

Rehab Matters

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REHABILITATION CENTER

New Program Focuses On Building Endurance For Cardiac Patients

Earlier this year, the Rehabilitation Center launched a new inpatient rehabilitation program for patients who undergo surgery to have a ventricular assist device (VAD) implanted.

VADs are surgically implanted mechanical pumps that take over or support the function of failing hearts. They are used in patients after bypass surgery, to support patients who are waiting for a donor heart, and as a permanent therapy for patients with severe heart failure who are not candidates for heart transplantation.

Patients are referred to the program by their cardiologists or surgeons following surgery.

For 76-year-old retired stockbroker Richard Urie of Largo, the program was a godsend.

Richard always enjoyed an active lifestyle, but when his heart began to fail he lacked energy and eventually was unable to participate in physical activities.

It was clear a VAD was his best option. Richard underwent VAD surgery at Tampa General and was one of the first patients discharged into the new VAD Inpatient Rehabilitation Program.

The program is intense – patients participate in three hours of physical and occupational therapy five days a week. Depending on



Physical therapist Lauren Gates assists Richard Urie, 76, with his exercises to build his strength and improve his balance following VAD surgery.

their needs, they may also have speech and recreational therapy.

Most patients enter the program after being hospitalized for a long time, said Jennifer Carotenuto, manager of Inpatient Rehabilitation Services.

The program's goal is to build their endurance, so they are strong enough to return to the community and be as independent as possible, she said. The program's intense focus on rehabilitation allows them to go home within a few weeks, she said.

Through the program patients build up their stamina, and learn how to walk again, transfer from a bed to a chair, how to be safe around their homes, and how to perform their basic personal needs. Family members also

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New Technologies Featured At FAAST Event

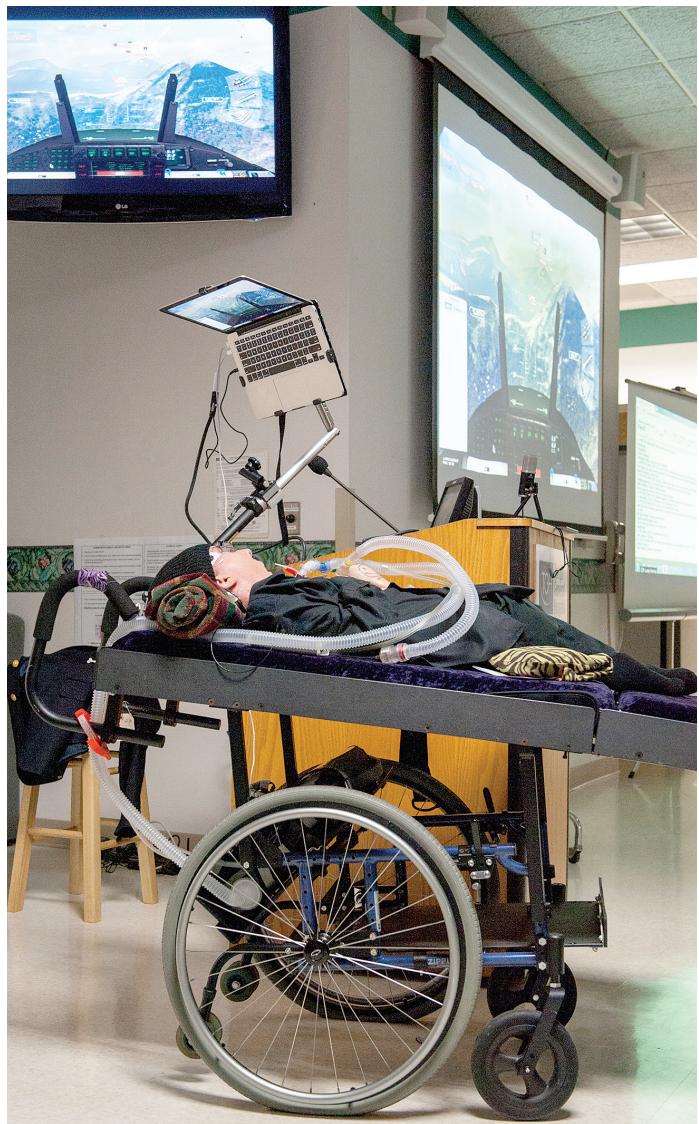
The Florida Alliance for Assistive Services and Technology (FAAST) office in the Rehabilitation Center recently celebrated its 20th Anniversary.

FAAST provides access to assistive devices to children and adults with hearing, vision, speech or physical disabilities.

During the event, Michael Phillips, right, who has spinal muscular atrophy, played a flight simulation game to demonstrate the NeuroSwitch computer software.



Luis Perez, left, has an electrode placed on his head by Control Bionics founder and CEO Peter Ford as he demonstrates NeuroSwitch, a computer-human interface system that allows people with severe disabilities to communicate and control their own environment - including computers - through sensors that detect tiny nerve signals.



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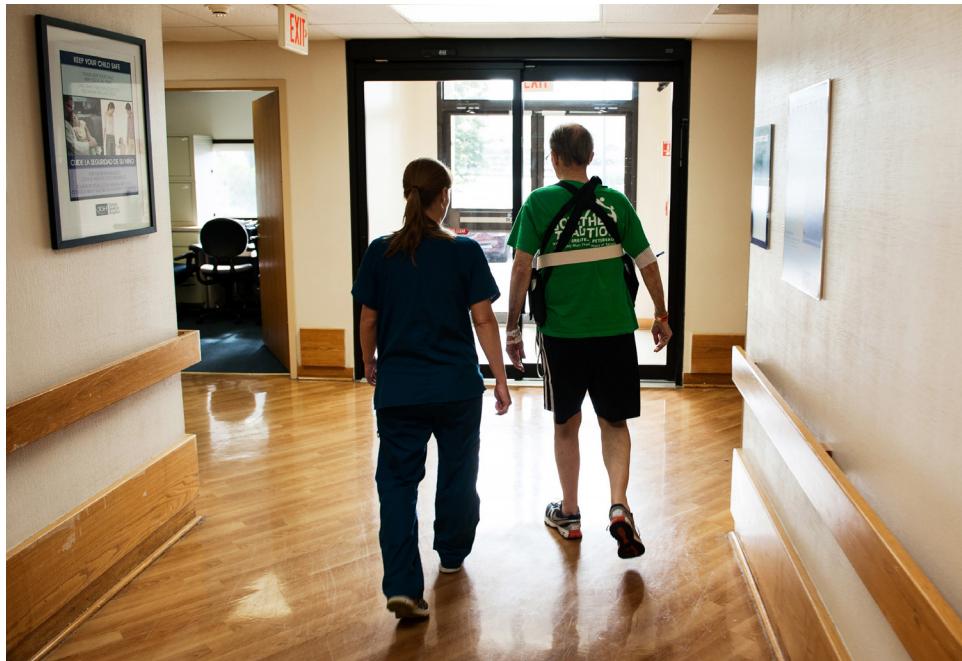
participate in therapy sessions, so they can assist the patient at home, she said.

"We get them as strong as they can be, so they can progress faster," Jennifer said. "For patients this is a great transition. They feel like 'I'm going to be okay at home.'"

For Richard, the program proved beneficial. "I feel good, and I can move better. I'm coming back into exercising," he said.

"I did a lot of walking. It was hard at first to stay balanced and stable. Today I walked a good distance without any help. When I go home I can walk around the house. I want to be as independent as possible," he said.

"Rehab has been great. The care has been above and beyond, and the nurses have a wonderful attitude." **RM**



Patient Richard Uriel, builds his stamina before going home by walking the halls with physical therapist Lauren Gates.

Patients Share Their Stories Of Recovery

Former rehabilitation patients recently gathered to share their stories of recovery and reunite with their caregivers during the 6th Annual Rehab Patient Reunion.

"I don't have words to express how thankful I am and for what the nurses and therapists have done for me and my family," said former patient Angel Martinez. "It's incredible how sensitive these people were. It was an unbelievable journey, and I made it through because of your help," he said.

"I'm trying to get back to real life and independence. I can do everything I used to do ... I just have to be careful," said Shirley Hingson. "We ended up being a family. I thank the girls in Rehab," she said.

Peter Mitchell who works at the U.S. Central Command at MacDill Air Force Base, recounted a motorcycle accident that left him with a traumatic brain injury. After a lengthy stay in the hospital and rehabilitation, Peter returned to work. "I do everything I used to do. I don't ride a motorcycle; I drive a car. I get up every morning and live one day at a time. I am so grateful to God, my beautiful bride, and the people at TGH," he said. **RM**



Recreational therapist Kathryn Gordon, left, catches up with former patient Shirley Hingson during the 6th Annual Rehab Patient Reunion.

Inpatient Pediatric Rehabilitation Program Outcomes

During the period January 2013 through December 2013, 70 patients were admitted to the Tampa General Hospital Rehabilitation Center's Inpatient Pediatric Rehabilitation Program.

Of those, eight patients had strokes, 31 patients had brain injuries, five patients had spinal cord injuries, eight patients had Cerebral Palsy and 18 patients had other diagnoses like trauma, orthopedic injuries or other neurological disorders.

Average age of patients in the program: 10.8 years

Average length of stay: 29.9 days

Change in functional independence score (WeeFIM) from admission to discharge: 25 (National average: 23.3)

Discharge to community: 98.6%
(National average: 87.7%)

Patient Satisfaction Survey Results

- 96% of the patients and/or families surveyed rated the care provided by our nurses and therapists as "good" or "excellent."
- 87% of patients who responded to the survey said they would be willing to return to the Rehabilitation Center for their future needs.

(Source: Patient Satisfaction Survey completed prior to discharge by patient/caregiver.) **RM**

Adult Inpatient Rehabilitation Program

2013 OUTCOMES

Name of Program	Total # of Patients	Average Length of Stay	Discharged Home or to ALF	Discharged to Acute
Comprehensive	248	15	79%	12%
Stroke	196	19	64%	13%
Orthopedic Concerns	222	12	84%	6%
Brain Injury	178	16	74%	16%
Spinal Cord Injury	80	20	76%	11%

In 2013 there were patients with diagnoses not listed above (including burn, cardiac, amputation, transplant, etc.) who were admitted to the Adult Inpatient Rehabilitation Program. A total of 924 patients were admitted to the Tampa General Inpatient Rehabilitation Program from January to December 2013.

Patients were seen for a combination of physical therapy, occupational therapy, and speech therapy for a minimum of three hours a day, five days a week, or a minimum of 15 hours over the course of seven days. Nursing, psychology and recreational therapy services were also provided.

Age: The average age of our patients was 63 years old

Gender: 50% were male and 50% were female

Overall, patients improved their predicted ability to function independently by 28 points (Average)

The Patient Satisfaction Survey (Press-Ganey Survey Results)

Jan. – Dec. 2013: On average, 86% of our patients surveyed stated that they would recommend the Tampa General Rehabilitation Center to their family and friends. **RM**

RehabMatters

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About Tampa General Hospital Rehabilitation Services

Rehabilitation Services at Tampa General Hospital are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for the following adult and pediatric programs:

- Comprehensive Integrated Inpatient Rehabilitation
- Outpatient Interdisciplinary Chronic Pain and Headache Management Rehabilitation
- Inpatient and Outpatient Spinal Cord Injury Rehabilitation
- Inpatient and Outpatient Brain Injury Rehabilitation
- Inpatient Stroke Rehabilitation



Rehabilitation Services is also designated by the Florida Department of Health as a provider of services to both adult and pediatric Brain and Spinal Cord Injury Program (BSCIP) patients. Our services are accredited by The Joint Commission, and TGH is proud to be a Magnet hospital.

In addition to inpatient programs, Rehabilitation Services' continuum of care includes services provided by hospital-based rehabilitation therapists and physician services for new and follow-up patients in the Rehabilitation Medical Clinics.



REHABILITATION CENTER

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