

TAMPA GENERAL HOSPITAL PEDIATRIC INPATIENT REHAB PROGRAM FAQs

Hello, and welcome to the TGH Pediatric Inpatient Rehab Program. The following is a list of questions frequently asked by parents and caregivers regarding rehab. The Pediatric Rehab Admission Liaison will be contacting you to discuss the program in more detail.

Q: What are the qualifications for rehab?

A: The child must be able to participate in three hours of therapy/day and requires at least two of the three disciplines listed. The disciplines are the following: physical therapy (PT), occupational therapy (OT) and speech therapy (ST), as indicated. The team will schedule therapy sessions according to the child's ability and specific needs between 8:15 a.m. and 4 p.m. The goal is for the patient to participate in 15 hours of therapy over the course of a seven-day period.

Q: How long will my child be in the rehab program?

A: The average length of stay is two to three weeks; however, each case is looked at individually depending on the specific needs and goals of the child/family. This time frame will be determined by the rehabilitation team according to your child's diagnosis and progress.

Q: What training will be provided to the parents/caregivers?

A: Parent/caregiver training is a large component of our program to ensure the child has a successful transition home with the caregiver. We encourage family/caregiver participation during the day, evenings and weekends. If the child is young or has cognitive impairments limiting safety, we prefer that a caregiver stays with the child overnight.

Q: How will I be informed of my child's progress and how will I be involved in decision making?

A: Members of your team will discuss your child's progress with you daily and will have a formal meeting every Wednesday to discuss your child's progress as well as patient/family goals. The physiatrist (rehab MD) and/or nurse practitioner will talk with you and your family about these meetings, gather your input, and keep you informed about your child's progress and estimated length of stay.

Q: What kind of clothing and personal items will my child need?

A: While in rehab, your child will need a week's worth of comfortable clothes and one pair of shoes (preferably nonskid soles, i.e., sneakers) as they will be going to the rehab gym. Elastic waistbands and loose-fitting clothing are best. Items to include are shorts or long pants, shirts, underwear, socks, pajamas, hairbrush and toothbrush/toothpaste. If a child wears braces or orthotics, please bring them so the therapist can utilize them during treatments. If specific shoes or clothing items are needed, the therapist will discuss that topic with family/caregivers. There is a washer/dryer for personal use.

Q: Should I bring my child's assistive devices or other home equipment?

A: Yes, if your child has any special or customized equipment such as a wheelchair, walker, cane or arm/leg braces, please bring them so that the therapists can evaluate the child while using them and make adjustments, if necessary. Please let the Pediatric Rehab Admission Liaison know what equipment you will be bringing so that appropriate accommodations can be made, if necessary.

Q: Can I stay with my child?

A: Yes, one parent is allowed to room with their child 24 hours a day. The child will be in either a private or semi-private room depending on availability. We encourage caregivers to sleep overnight. This allows you to provide comfort to your child and prepare you for discharge.

Q: Can family and friends visit my child while in rehab?

A: Our Visitation policy as of March 2022 (subject to change): General Visitation Hours are from 8 a.m. to 8 p.m., seven days a week. Child is allowed three visitors at a time. Visitors require a daytime visitor pass issued by the hospital and will need to provide a government-issued photo ID. Visitors may take turns coming into the hospital three at a time throughout general visiting hours. Overnight visitation is limited to one patient-designated support person (18+ years old). Visiting guests under the age of 16 must be accompanied by an adult and must always be supervised. Quiet hours are from 8 p.m. to 5 a.m. If the child is in a semi-private room, we request that both patients and visitors transition to headphones when watching television to promote a healing and restful environment.

Q: Can I take my child outside?

A: If a child/family member requests lobby privileges, the medical team will need to provide clearance. If lobby privileges are approved, family members can take the child outside to designated areas. Patients are not allowed in the cafeteria.

Q: Will meals be provided to the caregiver while my child is in rehab?

A: A diet will be ordered for the child and supplied by our dietary department. A family member will also receive three meals per day (a combination of tray and meal tickets for the cafeteria). TGH has a cafeteria, Starbucks and McDonalds on campus.

Q: Can I bring food from home for my child or myself?

A: There is a parent lounge that has a refrigerator, microwave and coffee machine. We encourage families to bring in the patient's cultural food preferences, following dietary/medical recommendations. The staff asks that all food be labeled with the patient's name and date.



Q: Where can I park?

A: TGH has valet parking service that is offered for a \$5 flat rate from the hours of 5 a.m. to 6 p.m. TGH also has a parking garage on campus. It is free for the first hour and has a flat rate of \$3 after. If you stay multiple days, it is still \$3; you pay when exiting.

Q: When will my child be admitted to rehab?

A: There are multiple factors involved in securing a spot in Pediatric Inpatient Rehab. The child will need insurance authorization and to be medically cleared and admittance is dependent upon bed availability. For children coming from an outside facility, the child will need to arrive at TGH by 4 p.m. and admissions are scheduled Monday-Thursday.

Q: What can I do to help my child recover?

A: A daily activity schedule will be posted in your child's room. Please be sure your child awakens at an appropriate time to have breakfast before starting therapies (8:15 a.m.). If you feel your child needs rest periods, naps can be added to the schedule. Keep in mind that all patients are at high risk for falling. Please use all the safety equipment provided such as nonskid socks, safety belts and bed rails. Most of all, spend time learning about your child's strengths and challenges, and learn about the Home Exercise Program (HEP) you will be performing after discharge. Parents who are actively involved in their child's rehab program feel more secure about their abilities to care for their child when discharge approaches.

Q: Who can I call if I have additional questions?

A: If you have questions, please feel free to reach out to the Pediatric Rehab Admission Liaison, Carin at (813) 844-4172.

Thank you,

Pediatric Inpatient Rehab Team