



Rehabilitation  
Hospital

# AMPUTATION SPECIALTY REHABILITATION PROGRAM



*Nationally Ranked Top 7%  
of Rehab Hospitals for 2015*

Top Performer status based on ranking in the top decile of Uniform Data System  
for Medical Rehabilitation's program evaluation model for nearly 800 facilities.

Mercy Rehabilitation Hospital



## OUR APPROACH

Mercy Rehabilitation Hospital has a long tradition of providing outstanding care with compassion. In 2016, Mercy Rehabilitation Hospital has treated 66 adult amputation patients. We take a holistic approach to rehabilitation that stresses physical, emotional, psychological and social improvement.

Recovering from an amputation can be one of the greatest challenges a person will ever face. However, research shows that an early and specialized amputation rehabilitation program can help to optimize an individual's physical recovery and enhance quality of life.

The two-part program begins immediately following surgery in an acute level of care. In the first phase, focus is on pain control, healing, emotional support and preparing the limb for prosthesis. A prosthetist, a professional who assesses, designs, measures, fabricates and fits various types of upper and lower extremity prostheses, is available through Mercy Rehabilitation Hospital's amputee rehabilitation program. In phase two of our amputation rehabilitation program, patients come back to Mercy Rehabilitation Hospital on either an outpatient or inpatient basis for prosthetic training.

Studies indicate that where a patient with an amputation goes for treatment can make all the difference in his or her recovery. Mercy Rehabilitation Hospital, a specialized acute rehabilitation hospital, delivers a comprehensive program of medical, nursing and therapy care to successfully address the individual needs of each amputation patient. Our goal-directed approach to amputation rehabilitation tailors treatment to help patients:

- restore physical function and enhance the skills needed to perform daily activities
- build strength, improve balance and regain mobility

## REHABILITATION TEAM

Mercy Rehabilitation Hospital's interdisciplinary team draws on the expertise and experience of amputation rehabilitation specialists, including:

- Physicians who manage complex medical needs around the clock
- Rehabilitation nurses who deliver compassionate, evidence-based care to each patient
- Physical and occupational therapists who involve patients in an intensive and comprehensive treatment program for a minimum of three hours a day
- Psychologists and neuropsychologists who address cognitive, emotional or behavioral issues
- Dietitians who oversee that nutritional needs are met
- Case managers who carefully coordinate the individual's stay and discharge plans
- Other important members, including respiratory therapists and a Chaplain

## TREATMENT

A treatment team of physicians, therapists, prosthetists, and nurses work closely together to help each patient reach his or her full potential. This multidisciplinary team meets regularly to evaluate and help the patients achieve their short- and long-term goals. The patient's family members are encouraged to participate in the rehabilitation process.

## EDUCATION

Patients and their families receive counseling and instruction in many important areas to help facilitate the readjustment to a fulfilling lifestyle. Topics of discussion include:

- Understanding the medical, physical and emotional effects of amputations
  - Nutrition
  - The adjustment to disability
  - Vocational counseling
  - The availability and use of adaptive equipment
  - Equipment maintenance
  - Community resources
  - Community reintegration
  - Prosthetics and orthotics
- Each patient also receives a comprehensive manual about amputation rehabilitation that includes information about self-care, nutrition and equipment use.

## OUTCOMES

Studies show that amputation survivors treated at an acute rehabilitation hospital like Mercy Rehabilitation Hospital have a higher level of functional independence and are more likely to be discharged to home than those treated in other care settings. In fact, on average, Mercy's amputation patients have greater improvement during their stay and a higher level of functional independence upon discharge, based on national benchmarks that measure criteria such as locomotion, cognitive ability and activities of daily living.

## SCOPE OF SERVICES AMPUTATION SPECIALTY PROGRAM

Amputation inpatient rehabilitation services are provided to adult and adult geriatric patients who have sustained limb loss, and who are experiencing a loss of function in activities of daily living, mobility, condition, or communication. This program serves persons 18 years and older and accepts persons of varying cultural backgrounds and from all payer sources. All patients are psychologically and medically stable, but have sufficient medical acuity to warrant regular inpatient physician oversight.

As a patient at this inpatient rehabilitation hospital facility, you will receive 24 hour rehabilitation nursing, and a minimum of three hours of therapy per day, no

less than five out of seven days in the week. Your therapy program, including the frequency, intensity and length of stay, will be designed according to your needs after you have been fully evaluated by the rehabilitation team, and ongoing at weekly team conferences. Therapy services are normally provided from 7:00 a.m. to 4:00 p.m. on weekdays, with some weekend therapies provided based on your individual plan of care. You will receive an average of three hours of therapy five days per week.

Based on your ongoing needs the interdisciplinary team may include the rehabilitation physician, hospitalist, rehabilitation nurse, case manager, physical therapist, occupational therapist, speech language pathologist, recreational therapist, dietician, wound care team, respiratory therapy, chaplain services, and psychology services. The team will work with you and your caregiver(s) to determine the best discharge environment for you based on your needs at the time of discharge. To prepare for patient/caregiver training sessions with interdisciplinary team members may also occur. The goal is to return home and reintegrate into the community from this hospital. In order to achieve this, a community outing and/or home evaluation may be recommended. If you are unable to return home, the team will assist you and your caregiver(s) in making other arrangements to facilitate a safe and successful transition to the next level of care.

### **REFERRAL SOURCES:**

We receive referrals from the St. Louis area, surrounding counties, and from across the United States. Persons with amputation are accepted from acute hospitals, long term acute care hospitals (LTACH), skilled nursing facilities, home health agencies, outpatient centers, physicians as well as self-referrals.

### **SPECIFIC SERVICES (DIRECTLY OR BY REFERRAL)**

The following services are provided as need at the hospital, unless otherwise noted:

- Physical Medicine and Rehabilitation
- Internal Medicine
- Rehabilitation Nursing
- Physical Therapy
- Occupational Therapy
- Speech Pathology
- Clinical Psychology (72 hour response time)
- Social Services/Case Management (72 hour response time)
- Respiratory Therapy
- Dietetic Services (72 hour response time)
- Pharmacy with remote after hours order verification (inpatient service only)
- Recreational Therapy
- Chaplain
- Wound Nurse
- CT scan, MRI, interventional radiology-provided by referral at local hospital
- Prosthetics and Orthotics by referral

The Hospital provides for the following under arrangements onsite:

- Diagnostic Radiology - same day testing/24 hour results
- Pathology and Clinical laboratory - same day testing/results 24 hours or less
- Dialysis - scheduled per required dialysis treatment day
- Modified Barium Swallow - scheduled, immediate results
- PICC Line Insertion - scheduled

### **INSURANCE AND PAYMENT SOURCES:**

Your stay will be reviewed prior to admission and approved based on medical necessity criteria and will cover most services provided during your inpatient rehabilitation stay, as long as you continue to meet criteria. The Medical Director will evaluate whether you meet these criteria, but this is always subject to Medicare/Insurance review. If there are limitations in your coverage, your case coordinator manager will discuss these with you, as well as alternative resources to help meet your needs.

Out of pocket expenses that you may incur depend upon your specific insurance coverage, co-payments, benefits and eligibility. Most patients may need to purchase durable medical equipment (wheelchair, walker, commode, etc.). Insurance coverage for this equipment varies. Bathroom devices such as shower benches are generally not covered by insurance.

### **ASSISTANCE WITH FINANCIAL RESPONSIBILITY:**

A financial counselor is available to assist you and your family in understanding your benefits, co-payments, and responsibilities before or after admission. If you need assistance or information, please contact the Business Office Manager at 314-881-4011.

### **CONTACT**

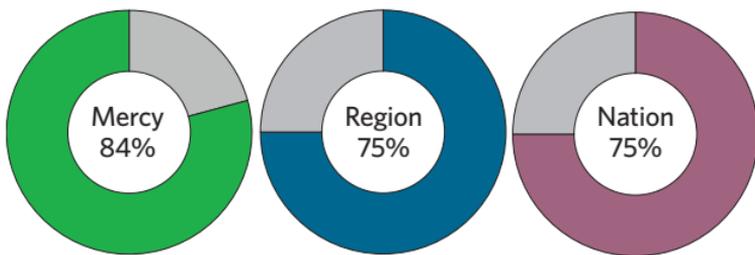
At Mercy Rehabilitation Hospital, we help every individual work toward his or her greatest potential through advanced rehabilitative and medical treatments and compassionate care from skilled medical professionals. For more information or to schedule a tour of our facilities, please call the Mercy Rehabilitation Hospital Admissions Office at 314-881-4004.

### **ACCREDITATIONS**

Joint Commission on Accreditation of Healthcare Organizations  
The Commission on Accreditation of Rehabilitation Facilities (CARF)-  
Comprehensive Rehabilitation and Stroke  
Approved Medicare/Medicaid Provider

# MERCY REHAB OUTCOMES 2016

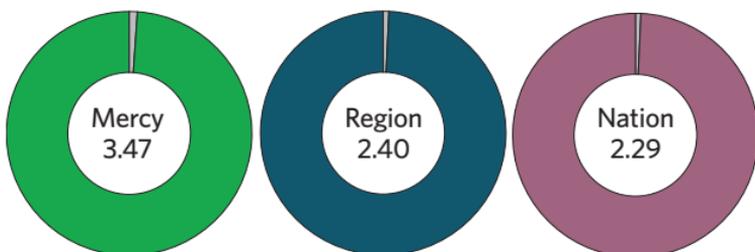
## Discharge to Community - Amputation Rehab



## Patient Satisfaction - Likelihood to Recommend for Amputation Rehab Patients

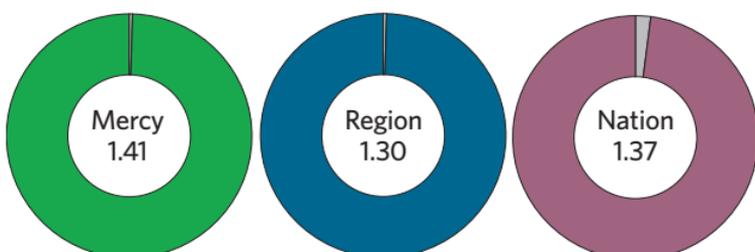


## Length of Stay Efficiency\*



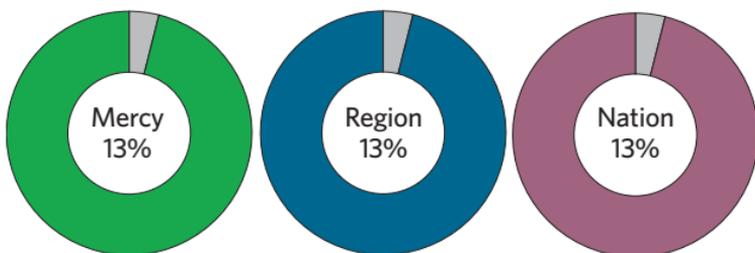
\*Length of Stay Efficiency is a numeric scale that measures a patient's total amount of improvement per day until discharge. A higher LOSE would be that a patient progressed quickly in a short amount of time.

## Case Mix Index\*



\*Case Mix Index is a numeric scale that measures the acuity of a specific type of patient within a diagnosis. The higher the CMI, the more medically complex the patient.

## Acute Care Transfer - Amputation Rehab



Rehabilitation Hospital

Receptionist: 314-881-4000 • Admissions: 314-881-4004

[www.mercy.net/stlrehab](http://www.mercy.net/stlrehab)