Inpatient Rehabilitation Unit
Welcome

The St. Cloud Hospital Inpatient Rehabilitation Unit has provided comprehensive rehabilitation care in Central Minnesota for nearly 40 years. Our goals are simple:

- To help our patients lead a more independent life following an illness or injury, and
- To provide patients and their families with the support and education necessary to achieve and maintain the highest level of function following discharge from our unit.

At St. Cloud Hospital, our acute rehabilitation unit provides treatment that is overseen by our physiatrists. These are doctors who received specialty training in physical medicine and rehabilitation. They lead a team of rehabilitation professionals including nationally certified registered nurses, highly skilled therapists, licensed social worker, psychologist, dietitian, and others. The team works with each patient and family to develop a treatment plan for each patient’s needs.

Our 20-bed inpatient rehabilitation facility (IRF) is located on the B level of the St. Cloud Hospital and is designed to provide top quality rehabilitative care within a patient and family centered environment.

We are pleased to be the first facility in Central Minnesota accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for our adult and adolescent inpatient rehabilitation programs. Not only is our unit highly recognized, but you can feel confident that you are receiving care at a Magnet-designated hospital. Magnet is the highest international recognition for nursing excellence.

Becoming a Patient on the Rehabilitation Unit

Patients on our unit may have experienced a number of medical conditions, including strokes, traumatic brain injuries, spinal cord injuries, neurological impairments like multiple sclerosis (MS) or Parkinson’s, multiple traumas and fractures, amputations, orthopedic conditions and many others. We serve adolescents over age 13 and adults of all ages.

If you are interested in our program, talk to your physician, nurse, therapist, case manager or social worker. You and your family can visit our unit or call (320) 255-5740 (extension 55740 within the hospital) to arrange a tour. We accept referrals from all inpatient units and from other facilities.

- Medical eligibility is determined by our staff after a confidential review of your medical record by a rehabilitation nurse or physician, usually within one business day of the referral, and often on the same day.
- Because insurance coverage varies, the admission process includes determination of your insurance benefit and preauthorization, where necessary. Financial counseling and assistance is available for families who may need to make alternate financial arrangements.

The Admission Process

Before coming to the unit, the medical chart is reviewed by a rehabilitation nurse and doctor (physiatrist) to decide if you, or your loved one, are a candidate for inpatient rehabilitation. These requirements include:

- Need for close medical supervision and nursing care of complex health conditions;
- Ability to benefit from an interdisciplinary, coordinated plan of care;
- Needs that cannot be met at a nursing home or lower level of care;
- Ability to actively participate in an intense therapy program, including two forms of therapy (physical, occupational or speech);
- Potential to significantly improve function and reach goals within a realistic length of stay; and
- Potential to return to home or the community after therapy, in most cases.
Patient and Family Involvement

Our program is designed to maximize a patient's function, which may seem quite different from other units in the hospital. Patients on the rehabilitation unit have more responsibility for their own care. This includes notifying staff of their needs and managing medication which prepares them for independent living.

You and your family are the most important members of the rehabilitation team. Our team reviews your progress and barriers to discharge weekly, and meets with you and your family to discuss your goals. Patient and family education are a focus throughout your stay. We will teach you and your loved ones skills to help you after you leave the hospital. Our private rooms accommodate your family. Lodging is available close to the hospital for those who cannot stay with you in your room.

The Program

As a patient on the unit, you will have at least 3 hours of therapy, 5 days a week, and on weekends and holidays as needed. Therapy programs are individualized to meet your needs. An iPad or Nintendo Wii may be used as part of your therapy. You may also choose to join in evening or weekend activities with our volunteers or sit on the patio and enjoy some fresh air.

Comfortable clothing and shoes should be worn during therapy. A washer and dryer are available on the unit. Cell phone use is allowed. There is a computer in the family lounge for your use. We also have free access to wireless, high-speed internet.

In addition to the outstanding staff and innovative programs, nearly all patients on our 20-bed unit enjoy a tranquil view of the Mississippi River.

The Rehabilitation Team

Patients have told us that our caring, skilled professionals make our rehab team unique. As the center of our team, you and your family are active in setting goals, participating in therapy, and planning for discharge. Your rehab care is led by a physiatrist (a doctor who specializes in physical medicine and rehabilitation). Our entire rehab team is committed to improving your health and function so you can live as independently as possible.

Services available to you include:

- Access to CentraCare Health providers and specialists
- Nutrition therapy/dietitian
- Occupational therapy
- Orthotic/prosthetic specialists
- Pet therapy
- Physical therapy
- Physician medical management
- Psychology
- Rehabilitation nursing
- Social work (case management)
- Speech/language therapy
- Spiritual care
- Volunteer services

A typical day on the rehab unit may look like:

7:15 Work on dressing and grooming with OT
8:00 Breakfast, medication education with RN
9:15 Work on standing and strengthening with PT
10:00 Rest period
11:15 Meet with physician, family to discuss progress
12:00 Lunch
12:30 Diabetic and insulin teaching with diabetic educator
1:15 Work on kitchen safety tasks with OT
2:00 Talk with social worker about discharge plans
2:30 Meet with speech therapist on memory tasks and swallowing techniques
3:15 Rest period
5:00 Supper
5:30 Bingo with junior volunteers, family
6:30 Family education session with RN
8:00 Bathing/shower with PCA assistance

We thank you for considering our intensive inpatient rehabilitation program as you prepare for discharge from the hospital.
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<thead>
<tr>
<th>Services</th>
<th>Inpatient Rehabilitation Facility (IRF) (As offered at the St. Cloud Hospital Inpatient Rehabilitation Unit)</th>
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</table>
| **Physician Visits** | • Care is led by a medical doctor with specialized training in rehabilitation*  
• Minimum of 3 physician visits each week*  
• A physiatrist (physical medicine & rehabilitation doctor) is on the unit Monday - Friday; physicians are available 24 hours a day, including weekends and holidays |
| **Specialist Access** | • Access to St. Cloud Hospital and CentraCare Health specialists, physicians, and providers  
• In many cases, the doctor(s) who provided care during the hospitalization will assist with the plan of care |
| **Therapy Services & Intensity** | • Individualized, intensive therapy, available 7 days a week, including weekends and holidays  
• Patients receive a minimum of 3 hours of therapy per day, 5 days a week or 15 hours per week |
| **Nursing Care** | • Registered Nurse (RN) and Patient Care Assistant (PCA) teams provide specialized rehabilitation nursing care, 24 hours a day  
• Majority of RNs are certified in rehabilitation nursing or gerontological nursing and provide direct patient care  
• Patients receive 5+ hours of direct nursing care each day |
| **Admission Requirements** | • Need for inpatient level of care must be reasonable and necessary*  
• Pre-admission screening by a rehab clinic and signed by a rehab physician*  
• Close physician supervision*  
• Will have significant benefit from intensive therapy*  
• Must have rehabilitation and medical needs that require an acute level of care* |
| **Team Patient Care & an Interdisciplinary Approach to Care** | • Interdisciplinary approach to care includes close physician supervision of medical concerns, physical, occupational and/or speech therapy, nursing services, social worker/case manager services*  
• Medical status and functional progress closely monitored by all rehab team members  
• Interdisciplinary plan of care guides the care and services provided during the stay*  
• Daily (Monday - Friday) interdisciplinary rehab team meetings to discuss functional and medical status  
• Weekly team meetings to discuss progress towards goals and barriers to discharge*  
• Individualized patient and family education by members of the rehab team  
• Additional services available include orthotics and prosthetics, diabetic education, dietitian, spiritual care and animal assisted therapy |
| **Patient Progress & Outcomes** | • Discharge to community rate (includes home alone or with family, assisted living, group home environments): 81%^  
• Readmission rates to acute care hospitals: 9.4%^  
• Length of stay varies based on diagnosis (Overall 12 days; stroke 15 days; spinal cord injury 11-17 days; amputation 11 days; brain injury 11-12 days; debility 9.5 days; trauma 10-13 days)^+ |
| **Special Considerations** | • Central Minnesota’s first CARF accredited inpatient rehabilitation facility (IRF); 3 year accreditations received in 2009 and 2012 |

* Centers for Medicare & Medicaid Services (CMS) requirement  
^ St. Cloud Hospital data is from calendar year 2012  
^+ Data from the American Hospital Association Inpatient Rehabilitation Facilities Fact Sheet, 2012
### A Comparison of Rehabilitation Settings

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<tr>
<th>Services</th>
<th>Sub-Acute Level of Care</th>
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<tbody>
<tr>
<td></td>
<td>(As offered in short stay units, health care centers, health and rehabilitation centers, etc. CentraCare Health offers these services at various locations. Visit Centracare.com for more information.)</td>
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<table>
<thead>
<tr>
<th>Physician Visits</th>
<th>1 - 3 visits each week and as needed</th>
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<tr>
<td>Specialist Access</td>
<td>Not required; may vary by location</td>
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<tr>
<td>Therapy Services &amp; Intensity</td>
<td>Up to 2 hours a day, 5-7 times per week</td>
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<td>Nursing Care</td>
<td>Varies by facility, may include RN, LPN, PCA/CNA</td>
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<td>Admission Requirements</td>
<td>Physician order is required for admission</td>
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<td>Team Patient Care &amp; an Interdisciplinary Approach to Care</td>
<td>Care plans are updated quarterly and after each team meeting/care conference</td>
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<tr>
<td>Patient Progress &amp; Outcomes</td>
<td>Length of stay varies (10-14 days on average)</td>
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<td>Special Considerations</td>
<td>Features vary by facility</td>
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<tr>
<th>Services</th>
<th>Skilled Nursing Facility (SNF)</th>
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<td>(As offered in nursing home settings and rural hospital swing beds. CentraCare Health offers these services at various locations. Visit Centracare.com for more information.)</td>
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| Physician Visits | A minimum of one physician visit every 30 days (SNF) | Visits at a swing bed require a weekly visit; may be as often as daily |
|------------------|-----------------------------------------------------|
| Specialist Access | Not required; may vary by location |
| Therapy Services & Intensity | 45 to 90 minutes of therapy per day |
| Nursing Care | Varies by facility, may include RN, LPN, PCA/CNA | 1 RN required in this setting, may be director of nursing |
| Admission Requirements | Physician order is required for admission | Requires a 3-day/72-hour hospitalization prior to admission to be covered by Medicare |
| Team Patient Care & an Interdisciplinary Approach to Care | Plan of care is reviewed every 30 days | Discharge planning if appropriate |
| Patient Progress & Outcomes | SNF Discharge to community: 46%^ | SNF readmission rate: 22%^ | Length of stay varies (14-21 days on average)^ |
| Special Considerations | Features vary by facility |

^ Data from the American Hospital Association Inpatient Rehabilitation Facilities Fact Sheet, 2012
Choosing a Rehabilitation Facility

You or a family member should call or tour possible facilities and have the opportunity to get your questions answered before you make a decision.

- Does the facility specialize in rehabilitation?
- Will I have a physiatrist (doctor specializing in rehabilitation)?
- How often will I see my physicians? Who are they?
- Does the facility have physicians available at all times?
- Does the facility have access to specialists?
- What happens in the case of an emergency?
- How many patients will my nursing team have? How many RNs are there? Are they certified?
- What types of therapy do you offer and how often will I receive them?
- What is the average length of stay for someone with my injury or condition?
- What are the outcomes of the facility? How many people are able to return home?
- Will my insurance cover this? Do you help with insurance preauthorizations?

Our facility’s outcomes meet or exceed regional and national benchmarks for length of stay, discharge to the community and functional improvement. Please see our Outcomes Report for the most current information, ask a rehab team member or visit our web site at www.centracare.com for more details.

Thank you for considering the St. Cloud Hospital Inpatient Rehabilitation unit for your post acute care needs. We look forward to working with you and your loved ones.

For more information or to schedule a tour of our inpatient rehabilitation unit, please call (320) 255-5740, visit us on Level B, or dial extension 55740.

“Inpatient Rehabilitation Unit

occupational therapy gym

occupational therapy kitchen

physical therapy gym

“Thank you for your good care… You are truly a caring team in getting patients back to their lives.”

- Patient, Rehabilitation Unit

For a virtual tour of the unit, please visit www.centracare.com.