

Special Section: Frazier Rehab Institute

A Service of Jewish Hospital & St. Mary's HealthCare

Welcome Inside the New Frazier Rehab and Neuroscience Center!

After much anticipation, the new Frazier Rehab and Neuroscience Center had its grand opening in June, and there was much to celebrate. With 27,000 sq. ft. on each floor, patients are able to receive world-class service in large patient rooms with incredible views of the Louisville area. Each room has its own private bath, Internet access and a 42-inch plasma TV. Therapy is provided in gyms on each floor. The new Frazier Rehab Institute includes neuroscience, pulmonary, pediatrics, orthopaedics and the Bill Collins Parkinson's Center.



Robot-Assisted Technology Helps Stroke Patients Relearn Skills

Thanks to a \$75,000 grant from the Kentucky Colonels, Frazier Rehab is the first facility in Kentuckiana to offer patients robot-assisted treatment to improve arm, shoulder and elbow movements. Designed by scientists at the Massachusetts Institute of Technology, the robot-assisted technology is based on the idea of neuroplasticity: the brain's ability to form new pathways, which helps a person relearn how to use parts of the body and mind affected by stroke, as well as other illnesses and injuries.

With new outpatient facilities, advanced technology and highly recruited team members, more patients throughout the region and country are turning to Frazier Rehab for care.

Seeing Swallowing in a New Light with Digital Technology

Swallowing. It's something that most of us do without a thought. But for patients with neurological conditions, such as a stroke or brain injury, difficulty swallowing is an entirely different story.

"Because of weakened muscular activity in coordination, swallowing can be extremely difficult for some patients," said Alice Inman, clinical supervisor of Frazier Rehab's acute care program. With the new digital technology, all swallowing studies are included in a patient's medical record. "Now, the swallow study is literally at the therapist's fingertips and can be replayed for the patient or a family member," Inman said.

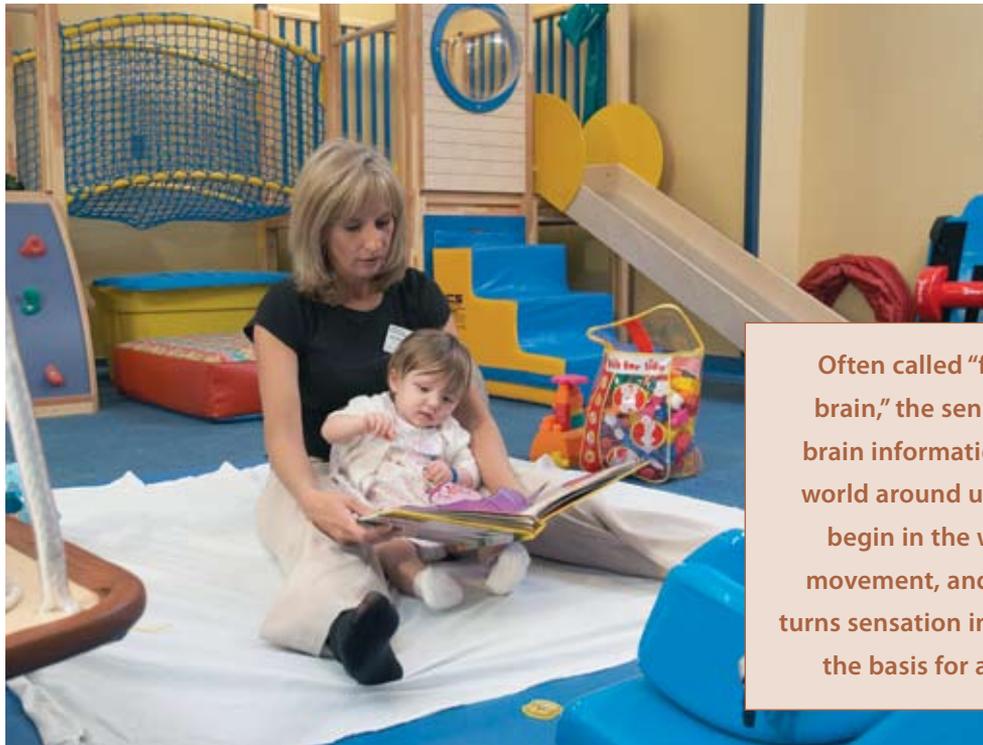
New Lift System: Ensuring Safe and Gentle Lifts for Patients

At Frazier Rehab, the aquatic therapy area, neurological rehab gyms and 10 patient rooms have been equipped with a new, power-operated "hoist and sling transfer system" that glides over ceiling tracks.

For team members and patients alike, the new Guldmann Lift System minimizes the risk of injury and ensures the safest, easiest transfer of patients, particularly spinal cord injury patients, who are not able to actively assist with transfers.

Frazier is committed to the development of programs that combine traditional rehab with innovative therapeutic techniques. Learn more on our Web site at www.jhsmh.org/carecenters/rehabmedicine.asp.

New Pediatric Gym Brings Child's Play to Sensory Integration



The new Pediatric Sensory Integration Gym provides the ideal setting for Mary Beth Conniff, OTR/L, to work with 10-month-old Lola Staser.

Often called “food for the brain,” the senses give our brain information about the world around us. Sensations begin in the womb with movement, and integration turns sensation into perception, the basis for all learning.

Frazier Rehab's new Pediatric Sensory Integration Gym was designed to treat children of all ages with sensory integration dysfunction. A quick glance inside the eighth-floor space reveals a playful scene, complete with swings, a climbing wall and colorful slides. For Frazier Rehab's therapists, the gym is the perfect treatment setting for youngsters who have difficulty processing information because of neurological disorders.

“For a lot of kids, sensory integration — how they process sights, sounds, textures, smells, tastes and movement — does not develop smoothly,” said Kelli Schneider, occupational therapist and a supervisor of Frazier Rehab's neuro and pediatric floors. “Their

brains do not easily process all the different information coming into their bodies.” ■



Physical therapist Krista Kinzer and physical therapy technician Carolyn Medley (center) work with patient Rob Kihnley.

Outpatient Services at Home on Sixth Floor

The sixth floor of Frazier Rehab is the new home of Outpatient Services. Up here you'll find physical, occupational and speech therapy; psychology; aquatics; the Locomotor Training; and the Spinal Cord Medicine and Movement

Disorder clinics. In addition, a new Primary Stroke Clinic will help patients reach their fullest potential.

Aquatic Therapy

The new Outpatient Services area has two specially designed, state-of-the-art pools for aquatic therapy. The pools provide an ideal exercise setting for post-op and pain-sensitive patients to work on improving balance, coordination, strength, endurance and range of motion.

The pools also have a variable-speed treadmill

floor. Patients can walk or run in a semi-weightless environment and still get all the benefits of a rigorous workout. In addition, the pools are equipped with underwater cameras that make it possible for team members to closely monitor patients and provide immediate feedback. ■



The new GaitRite mat in Outpatient Services electronically “maps” a patient's footprints like steps in the sand, helping Frazier Rehab team members evaluate a patient's walk and tailor therapy programs accordingly. Here, rehab technician Anthony Gallaher (left) and physical therapist Lee Smith use the GaitRite system to evaluate outpatient Mark Plummer.

Meet the Most Helpful Neighbor You'll Ever Have

Here in Your Neighborhood. Here for You.

When you need help, support or information about your health or that of a loved one, turn to the new Health Resource Center at Sts. Mary & Elizabeth Hospital.

Located in our main lobby, this state-of-the-art facility features library books, brochures, tapes, computers with Internet access, a private consultation room, a classroom and a children's play area.

The center offers a regular schedule of educational and support services, including classes, free health screenings, counseling services, support group meetings, seminars, children's play therapy and more. The setting is relaxed and comforting, with knowledgeable health professionals there to assist you.

Dedicated to Healing You: Body, Mind and Spirit

Every month, the Health Resource Center offers a variety of programs that help our neighbors deal with the most common health care concerns. But, if you don't see what you're looking for listed here, please ask!

Screenings. Often, a simple test can make a world of difference to your long-term health. The Health Resource Center offers weekly glucose, cholesterol and blood pressure screenings, as well as periodic screenings for other conditions.

Classes. Information is the key to making sound health care decisions. The Health Resource Center offers a variety of classes to

educate you on issues important to your well-being. Here are just a few examples:

Free Diabetic Teaching by a Certified Diabetic Educator — Offered the first and third Thursday of each month, this class is for the newly diagnosed diabetic or someone taking insulin. Registration is required.

JHSMH Diabetes Education classes — In-depth diabetes education classes provided by Certified Diabetes Educators. Includes individual consultations and group classes.

Look Good, Feel Better — Women undergoing cancer treatment can learn tips on makeup application and wigs.

Support Groups. The Health Resource Center offers a number of monthly support group meetings for those affected by stroke, Alzheimer's, heart disease, cancer, chronic lung conditions and other illnesses.

For more information about our programs, call **(502) 363-7930** or log on to **www.jhsmh.org**. ■

The Health Care Answers You Need Are Closer than Ever.

The Health Resource Center
1850 Bluegrass Avenue
Louisville, Ky.
(502) 363-7930
www.jhsmh.org
Open Monday to Friday,
8 a.m. to 4:30 p.m.

The Health Resource Center Monthly Program Schedule

Friendly Folks Stroke Club

For patients, caregivers and family members affected by stroke.

2nd Wednesday of each month
Noon to 1:30 p.m.

Screening Fridays

Get your cholesterol, glucose and blood pressure checked.

Every Friday, 9 a.m. to 2 p.m. (\$9 fee)

Look Good, Feel Better

Instruction on makeup application and wigs, for women with cancer.

3rd Monday of odd-numbered months
10 to 11:30 a.m.

Better Breathers

For people with chronic lung conditions.

4th Monday of each month, 4 to 6:30 p.m.

Alzheimer's Support Group

For patients, loved ones and caregivers.

Last Wednesday of each month,
2 to 3:30 p.m.

Parkinson's Support Group

For patients and their caregivers.

3rd Wednesday of each month, 6 to 7 p.m.

Healthy Heart Support Group

For patients affected by heart disease.

3rd Wednesday of each month, 6 to 7 p.m.

Cancer Support Groups

For patients affected by the disease.

3rd Tuesday of the month, 7 to 8:30 p.m.

Sts. Mary & Elizabeth Hospital

A service of Jewish Hospital & St. Mary's HealthCare

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