA AGENCY ON AGING

29100 Northwestern Hwy., Suite 400
Southfield, MI 48034
(248) 357-2255 (800)852-7795
Website: <http://www.manta.com/c/mm4dmwl/area-agency-on-aging>

CITIZENS FOR BETTER CARE

4750 Woodward, Suite 410
Detroit, MI 48201
(800) 833-9548
Website: <http://cbcmi.org/>

LONG TERM CARE OMBUDSMAN-MARGUERITE SCHERVISH

Citizens for Better Care
6105 W. St. Joseph Hwy, Suite 211
Lansing, MI 48917
Phone: 517-373-8230
Fax: 517-373-4092
Website: http://michigan.gov/miseniors/0,1607,7-234-43230_46224---,00.html