



Rehabilitation
Hospital

SPINAL CORD 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 87 adult and 1 adolescent spinal cord injuries. We take a holistic approach to rehabilitation that stresses physical, emotional, psychological and social improvement.

Recovery from a spinal cord injury (SCI) involves significant challenges and important choices – and where an individual goes for treatment can make all the difference.

Spinal Cord Injury rehabilitation at Mercy Rehabilitation Hospital focuses on the delivery of a comprehensive, highly integrated and intensive program of medical, nursing and therapy care to address the complex needs of each patient.

We provide the earliest possible start to rehabilitation and work to optimize the abilities and independence of our patients so that they may return home. This goal-directed approach enables patients to:

- improve physical function and mobility
- develop the skills and strategies to perform daily activities
- utilize adaptive technologies that facilitate activities at home, work and in the community
- overcome the psychological and social problems that often interfere with adjustment to life ahead

OUR PATIENTS

Each year, Mercy Rehabilitation Hospital treats many patients with spinal cord injuries. Some have experienced a traumatic injury as the result of a motor vehicle accident, fall, act of violence or sport-related injury. For others, spinal cord injury is the result of a tumor, infection, cervical stenosis, surgery or other non-traumatic causes.

Many of our patients have a dual-diagnosis of spinal cord injury and traumatic brain injury. For these individuals we offer a highly specialized program to treat the multiple physical, functional and cognitive challenges they face.

REHABILITATION TEAM

Mercy Rehabilitation Hospital's interdisciplinary team of physical medicine and spinal cord injury rehabilitation experts tailors treatment to the individual's rehabilitation goals. This dedicated team includes:

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

SPECIALIZED PROGRAMS

Mercy Rehabilitation Hospital's services provided in the Spinal Cord Injury Program include:

- Home evaluations to determine accessibility
- The Driver's Assessment and Training Program (outpatient)
- A specially designed area to practice skills in a home-like environment
- Community integration outings
- Referrals to vocational and financial assistance agencies

OUTCOMES

Studies show that spinal cord injury patients treated at an acute rehabilitation hospital like Mercy Rehabilitation Hospital achieve better outcomes than those in other care settings. In fact, on average, Mercy 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

SPINAL CORD INJURY SPECIALTY PROGRAM

Spinal cord inpatient rehabilitation services are provided to adolescent, adult and adult geriatric patients who have sustained a traumatic or no-traumatic spinal cord injury resulting in a change of neurological function, as well as other medical conditions of recent onset or regression, and who are experiencing a loss of function in activities of daily living, mobility, bowel, bladder, sensation and/or communication. This program serves persons 16 years and older and accepts persons of varying cultural backgrounds and from all payer sources. Patients may have a complete or incomplete injury. Any level of spinal cord injury is acceptable, however this facility does not accept patients who are ventilator dependent. All patients have significant functional impairments, as well as 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 for 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 a 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 help determine the best discharge environment for you based on your needs at the time of discharge. To prepare for discharge home, regular spinal cord injury education and literature are provided. Individual 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 spinal cord injury are accepted from a variety of setting including but not limited to acute hospitals, long term acute care hospitals (LTACH), skilled nursing facilities, home health agencies, outpatient centers, physicians and 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
- Peer support - by referral on site
- Podiatry -by referral on site
- Nephrology - by referral on site
- Durable medical equipment providers - by referral on site
- Assist with follow up specialists appointments from referring facility if medical necessary

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

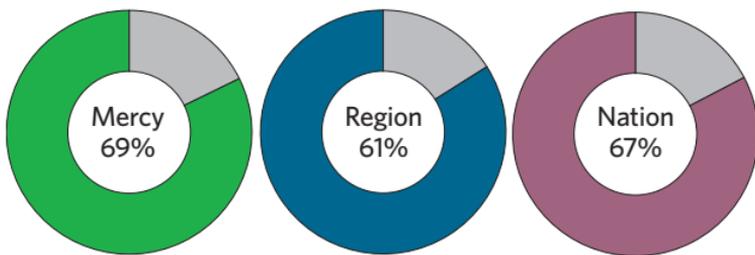
At Mercy Rehabilitation Hospital, we help every individual work toward his or her greatest potential through advanced rehabilitative and medical treatments and compassionate care from skilled medical professionals. For more information or to schedule a tour of our facilities, please call the Mercy Rehabilitation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

ACCREDITATIONS

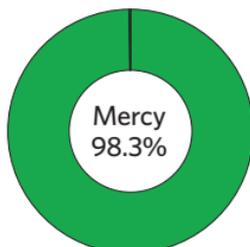
Joint Commission on Accreditation of Healthcare Organizations
The Commission on Accreditation of Rehabilitation Facilities (CARF) —
Comprehensive and Stroke
Approved Medicare/Medicaid Provider

MERCY REHAB OUTCOMES 2016

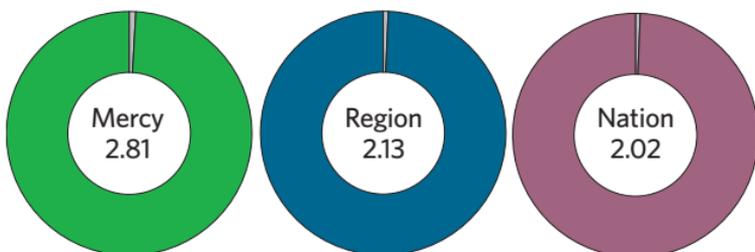
Discharge to Community - Spinal Cord Rehab



Patient Satisfaction - Likelihood to Recommend for Spinal Cord Rehab Patients

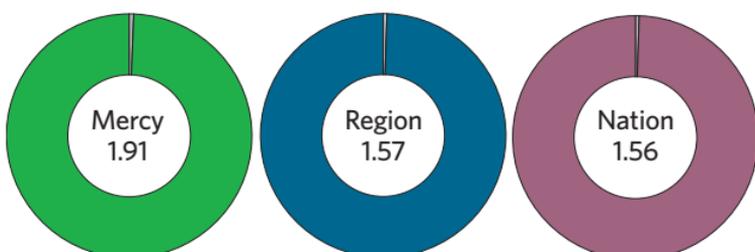


Length of Stay Efficiency*



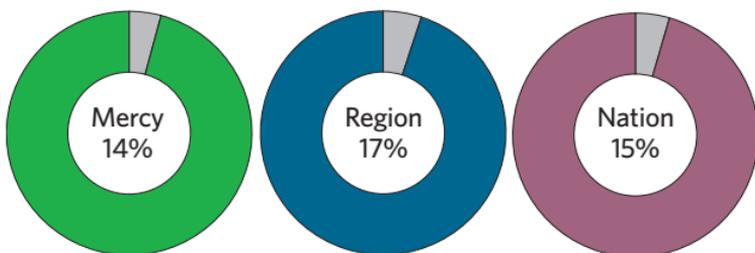
*Length of Stay Efficiency is a numeric scale that measures a patient's total amount of improvement per day until discharge. A higher LOSE would be that a patient progressed quickly in a short amount of time.

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 - Spinal Cord Rehab



Rehabilitation
Hospital

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

www.mercy.net/stlrehab