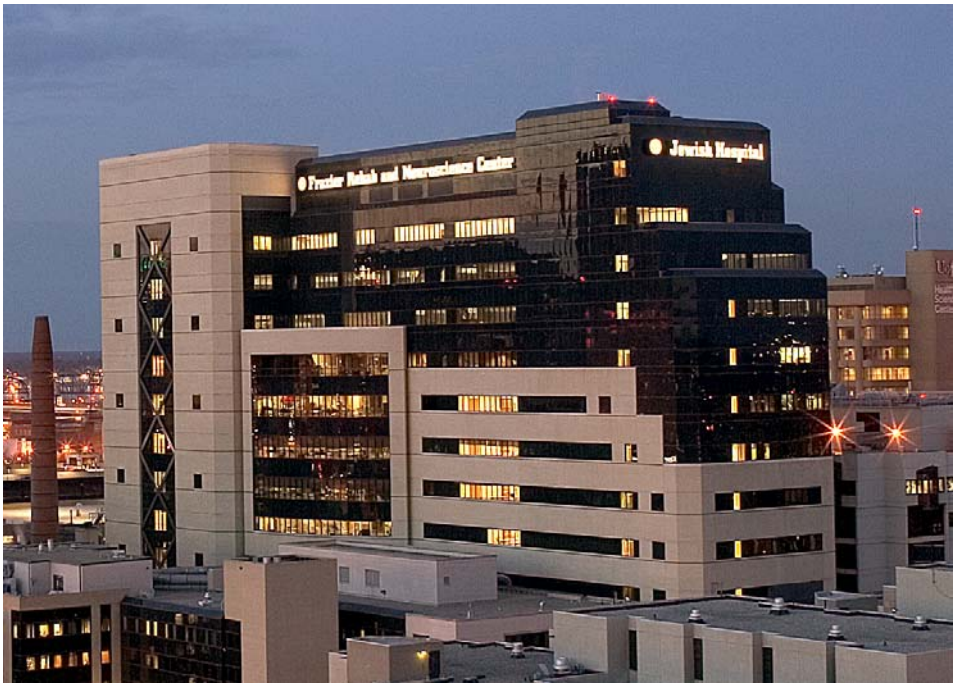
SPINAL CORD MEDICINE

HANDBOOK FOR PATIENT AND FAMILY



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

Frazier Rehab and
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THE PATIENT AND FAMILY HANDBOOK

This Handbook is designed to give you the information to better understand spinal cord injury and the tools needed to manage your health care needs successfully. Information is intended for you and your family because, those who love you, will often be involved in assisting you with your care needs while in the hospital, and in the home environment. As you read through the Handbook, your rehab team at Frazier is available to address your questions and provide you more information pertinent to your needs.

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A BRIEF NOTE ABOUT THE FOUNDER OF FRAZIER REHAB INSTITUTE

In her early 20's, Amelia Brown of Louisville sustained a spinal injury in a car accident in the 1940's. With no rehabilitation services in Louisville, she traveled to New York for treatment. After returning to Louisville, she married a physician, Dr. Harry Frazier. Believing Louisville needed its own rehabilitation facility, Mrs. Frazier founded the Frazier Institute of Physical Medicine and Rehabilitation in the early 1950s. Her son, Owsley Brown Frazier, served as Chairman of the Fund Raising Committee for Frazier's new building, named the Frazier Rehab and Neuroscience Center, which opened in 2006.

DISCLAIMER

The information contained herein is intended to be used in accordance with the treatment plan prescribed by your physician and with the prior approval of your physician. You should not begin using any of the methods described in this publication until you have consulted your physician. Jewish Hospital & St. Mary's HealthCare, Inc. D.B.A. Frazier Rehab Institute, its affiliates, associates, successors and assigns, as well as its trustees, officers, directors, agents and employees are not liable for any damages resulting from the use of this publication.

COMPREHENSIVE REHAB GOES FAR BEYOND THE REHAB CENTER

Spinal cord injury or impairment due to trauma, disease or congenital (at birth) conditions impacts the whole person - physically, emotionally and mentally. For those who have a spiritual belief, the impact can also be spiritual. The impact is keenly felt in the family also.

With emphasis placed on the whole person, Frazier Rehab Institute individualizes rehabilitation services for you and your family. Services are designed to:

- Stabilize you from a medical standpoint
- Provide state of the art therapies designed to get you moving again to achieve the highest level of independence possible
- Assist you and your family to deal with the psychological, vocational, relational (relations between you, friends and family), economic, academic, leisure and other life long care issues
- Provide you and your family the information and skills needed to maintain/enhance your health after discharge from the inpatient setting
- Provide a life long system of medical and rehabilitative care to maintain and enhance wellness

Individualized assessment of your needs determine the medical and rehabilitative services appropriate for you and your family.

YOUR SPINAL CORD MEDICINE TEAM AT FRAZIER REHAB INSTITUTE

Rehab Physicians, called Physiatrists, are specialty trained in physical medicine and rehabilitation with emphasis on spinal cord injury and impairment, brain injury, stroke, orthopaedic care and other neuro-muscular diseases. Your rehab doctor will manage and direct all medical and rehabilitative care provided to you while you are hospitalized and may follow you for years thereafter.

Care Coordinators are active with you and your family making plans for admission, communicating with your insurance company, and making preparations for discharge. After you leave the hospital, the care coordinator continues to serve as a resource person for you and your family.

Rehab Nurses provide a continuous link between you and your physician while delivering hands-on medical care and education to you and your family 24-hours-a-day, seven-days-a-week. After hospitalization, you will have access to Frazier's spinal cord nurse coordinator in the Spinal Cord Outpatient Clinic and by phone.

Physical Therapists focus on enhancing mobility, improving range of motion, maintaining optimal muscle strength and tone, and providing such specialized services as body weight assisted ambulation (Locomotor Training), functional electrical stimulation and aquatic therapy.

Occupational Therapists focus on developing self-care skills needed for activities of daily living, including work and school related activities, and driving incorporating the use of assistive technologies across many activities as appropriate.

Respiratory Therapists work to restore and/or maximizes lung function and health. They provide individualized care that may include: ventilator management and training to you and your family; and instruction of proper breathing techniques

Speech and Language Pathologists focus on your speech and language skills, cognitive functioning and your ability to swallow safely. They provide treatment as needed.

Dietitians closely monitor your nutritional intake, make treatment recommendations and provide appropriate education to you and your family about your nutritional needs after injury.

Recreational Therapists involve you in numerous activities in and out of the hospital that are designed to teach community re-entry skills and enhance your quality of life over the life span.

Psychologists are involved with you and your family's social and emotional adjustment to the injury/disease. Services are provided individually, to couples and to families, and through psycho-educational group sessions.

Peer Mentors are individuals with successful life experience living with spinal cord injury or impairment. Peer Mentors are involved in treatment planning and meet with you and your family as appropriate.

Other team members may include a vocational counselor, rehab engineer and teachers.

AFTER DISCHARGE FROM THE REHAB HOSPITAL

After discharge from the rehab hospital, you will likely be involved in some of Frazier Rehab Institute's after hospitalization programs.

- Outpatient therapies
- Day Rehabilitation
- Spinal Cord Medicine Clinic
- Locomotor Training
- On-going Leisure, Recreational and Competitive Community Based Activities
- Aquatic Therapy
- Assistive Technology Lab
- Seating and Equipment Clinic
- Peer Mentors
- Driver's Evaluation
- Gait Analysis Lab
- Spinal Medicine Research Projects

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YOUR AND YOUR FAMILY ARE TEAM MEMBERS

Comprehensive rehab is defined as a process of teaching a person to live with their injury or spinal cord impairment in their own environment. This learning should begin soon after injury/disease and, for most, continues throughout a lifetime. Success cannot be achieved by the doctor working alone, or by any one therapist, or by any single community program, or only by you and your family. Success in rehab is the result of a team working in a coordinated and cooperative manner. You and your family, along with doctors, nurses and therapists, are all Team Members. Please share with us what your think, what your needs are and your questions. Learning to work together is important to your recovery.

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