

Welcome to



NEWMAN

REGIONAL HEALTH
INPATIENT MEDICAL
REHABILITATION



The Inpatient Rehabilitation team at Newman Regional Health facilitates healing and quality of life through individualized care that educates and empowers families and patients to manage their current health status and work toward maximum independence.

What to bring:

- Preferred toiletries (shampoo, soap, toothbrush, toothpaste, razor, etc.)
- 4-5 loose fitting outfits including shirts and pants or shorts, undergarments and socks
- Night time clothing
- Sturdy and comfortable low-heel shoes
- Jacket or sweater
- Necessary items such as hearing aids, dentures, glasses and walking devices

Your room is private, with your own bathroom and shower.

Meals:

All meals are served in your room. Sitting upright in a chair is encouraged. If medically appropriate, a dining room is available should you wish to eat outside your room.

Bathing and Self-Care:

Showers are encouraged 2-3x per week, or as needed. This is an important aspect of your recovery, so staff will assist and encourage you to work toward independence with bathing by utilizing any safety or adaptive equipment required. You may use toiletries from home, or the hospital can provide basic toiletries for you.

Hourly Rounding:

Nursing staff will come to see you every hour and can assist with pain control, toileting, repositioning and any other needs you have.

Pain Control:

Pain control is essential in progressing toward your goals. Staff will consistently ask you to rate your pain by using a scale of 0-10. In addition to pain medication, non-medication measures such as heat, ice, massage, etc., along with other therapy endorsed techniques are utilized.

Fall Safety:

Individuals who qualify for rehabilitation are often at high or moderate risk of falls. Your care plan will include therapy and education to reduce your risk of falls. You may need a safety alarm on your bed or chair to help remind you to call for help when getting up in your room. As you progress and reduce your risk of falling, the alarms will become less necessary.

Customized Interdisciplinary Care:

A designated team customizes your care plan to fit your individual needs. Your interdisciplinary team consists of:

- Rehab Director
- Rehab physician
- Rehab nurses
- Therapists (see below)
- Social Worker
- Dietitian
- Other ancillary staff



Therapies:

Therapists will evaluate your function status throughout your stay and interventions will be tailored to your home and community environment and your discharge needs. You will receive 2 to 3 different types of therapies:

- Occupational Therapy (OT) - increases your level of independence with activities of daily living (ADLs), such as dressing, bathing and grooming. OT also addresses strength and endurance, coordination, upper extremity weakness or loss of range of motion or mobility.
- Physical Therapy (PT) - increases your level of independence with mobility, transfers, balance, strength and endurance.
- Speech Therapy (SLP) - increases your level of independence with communication, memory, problem solving skills, speech/language organization, comprehension of language (what you understand), clarity of speech and cognition. If you have difficulty swallowing, ST will teach safe swallowing techniques.

Nursing:

The rehabilitation nurses are dedicated to providing excellent care centered on the needs of both you and your family. They will encourage you to work hard to reach your goals so that you may return home. They are also an excellent source of information and education for you and your family during your stay.

Your Rehab Physician:

You will be seen regularly by a rehab physician. Dr. Alana Longwell is the Inpatient Rehabilitation Medical Director and will generally be the physician coordinating your care. The rehab physician will order appropriate treatments to maximize your functional independence, manage your pain, manage your disease processes and ensure that you have what you need to succeed at home upon dismissal.

Weekly Meetings:

Meetings will be held with every member of your interdisciplinary team so they can collaborate regarding your care and discharge plan, as well as change the plan as needed to meet your needs. The Social Worker will communicate with you and your family regarding what was discussed in the meeting, any changes in plans, your tentative dismissal date and anything that we will need to accomplish prior to dismissal.

Your Typical Day:

You will receive a total of 3 hours of intense therapy a day (M-F and half day Saturday). The timing of therapies and rest breaks will be customized to meet your needs. Each therapy session is 30-60 minutes long. You will have 2-3 sessions in the morning and 2-3 sessions in the afternoon. You will be provided a schedule every weekday morning.

Visiting Hours:

Staff will inform you of the current visitation policy.

Pets:

Ask the team for more information.

Smoking:

We are a smoke-free/tobacco-free facility, to facilitate healing and overall health. Cigarettes, chewing tobacco, other forms of tobacco and e-cigarettes are not allowed. Nicotine patches are available to patients who request them. Patients cannot go outside to smoke while they are staying on the rehab unit.

Communication:

- The whiteboard in your room is a communication tool between you, your family, and your team.
- Friends and family are welcome to call you by phone any time, unless you specify differently.
- The direct call-in phone number in your room is at the top right of your whiteboard or your family can simply call the main hospital number (620-343-6800) and enter extension 22 plus your room number.
- To make local calls from your room phone, dial 9, then the local number.
- Long-distance calls may be made from your cell phone or you may use a calling card or ask your nurse for assistance.
- If your family wishes to obtain specific information about you, they will need to give the nurse your "password" which you will establish at admission. If someone does not know the password, the nurse is not allowed to give out any information over the phone, to protect your right to privacy.
- Your Social Worker can help arrange other forms of communication, such as virtual meetings.

Dismissal Planning:

A Social Worker will begin working on dismissal planning from the moment you are admitted to the rehab unit. Our team will assist you in obtaining the necessary equipment and follow-up care you will need at dismissal.

Newman Regional Health Inpatient Rehabilitation

Nurses' Station: 620-343-6800 ext. 22296

Rehab Coordinator: 620-794-9056

Fax: 620-340-6730

newmanrh.org/inpatientrehabilitation



NEWMAN
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Safe. Ready. Caring. We are here for you.