

# Jefferson Acute Rehabilitation Unit



## Stroke Specialty Program Overview Clinical Outcomes and Patient Satisfaction Fiscal Year 2018

### Rehabilitation For Stroke

Rehabilitation is the process of helping an individual achieve the highest level of independence and quality of life possible after a stroke - physically, emotionally, socially, and spiritually. Rehabilitation does not reverse or undo the damage caused by a stroke, but rather helps restore the individual to optimal health, functioning, and well-being. Rehabilitate (from the Latin "habilitas") means "to make able again."

### The Rehabilitation Team

Our Stroke Rehabilitation Team is centered around the patient and family. Family members learn about impairments and disabilities caused by the stroke and how to help the patient achieve optimal function again. The team is made up of many skilled professionals, including a rehabilitation physician, rehabilitation nurse, physical therapist, speech-language pathologist, occupational therapist, case manager/social worker, pharmacist, dietician, therapeutic recreation specialist, and a rehabilitation psychologist. The team helps set short and long-term treatment goals for recovery. Our case managers provide social work expertise to link patients and families to a vast array of community resources, including other service providers, support groups and vocational rehabilitation, thus ensuring a safe and appropriate discharge.

### The Focus of Care

The Stroke Rehabilitation Program is designed to meet each person's specific needs, therefore, each program is different. Some general treatment components for stroke rehabilitation include the following:

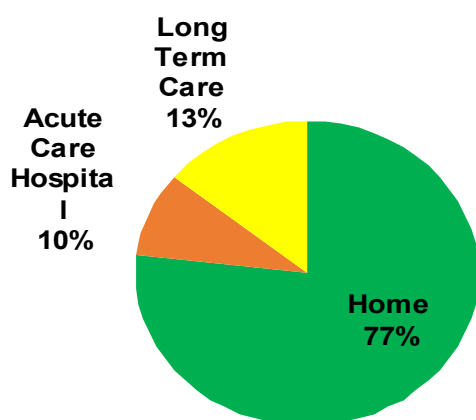
- Prevention, recognition, assessment, medical intervention, family/patient education & treatment of conditions related to stroke and preventing complications.
- Treating the disability and improving function using strategies tailored to meet the needs of stroke patients such as neurodevelopmental therapy and motor learning techniques.
- Using technology such as the "LiteGait®", "NeuroMove™", "Guldmann Lift™", "Vital Stim Therapy®", the Bioness Integrated Therapy System (BITS), Kessler Foundation Prism Foundation Adaptation Treatment (KF-PAT), the Fiberoptic Endoscopic Evaluation of Swallowing (FEES) program to achieve treatment goals .
- Promoting functional independence, providing adaptive equipment & decreasing barriers.
- Assisting patients and families how to adapt to lifestyle changes and promoting quality of life.
- Promotion of lifestyle change to focus on reducing risk factors for recurrent stroke.

## Patient Characteristics for Stroke Population

Rehabilitation of stroke survivors is a major emphasis of our rehabilitation program. Stroke patients accounted for 27% of the persons we served July 2017 – June 2018. (FY 2018) Nearly 100% of the patients served were living at home alone or with family prior to having a stroke and 59% were 65 years or younger. Many patients are admitted to the rehabilitation program because of difficulties they are having with walking, bathing and dressing, speech, and solving problems of daily living.

## Outcomes

### Discharge location of Stroke patients admitted to the Jefferson Acute Rehabilitation Unit

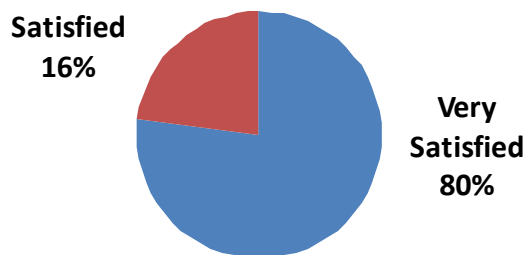


A major goal of our rehab program is to enable people to return to the community following rehabilitation. 77% of our stroke patients achieved this goal in FY 2018.

In FY 2018, 96% of patients in our Stroke program rated their overall satisfaction as “Very Satisfied” or “Satisfied”.

In addition, 96% of stroke patients reported the rehab program prepared them for returning home.

### Patient Experience Results FY 2018



## Affiliation With Jefferson Hospital for Neuroscience Acute Stroke Center



The Stroke Rehabilitation Program is part of a continuum of services that enables patients to receive care in the most appropriate setting as they recover. Our Rehabilitation Unit is affiliated with Jefferson Hospital for Neuroscience, a Comprehensive Stroke Center, one of the most advanced centers in the United States for the diagnosis, management, prevention and research of stroke. It is the largest facility dedicated to the care of acute stroke in the greater Delaware Valley. The continuum of care is multidisciplinary, incorporating, as the needs of each individual patient demand, the expertise of Jefferson’s extensive medical staff of leading specialists in various disciplines as well as state-of-the-art drug therapies, diagnostic tools, and neurosurgical options. Rehabilitation services begin in the early stages of the hospital stay and continue as patients are moved to the rehabilitation unit where Jefferson’s medical staff expertise continues to be available. The thorough discharge planning process ensures that rehabilitation and other services are provided to our patients prior to discharge home.