

FRAZIER REHAB INSTITUTE
SCOPE OF THE STROKE REHAB PROGRAM

Introduction to Frazier

The Frazier Rehab Stroke Rehab Program provides comprehensive services to the individual who has experienced a stroke and to the individual's family and other members of their support network. Frazier Rehab Institute has achieved CARF (Commission on Accreditation of Rehab Facilities) Accreditation for the Stroke Rehab Program.

Frazier's admission nurses and affiliated physiatrists (doctors specializing in rehab medicine) are either present in the local hospitals or available through phone and email contact to work closely with the acute care hospital team and the family to transition the patient into rehab. At Frazier we are always willing to open our doors for family tours. We are pleased to show families what is available at Frazier and to introduce them to key team members who will be responsible for the patient's care. Family and friends can also take a virtual tour of a Frazier inpatient floor on our website.

Frazier introduces the family to rehab while the patient is recovering in the acute care hospital. We then provide our Stroke Rehab program to the patient and family through our continuum from inpatient rehabilitation through post-acute outpatient rehab. The intent of the Frazier Stroke Rehab Program is to provide intensive and comprehensive services designed to prevent or minimize chronic disabilities of persons with a primary diagnosis of stroke. The program aims to restore the person to optimal levels of physical, cognitive, social, and emotional functioning within the context of the person, family, and community.

Goals of the program are:

1. To provide a formally organized program for support and advocacy for the stroke survivor and family.
2. To educate families to understand the effects of the stroke and the recovery process.
3. To improve the patient's physical functioning in mobility, self care, and communication as needed.
4. To improve the patient's thought processes, memory skills, perception and judgement through cognitive retraining activities as needed.
5. To encourage active participation and education of the patient and patient's family through attendance at stroke education classes and routine scheduled family teaching sessions.
6. To develop a comprehensive discharge plan for the patient by working closely with the patient and family to identify needed resources and services and make appropriate referrals.
7. To promote a safe, functional transition to home and the community.

Persons Served

Frazier Rehab Institute's Stroke Rehab Program offers comprehensive services to patients of all ages. Our rehab team has clinicians specializing in pediatric and adult neurologic treatment. The Stroke Rehab Program is available to patients at any level of recovery after stroke – from severe to mild impairments

To be admitted to the Frazier inpatient program, an individual must have family or other caregivers available to participate in the family teaching program with the goal to care for the patient in the home setting; be medically stable and able to participate in 3 hours of therapy per day. To be considered medically stable, a patient must meet all of the following:

- All vital signs stable
- Free of fever for at least 48 hours
- Adequate nutrition/hydration (orally or by feeding tube)
- All medications adjusted/finalized and plans for use defined
- Must not require one-on-one care by a nurse
- All work up procedures and surgical interventions completed (or definite plans finalized)
- Participation restrictions and activity limitations defined.

To be admitted to the inpatient Stroke Rehab Program, the patient must not require constant psychiatric intervention or active treatment for chemical detoxification. Further, infectious disease must be absent or controlled so that the safety and health of other patients are not compromised and so the patient is not prevented from participating in the rehabilitation program.

Inpatient Rehab

Frazier offers inpatient rehabilitation to individuals who are recovering from stroke either on the adult neurologic floors or the pediatric floor. Each of these inpatient floors has been specially designed for patients' and families' comfort, privacy, and care needs. Patients are provided rooms that are well equipped to manage medical and nursing care and to allow family and friends to visit comfortably. The majority of Frazier's rooms are private rooms. The patient rooms are wired for internet access for family members' convenience and are equipped with large flat screen televisions. If the patient is in a private room, a family member is permitted to stay with the patient if the patient and family wish and if the overnight stay is in the best interest of the patient and the family member. A patient dining room is available on the floor for meals and for recreational activities. Families are welcome to reserve a dining room for a special family occasion.

The adult neurologic units have treatment areas on the floor that have been especially designed with the therapy needs of the neurologic patient in mind. The therapy space on the floors is comprised of:

- Therapy gym for Occupational and Physical Therapy
- Speech Pathology offices
- Private treatment room for use when distractions need to be minimized
- Practice kitchen area for daily living skills
- Practice bathroom area for daily living skills
- Splinting room

The equipment available in the neurologic therapy areas can be used for general rehab purposes, but was primarily selected because of the needs of the neurologically involved patient. Our therapeutic approaches and equipment address difficulty with balance, sitting, mobility, self-care, vision, cognition, emotions, communication and swallowing.

Some examples of technology and techniques we have available to the stroke patient are:

- dynavision for visual perception
- biometrics for upper extremity rehab
- robots for improving shoulder/elbow, wrist, and hand movement
- overhead lifts for transfers, standing, and walking
- motomed for exercise and retraining
- nusteps for exercise and retraining
- modified constraint induced movement therapy
- locomotor training using a body weight support treadmill system
- bioness for functional electrical stimulation
- deep physical agent modalities including ultrasound, electric stimulation, and anodyne
- modified constraint induced movement therapy
- fluoroscopy for the swallow evaluation
- endoscopy for the swallow evaluation
- swallow therapy including neuromuscular electrical stimulation
- Frazier Water Protocol
- aphasia and cognitive therapy
- ramps, curbs, stairs, and parallel bars for ambulation therapy
- therapy pools,
- assistive technology and wheelchair seating resource center, and
- a car -available on the 9th floor for practicing getting in and out of a vehicle.

The pediatric floor also has private rooms with the same comfort and care features as the adult floors. The pediatric therapy areas are equipped for children with special emphasis on the needs of children with neurologic injuries and illnesses. The therapy gym has a wide array of specialized equipment including parallel bars, ramps, curbs, stairs, motomed, nustep, and gross motor play equipment. Adjacent to this space is a sensory integration gym which is loaded with swings, slides, and climbing apparatus. Sensory integration therapy is available to pediatric stroke patients. There are speech pathology

offices and a private treatment room located in the therapy area as well. We have a classroom space in the therapy area for academic tutoring sessions. An Academic Reintegration Coordinator arranges for tutoring through the Jefferson County Public School System as appropriate and coordinates record exchange and return to school with the child's home school district if the child resides out of Jefferson County. Also located on the pediatric floor is the Snoezelen room where patients are provided sensory stimulation in a calm, non-distracting environment. The pediatric floor has the Ronald McDonald Family Room for family relaxation and the LaRosa Lounge for fun activities including karaoke, foosball, air hockey, a basketball arcade game, and a library of books, games, and DVDs. On the Frazier grounds, we have built an outside therapy area that contains playground equipment and mobility space. The pediatric patient has access to any equipment located on the adult neurologic floor or elsewhere in the building if the clinical need is present. Conversely, adults can be treated in the pediatric areas because of the dual nature of much of the equipment.

The Frazier inpatient rehab program operates seven days per week. Adult and pediatric patients should expect to receive at least 3 hours of therapy five of every seven days. Inpatient therapy may begin as early as 7:30 am and can continue until approximately 4:30 pm. Each patient's schedule is adjusted as needed to best suit his/her progress and situation. Some therapy may take place in the patient's room, for example, basic self-care activities involving grooming, dressing, and hygiene. Other activities are better suited to spaces where the specialized therapy equipment is located. Some therapy activities might occur in other parts of the building and campus including the outdoor therapy area. On occasion, the therapists may accompany the patient on a community outing. Most therapy sessions are provided one-on-one with patients. We also offer co-treatments by two therapy disciplines teaming up to treat the patient together. Some therapies may best be provided in a group format. Frazier's Stroke Rehab Program offers three groups that a stroke survivor might attend during their rehab admission. These are: **the Stroke Education Group, the Social Daily Living Skills Group, and the Lunch Feeding Group.** Group therapies typically are provided in addition to the three hours of individual therapy patients receive five of every seven days.

The **Social Daily Living Skills Group** is led by an inter-disciplinary team to take individual therapy a step further by promoting social interaction while doing physical, cognitive and recreational therapy activities. Examples of activities include planning and carrying out a social event, playing Wii, or cooking a meal.

The **Lunch Feeding Group** is held weekdays during the lunch hour to assist patients with swallowing and feeding problems to feed themselves, practice safe swallowing, and achieve good nutrition in a social setting.

Upon admission, the rehab team completes an evaluation and works with the patient and family to develop an individualized and integrated treatment plan. It is important that a coordinated approach to rehab is provided to each patient so all problems due to the stroke are addressed and potential complications are prevented. The patient and family are considered essential team members in this planning process. Our goal is to get the

patient home and the family often holds the key to making this happen. We need to understand how the family functions, and what is considered important by the family and the patient. Our team will use information about your family's lifestyle and personal goals to help craft a plan for promoting the smoothest recovery and return to home. The program operates on the premise that continual, individualized assessment, intervention, and evaluation occur throughout the patient's rehabilitation.

A person coming to Frazier for stroke rehab is usually showing physical changes, and sometimes is experiencing cognitive, communicative, emotional, and/or social changes. The stroke survivor may not be responding to others as he/she did prior to the stroke. The person may be having trouble communicating or may be having problems thinking. The person might not be able to walk, dress him or herself, or swallow. There are many different problems a person with a stroke might experience. No two stroke survivors show exactly the same problems or impairments. This is because everyone's brain is different, and the extent and type of damage to the brain after a stroke varies between individuals. Our team understands stroke recovery and we teach the family to have an ongoing understanding of the patient's level of recovery and the best ways to achieve optimal recovery.

The rehab team will provide family members written information, verbal instruction, and support as the patient goes through rehab. We will conduct team and family meetings as needed to ensure the family and the rehab team goals are the same. Our program has many team members who are specialized in stroke rehab. The entire team will provide relevant education to the patient and family throughout the rehab stay.

The stroke survivor may be scheduled to attend the **Stroke Education Group**. Families are strongly encouraged to attend this group even if their stroke survivor is not scheduled to attend the group. There are many misperceptions and myths about stroke and life after stroke and the Stroke Education group attempts to clearly communicate the facts about stroke. A goal of the Stroke Education group is to teach personal health advocacy to the stroke survivor and his/her family so they will take an active role in managing their healthcare. This information is covered in a six topic series.

1. The **Stroke Facts** session explains why strokes occur, what the consequences are after stroke, and how to prevent further stroke.
2. The **Staying Healthy after Stroke** session teaches about medication and life style management for controlling blood clotting, blood pressure, cholesterol, and diabetes. Also covered are prevention of complications such as deep vein thromboses (blood clots in the limbs), urinary tract infections, bowel problems, decubitus ulcers (bed sores), pain, and seizures.
3. The **Nutrition** session teaches how to eat the right amount of the essential nutrients to achieve optimal energy level, keep muscles strong, fight infection, and feel healthy. In addition, the dietitian educates the participants about nutrition problems that can follow stroke and how rehab addresses problems such as dysphagia (swallowing problem), dehydration, and malnourishment.

4. The **Emotional Recovery Following a Stroke** session discusses grief, depression, anxiety, and difficulty with emotional control that can be experienced after a stroke. Coping and adjustment, intimacy and sexuality, and support groups and resources are also addressed.
5. The **Health and Safety** session teaches about the physical changes in the body such as spasticity (stiff or rigid muscles) and how to protect the body from harm. Home safety and home accessibility are discussed.
6. The **Value and Benefits of Staying Active for Life** session promotes long term health and wellness by exposing the participants to leisure education, adaptive equipment that can be used to participate in recreational activities, and the availability of community resources.

The Frazier Team

The Frazier inpatient team members include:

- Psychiatrist (rehab doctor)
- Other consulting physicians
- Case manager
- Rehab nurses
- Nursing assistants
- Psychologists
- Psychology Associates
- Occupational therapists
- Occupational therapy assistants
- Physical therapists
- Physical therapist assistants
- Speech-language pathologists
- Dietitians
- Pulmonary rehab clinicians
- Recreation therapists
- Rehab aides.

There is frequent communication between team members about patient issues and progress so that team members are updated routinely with the most current progress and problems the stroke survivor is experiencing. Great communication leads to the best care and optimal rehab outcomes. We designed our Frazier inpatient floors and established our teams with great communication in mind. The team meets formally with the patient and family at least every 7 days to review progress and identify what is needed to get the patient home.

Family teaching is essential to the patient's success. We expect the family to attend therapy sessions to learn how to best care for the patient and to support what the patient is learning. New learning is more likely to occur and become stable, when the family helps the patient carryover the techniques or recommendations that were taught in therapy or at the bedside and when we are all being consistent in our approaches.

Spiritual and Peer Support

The team can assist in addressing spiritual needs by connecting the patient and family with available religious services provided through the medical center. If preferred, an individual's personal religious ministers may be called in for spiritual support.

Frazier offers a Peer Visitor Program for stroke survivors and their families. The Frazier Peer Visitor Program is based on a program developed by the American Stroke Association and the American Heart Association. A core group of stroke survivors and family members have been trained to provide support to newly diagnosed stroke survivors and their families. The peer visitors provide emotional and practical support by sharing struggles and successes they have experienced.

Self advocacy

Shared care plans are portable health profiles that can be used to share an individual's personal health information in any future encounters with medical professionals. At Frazier, patients and/or their families are taught how to complete these pocket sized cards and update them as health conditions, medications and other health information change. By using a shared care plan, a patient can be sure the next health care worker has a clear picture of the patient's health situation.

Case Management

Our case managers are the team members who act as the team coordinator. The case manager's role is to link the family, patient, and rehab team. The case manager is the team member who works with the insurance companies to report progress and to advocate for the continuing stay in Frazier while progress is occurring. The case manager coordinates and schedules family education and team and family conferences. The case manager supports the patient and family in discharge planning by identifying services, support and equipment that will be needed after inpatient rehab. The case manager is an expert in knowing about community resources including post-acute rehab services, transportation agencies, stroke support groups, and financial programs. We have a commitment to our patients to assist them in conserving their financial resources to meet their long-term care needs

After Inpatient Rehab

Recovery from stroke takes time. Inpatient rehab is typically a short stay and patients are discharged to home after a few weeks. The rehab team generally makes recommendations for continued therapies after inpatient discharge. Many patients are able to return home and resume therapies in an outpatient setting

Outpatient Rehab

Frazier operates the NeuroRehab Program located at 4912 US 42 in Louisville's East End, which is a comprehensive outpatient day program that specializes in managing the rehab needs of patients with cognitive deficits after a stroke or brain injury. The NeuroRehab Program accepts patients from adolescence through the geriatric years.

Admission criteria for stroke survivors include:

- Medical stability
- Continent of bowel and bladder
- Ability to learn and progress toward goals
- Willingness to attend and participate reliably
- Willingness to address substance abuse if needed
- Willingness to address psychiatric conditions if needed

The team approach offered to the stroke outpatient in the NeuroRehab Program is individualized to decrease the level of disability and the need for assistance, while increasing productivity in the home, workplace, and community.

Services offered at the NeuroRehab Program include:

- Cognitive, behavioral, and emotional treatment
- Physical conditioning
- Vocational preparation
- School re-entry
- Substance abuse counseling
- Driving skills training
- Bioptic Driving Program
- Home evaluations
- Home management
- Mild Brain Injury Program
- Visual-perceptual treatment
- Job analysis
- On-site work evaluations
- On-site work re-entry
- Preparation for independent living
- Prevention and wellness education.

The NeuroRehab Program team consists of:

- Occupational Therapists
- Speech-Language Pathologists
- Physical Therapists
- Psychologist
- Case Manager
- Recreational Therapist

- Rehab Aide

The NeuroRehab Program works closely with the Frazier Neuropsychology department to make appropriate referrals to obtain information from neuropsychological evaluations. Neuropsychological evaluations provide valuable information to the patient, the family, and the therapists working with the patient. These assessments are part of the outpatient treatment program. The information gained from the neuropsychological assessment can help determine the individual's current level of functioning and learning abilities for school or work environment, in addition to identifying cognitive skills that need to be addressed in therapy.

The NeuroRehab Program also collaborates with the Department of Vocational Rehab which is a state funded agency that provides a vocational counselor that assists patients with return to school or gainful employment.

Many stroke survivors will not need the intensity of the NeuroRehab Program. Frazier offers outpatient stroke rehab at multiple locations throughout the Louisville Metro area. The case manager can help the patient and family to identify the most suitable location to receive outpatient therapy based on location or specialized services available.

The outpatient clinic located in the downtown Frazier Rehab Institute building has access to all the equipment and technology available to the inpatient stroke patients. Young children are best served in our downtown outpatient pediatric program. The children are treated on the pediatric floor in the specialized therapy spaces with the appropriate equipment and team members.

Home Health Therapies

Some patients may require therapies provided in the home (home health therapy) for a period of time because travelling to an outpatient setting may be too difficult for them. Frazier can provide rehab in the home through the Visiting Nurse Association (VNA) that is a part of Jewish Hospital and St. Mary's Healthcare or can make referrals to other home care agencies if preferred by the family.

Subacute Rehab ins Skilled Nursing Facilities

Some patients may continue to require 24 hour nursing care and a less intense level of therapy and may be discharged to a skilled nursing facility. The case manager will guide the patient and family through this process and assist in the transfer to the skilled nursing facility.

Ongoing Support Systems

Frazier Rehab Institute in conjunction with the Louisville Metro Parks Adapted Leisure Program leads a monthly Stroke Support Group at the Douglass Community Center. This community based support program offers education and social networking and is available to Frazier patients and anyone in the community who has experienced a stroke. Peer support has proven invaluable to many individuals who have survived a stroke.

St. Mary's and Elizabeth Hospital also offers a stroke support group, the Friendly Stroke Folks.

Maintaining Wellness and Fitness After Stroke

Frazier has developed the Community Fitness and Wellness Center within the downtown Institute. Individuals with disabilities can become members of this program to improve cardiovascular/aerobic fitness, muscular strengthening and flexibility. Professionally trained staff and state of the art, accessible equipment are paired to develop individualized exercise programs for members.

Frazier's Commitment to Stroke Survivors and their Families

The Frazier Rehab Institute Stroke Rehab Program provides intensive and comprehensive services designed to prevent or minimize chronic disabilities while restoring the person to optimal levels of physical, cognitive, social, and emotional functioning. The clinical team is both competent and compassionate. We are committed to providing the best environment, services, and education to assist the patient to achieve the highest level of independence possible.

We understand that experiencing a stroke impacts the patient, family, and network of friends. We try very hard as a team to be aware of the difficulties each one is experiencing and to help you feel comfortable with and knowledgeable about the services we are providing you. In other words, we want you to be completely satisfied with your experience at Frazier Rehab Institute. We are always grateful for feedback from our patients and their families to guide us toward improvements in our care and services.