



INPATIENT REHABILITATION PROGRAM

Therapeutic, supportive and diagnostic care



DOING WHAT'S BEST.®

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mclaren.org/bayregionrehab

Updated March 2019

TABLE OF CONTENTS

Mission, Purpose, Code	1
Values, Diversity, Concerns.	1
Diversity, Concerns	2
General Information.	2
Admission Criteria	3
Family and Team Conferences	4
The Rehab Team	4
Case Management Services.	4
Rehabilitation Nursing.	4
Neuropsychology/Psychiatry	5
Occupational Therapy.	5
Speech Therapy.	5
Physical Therapy	5
Outcomes.	Inserted in back cover
Maps – Back Cover	

OUR MISSION

As part of McLaren Healthcare, we will be the best value in health care as defined by quality outcomes and cost.

PURPOSE

Our comprehensive person-centered rehabilitation program is designed to address the unique needs of individuals who have disabling impairments that require intensive therapeutic services and active medical care. Persons served are actively involved in managing their rehabilitation and health care needs in partnership with the rehab team. Person-centered care is an approach in which persons served (patients) are viewed as whole persons. It involves advocating for the person's rights, empowering the patient to make decisions, and respecting the person's autonomy, voice, self-determination, and participation in decision-making. Our interdisciplinary team is dedicated to promoting self sufficiency and maximizing functional ability.

CODE OF ETHICAL BEHAVIOR

Our staff are held to the highest ethical standards. The core values of Patient Care, Operational Decisions, Relationships, and Individual Responsibility, serve as the anchor for the process

of ethical decision-making. The goal is identification of a course of action, which best respects the dignity of human beings. The core values work in concert with the Hospital's mission statement, the guiding principles, and the strategic plan enabling the ethical process to serve as the template, which aligns policy and practice.

VALUES

TRUST - Portrays confidence in and reliance on good qualities, especially fairness, truth, honor or ability.

EXCELLENCE - Performs overall job responsibilities at a very high quality or standard.

ACCOUNTABILITY - Is responsible for their own actions and ensures that others are held accountable for their actions, as appropriate.

MOTIVATION - Displays a feeling of interest and enthusiasm in the work that is performed. Energizes and encourages other staff.

WELCOMING - Expresses a friendly or courteous greeting to all medical staff, patients, visitors and staff.

ORGANIZATION - Conducts work in a systematic and efficient manner. Works cooperatively with coworkers to conduct business.

RESPECT - Shows consideration and appreciation to all medical staff, patients, visitors and staff. Maintains patient confidentiality and respects the right of patients.

KINDNESS - Is considerate, and demonstrates a caring and compassionate attitude when interacting with others.

DIVERSITY

Social, cultural and religious diversity will be respected. Every attempt will be made to meet your individual needs.

PATIENT CONCERNS

Thank you for entrusting your care to us. Should you have a problem or concern about your hospital experience, we want to know about it. To let us know about your concern, please call (989) 667-6799. You will be notified within five working days regarding resolution of the problem. Reporting your concerns are welcomed and will not result in discrimination or reprisal.

GENERAL INFORMATION

VISITING HOURS:

Primary caregivers are welcome anytime. All other visitors are welcome between 4:00 p.m. and 8:00 p.m. You will receive approximately three hours of therapy per day, at least five days per week.

MEALS:

Patient meals will be served in the Day Room with the other patients who are in the Rehabilitation Unit.

PERSONAL ITEMS:

Please bring comfortable, loose-fitting clothes, appropriate for exercising in therapy sessions out of your room. Bring comfortable, flat shoes with good support for your feet, such as tennis shoes. Check with physical therapy if you have questions about footwear. Also, please bring any personal items you have at home such as deodorant, toothbrush, or electric razor. We do not advise bringing any valuables or large amounts of cash to keep in your room.

SMOKING:

McLaren Bay Region is a “smoke-free” environment. Patients and visitors may not smoke anywhere on hospital property.

PET POLICY:

McLaren Bay Region only permits the use of canines registered with Therapy Dog International (TDI) to perform canine-assisted activities. Pets are not permitted in McLaren Bay Region facilities.

Service dogs must adhere to McLaren Bay Region’s rules. Emotional support animals are not official therapy or service animals and are not permitted.

ADMISSION CRITERIA

The patient needs to have one or more of the following diagnoses:

- Pain syndrome
- Stroke
- Spinal cord injury (C4 incomplete and below)(C5 complete and below
- Cardiac disorders
- Amputation (includes conditions related to limb loss and its complications)
- Major multiple trauma
- Orthopedic conditions
- Brain injury
- Polyarthritis

- Neurological disorders
- Debility due to long illness
- Pulmonary disorders
- Burns

The patient must:

- Demonstrate potential for improvement of functional status and present with acute medical needs
- Identify an appropriate discharge plan
- Demonstrate the ability to actively participate in and benefit from the Rehabilitation Program
- Not require critical care, telemetry, isolation or assistive ventilation
- Not have medical problems which would contradict an intensive rehab program
- Be able to tolerate three hours of therapy a day

If you do not meet the criteria for admission to the rehabilitation unit, the discharge planner will assist you with identifying potential alternative levels of care.

FAMILY AND TEAM CONFERENCES

Goal Setting:

While in the Inpatient Rehabilitation Unit, we support a person-centered care approach. You will be asked to take an active part in goal setting. Your input is very important. Working together, you, your caregiver(s), and the rehabilitation team will set realistic and achievable goals.

Some realistic goals may include the ability to:

- Walk with a walker
- Get around using a wheelchair
- Take care of yourself, using equipment to help with bathing and dressing needs
- Get around the community
- Return to a job and/or leisure interests
- Improve communication and thinking skills
- Improve knowledge of your medications

Team Conferences:

Team conferences are led by the rehabilitation physician and are held at least weekly. The team members will discuss your progress, update your goals, and estimate your length of stay at the Rehabilitation Unit. Your input is important and is included

by the team members at these conferences.

Family Conferences:

A family conference may be held during your stay with the various team members involved in your care. You and your family members, and/or identified caregiver involved with your care would be invited to these conferences if held.

THE REHAB TEAM

If concerns or questions arise, the team can assist you and your family through education and planning.

Case Management Services:

The Social Worker/Case Manager will meet with you to identify problems, concerns, and goals that will assist in developing an appropriate discharge plan.

The Case Manager can also link you with resources and services in your community.

If at any time you have concerns or want additional information, do not hesitate to contact the Social Worker/Case Manager at (989) 667-6736.

Rehabilitation Nursing:

Your nurse will provide education, physical care, emotional support, and assistance with newly learned skills.

Patients and family/caregivers may be taught about:

- Medication and side effects
- Bowel and bladder management
- Diabetes (as needed)
- Medical condition
- Safety considerations for here and your home

While on the unit, your nurse will help you practice what you have learned in therapy.

Neuropsychology/Psychiatry:

You may see a neuropsychologist or psychiatrist while at the Inpatient Rehabilitation Unit.

They may help you with problems regarding memory, concentration, problem-solving, and coping with your medical condition.

Occupational Therapy:

In Occupational Therapy you will learn new ways to manage daily tasks such as eating, bathing, dressing, and grooming. The occupational therapist may show you how to use equipment to help you function more independently. It may also include orthotic and prosthetic management.

In addition, the occupational therapist will address arm strengthening, coordination, visual problems, and safety.

Speech Therapy:

The speech therapist may work with you to improve your communication and/or thinking skills. These areas include speaking, understanding, reading, and writing skills. The speech therapist is also involved if you have difficulty swallowing. Diet recommendations will be made to assure safety with swallowing.

Physical Therapy:

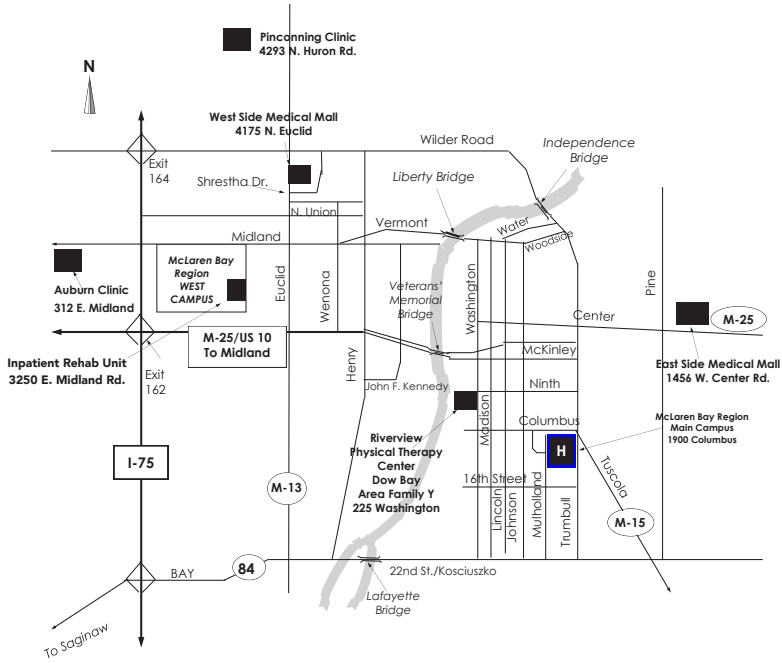
In Physical Therapy, you will learn exercises, transfers (moving from one surface to another), positioning yourself on and off the bed, standing and/or walking, and using a wheelchair. You will also work on balance, coordination, and strengthening exercises.

It may also include orthotic and prosthetic management.

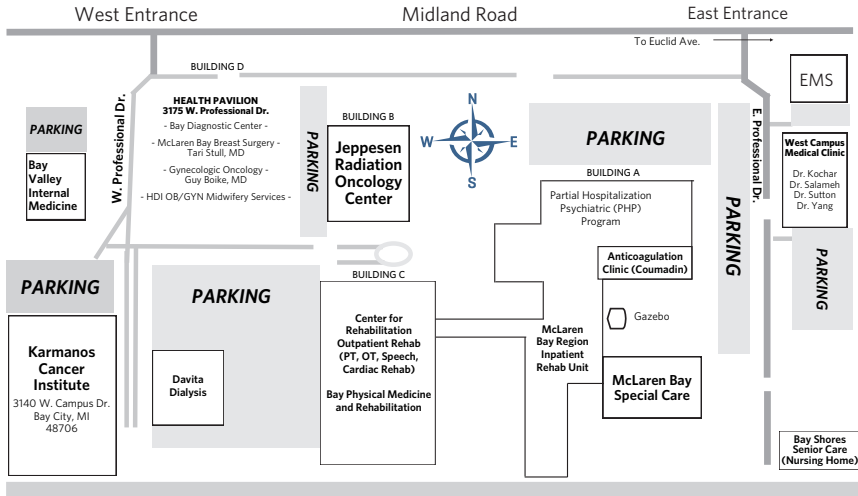
Physicians:

Your attending physician and your rehab physician will make regular visits to check on your progress and to manage your medical and rehab needs.

A nurse practitioner may assist the physician by checking your progress and managing any medical issues.



WEST CAMPUS



CARF Accreditation For Inpatient Medical Rehabilitation Program,
and Stroke Specialty Program.



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