



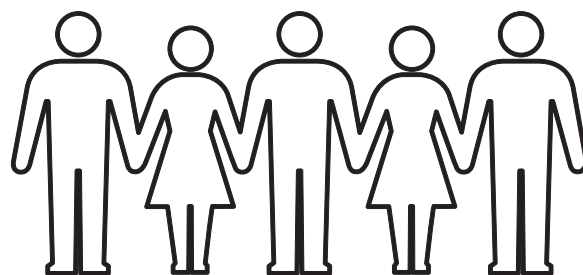
inpatient medical
rehabilitation

welcome

to Inpatient Medical Rehabilitation at Northeast Georgia Medical Center (NGMC). Inpatient Medical Rehabilitation is an elective program housed on the fourth floor of the South Patient Tower at NGMC Gainesville. As a unit within NGMC, we have access to all of the hospital services, including lab, pharmacy, radiology and all physician specialties affiliated with NGMC. These services are available twenty-four hours a day, seven days a week and for emergency situations. Needed services that we may not have on site will be consulted as appropriate.

Your rehabilitation team is dedicated to helping you attain your functional goals and preparing your family and caregivers in assisting your recovery for a successful return home. Your rehabilitation team consists of you, your caregiver, rehabilitation specialists and medical provider. We will work with you to create an individualized program to maximize your outcome

**Thank you for choosing Inpatient Medical Rehabilitation.
We appreciate the opportunity to participate in your recovery.**



what is inpatient medical rehabilitation

Inpatient Medical Rehabilitation is provided after a functional decline that occurs as a result of injury, illness, surgery or other changes in your medical condition. The program involves intensive therapy for patients requiring frequent physician monitoring and nursing intervention. Inpatient medical rehabilitation typically involves a brief length of stay, with the average duration lasting about two weeks.

setting goals

Most patients do not attain 100% recovery by the end of their stay. Rather, the objective is for a safe discharge to home with the appropriate level of support. Recovery periods usually require much more time than your expected stay. Almost all of our patients require additional therapy services at the time of discharge.

Upon admission, your team will assist you in setting goals for the rehabilitation program. Goals such as “being back to normal” or “walking out of here without help” are usually not realistically achievable in the short time you are with us. The team will assist in setting more specific goals based on their assessment and expertise.

discharge planning begins on admission

Inpatient medical rehabilitation promotes recovery and enables progression to the next level of care. Discharge planning begins on your first day on the unit. A discharge date will be set early in your stay. Our case manager assists with discharge needs, which may include equipment, additional therapy services and medical referrals. Since a primary goal is to prepare family and caregivers for discharge, their involvement is encouraged and expected. Because length of stays are relatively brief, any home preparations should be completed as soon as possible.



discharge options

Common options upon discharge include returning home with outpatient therapy or home health rehabilitation. The team and case manager will provide you with recommendations and guidance for discharge and will discuss the level of home support your therapy team recommends.

If you have any other questions that have not been addressed, please contact your case manager or other team members. We look forward to working with you.

while you are here

the environment

Our area does not look like a typical hospital setting, instead we have created a personal and home-like environment to make you more comfortable. Also, some nurses and therapists will wear street clothes instead of uniforms. All personnel are required to wear name badges in plain view so staff can be easily recognized.

outside food

Food brought from outside of the program must be approved by your physician or nurse. Offering patients food or drinks not approved may be very dangerous. Food in your room must be stored in airtight containers. A refrigerator is available on the unit.

leaving the unit

For safety reasons, you are asked to obtain clearance from the nurse before leaving the unit and must check in and out at the nurse's station.

pain management

You should expect to experience some degree of soreness and mild discomfort after you begin your therapy sessions, just as you would with any other exercise program. If you experience pain, inform your nurse as pain medication may be needed. You will be able to participate in your therapies much more effectively if your pain is controlled.

room assignments

Rooms are assigned by bed availability and need.

smoking policy

For the health and safety of all patients and visitors, we are a smoke and vaping, tobacco-free campus.



what to bring

clothing

- 4 – 6 outfits of loose-fitting pants and tops, undergarments, and socks
- A sweater or jacket
- A supportive pair of athletic or comfortable shoes with non-skid soles
- Night clothes

*Note: For your convenience, we provide a washer and dryer. Please label all personal items with a permanent marker.

toiletries

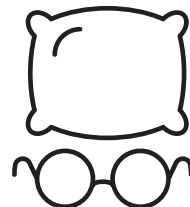
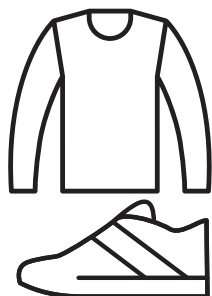
- Soap, shampoo, conditioner
- Toothbrush, toothpaste, mouthwash, dentures
- Comb/brush, shaving supplies, cosmetics
- Deodorant, lotion, aftershave

medications

Bring a current list of prescriptions and medications you are taking.

miscellaneous

- Insurance cards and medical information
- Eyeglasses, dentures, hearing aids and other necessary adaptive articles
- Any personal comfort items such as a favorite pillow, blanket, family pictures and room decorations
- DO NOT BRING valuable items (money, jewelry, etc.) that may be damaged or lost.
- You may bring your phones, tablets, and laptops. You are responsible for their safe keeping.



members of the Inpatient Medical Rehabilitation team

A specialized group of professionals works closely with you and your family to maximize your ability to achieve independence. Your team may include:

physiatrist

A physiatrist is a physician who specializes in Physical Medicine Rehabilitation and provides a medical direction for your care and the program.

case manager

Coordinates your rehabilitation program and provides counseling to help families cope. Also develops a plan for smooth discharge and reentry into the community.

rehabilitation nurse

Provides 24 hour care with focus on patient and family education of medical and personal care needs.

physical therapist

Helps you improve mobility through flexibility, strength, and endurance exercises. Uses special equipment and techniques to help you reach functional goals.

occupational therapist

Helps you become more independent by working on daily living activities such as self-care, home management & mobility. Works with you on improving coordination, use of upper body, safety awareness and problem-solving. Helps you develop skills to participate in community activities.

speech pathologist

Helps you improve your ability to comprehend and communicate. Works with you to develop alternate communication and swallowing techniques.

neuropsychologist

Assesses motivation, values, attitudes and coping techniques of the patient. Also, assists with emotional and psychological adjustments.



your schedule

therapy sessions

During the day, you will spend at least three hours participating in therapy. Your therapy sessions will begin shortly after breakfast. Therapy sessions are scheduled Monday through Saturday, and are available on Sunday as needed.

meals

Breakfast..... 7:30 a.m.
Lunch..... 11:30 a.m.
Dinner..... 4:30 p.m.

Snacks are available between meals if requested. We have a centrally-located dining area where we encourage you to eat your meals. Staff will assist patients as needed. All special diets or swallowing precautions will be followed as ordered by the physician

visiting hours

Immediate family and caregivers are welcome anytime.

We recommend all others visit when patients are not participating in therapy. Therapy usually ends at 4 p.m. Monday through Friday visitors are welcome anytime Saturday and Sunday.

bathing and bed linens

Patients receive baths or showers every other day and as needed. Nurses can assist in giving a partial bath in the room on opposite days if desired.

Your bed will be straightened and made up for you each morning during your stay. You can expect your bed linens to be changed twice weekly. Of course, soiled linens will be changed as needed.

church services

There will be a short church service on Sunday mornings at 11 a.m. in the dining area for those who wish to attend. Family and friends are also welcome to attend.



caregiver education and discharge planning

before admission

Before admission, you and your family should plan to spend time on the unit to complete the family education session each week to receive hands-on experience.

on the day of admission

On the day of admission, you and your caregivers will spend at least two to three hours in the admitting process which includes meeting the staff and beginning education about rehabilitation.

During this time the case manager will discuss scheduling your family education sessions. Each session will take place on a weekday and last for several hours. We will work to schedule the best days for your needs.

family education sessions

The amount of education depends on your medical needs, abilities, and your discharge plan. Caregiver education is a necessary part of Rehabilitation and requires your participation. Your caregivers should wear comfortable clothes to the meetings as they will practice mobility, dressing, communication, memory and social skills with you and your therapist. Functional activities may include toileting, bathing, hair shampooing, and special feeding techniques, which will give your caregiver a realistic picture of your abilities and will help identify problems before you go home. During education meetings, nurses will teach you and your caregivers about medications, hygiene and general health care.

discharge planning

Discharge planning begins upon admission to the Inpatient Medical Rehabilitation Unit, and includes instruction on medications, home exercise, equipment, and follow-up care. Please feel free to ask questions or voice concerns at any time during the planning process. Your case manager, nurses, and therapist will be glad to assist you.

"Patient Rights

We strive to ensure that you receive quality care throughout your stay with us. It is our responsibility to uphold your patient rights such that your personal information is kept private, you have the right to request your records, and your rehabilitation experience incorporates your freedom of choice and is free from abuse, financial exploitation, humiliation and neglect of any kind. Your concerns and comments are always welcome and will be addressed in timely and positive manner, free from retaliation. "



map





Northeast Georgia Medical Center

INPATIENT MEDICAL REHABILITATION

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