



Rehabilitation  
Hospital

# STROKE 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 2015, Mercy Rehabilitation Hospital treated 354 adult stroke patients. We take a holistic approach to rehabilitation that stresses physical, emotional, psychological and social improvement.

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

Studies indicate that where a stroke survivor 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 stroke patient. Our goal-directed approach to stroke 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
- improve speech and swallowing
- develop new cognitive and behavioral strategies to compensate for any deficits

## REHABILITATION TEAM

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

- Physicians who manage complex medical needs around the clock
- Rehabilitation nurses who deliver 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 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
- The availability and use of adaptive equipment
- Equipment maintenance
- Community resources
- Community reintegration
- Prosthetics and orthotics

## TREATMENT

A treatment team of physicians, therapists, 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 stroke
- Nutrition
- The adjustment to disability
- Vocational counseling

Each patient also receives a comprehensive manual about stroke rehabilitation that includes information about self-care, nutrition and equipment use.

## OUTCOMES

Stroke patients are treated in acute hospitals on an average of 2-6 days depending on the type of stroke. Typical timeframe of a stroke referral to admit to Mercy Rehabilitation Hospital can be as little as 1 day, depending on medical stability. Studies show that stroke 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 stroke 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 - STROKE SPECIALTY PROGRAM

Comprehensive inpatient rehabilitation services are provided to adult and adult geriatric patients with neurological and other medical conditions of



recent onset or regression and who have experienced a loss of function in activities of daily living, mobility, cognition, or communication. This program serves persons 18 years and older and accepts persons served of varying cultural backgrounds and of all payer sources. All patients are psychologically and medically stable but have sufficient medical acuity to warrant an ongoing hospital stay.

As a patient at Mercy Rehabilitation Hospital, you will receive 24 hour rehabilitation nursing care and a minimum of three hours of therapy per day, no less than five out of seven days in the week per 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. Hours for therapy services are normally provided from 7:00 am to 4:00 pm, weekdays, with some weekend therapies provided based on the patient's plan of care. You will receive on average, three hours of therapy five days per week.

The team will work with you and your family to help determine the best discharge environment for you based on your needs at the time of discharge. The goal is to return home from this hospital. If you are unable to return home, the team will assist you and your family in making other arrangements.

#### **REFERRAL SOURCES:**

We receive referrals from the St. Louis area, surrounding counties, and from across the United States. Stroke patients 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:

- Laboratory testing-provided by referral
- X-ray, Doppler's-provided by referral
- Pharmacy services-provided directly (inpatient service only)
- PICC line insertion- provided by referral
- Hemodialysis, peritoneal dialysis-provided by referral, provided on site
- CT scan, MRI, interventional radiology-provided by referral at local hospital
- Prosthetics and Orthotics by referral
- Modified Barium Swallow, by referral, provided on site

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

Medicare and your supplemental secondary insurance (if you have one) will cover most services provided during your inpatient rehabilitation stay, as long as you meet the admission and continued stay criteria. The Medical Director will evaluate whether you meet these criteria, but this is always subject to Medicare review. If you have other types of insurance, your benefits will be verified before admission. If there are limitations in your coverage, your case coordinator 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. Mercy Rehabilitation Hospital evaluates and admits patients 7 days per week. For more information or to schedule a tour of our facilities, please call the Mercy Rehabilitation Hospital Admissions Office at 314-881-4004.

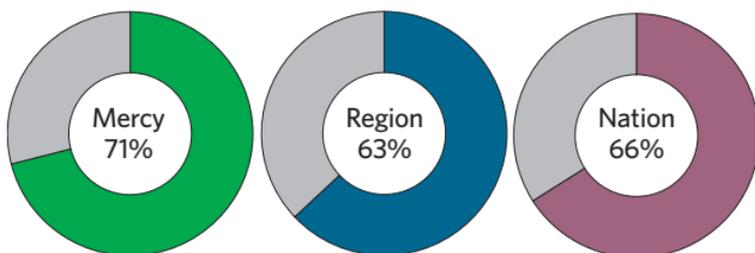
#### **ACCREDITATIONS**

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

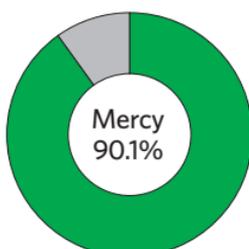


# MERCY REHAB OUTCOMES 2016

## Discharge to Community - Stroke



## Patient Satisfaction - Likelihood to Recommend for Stroke Patients

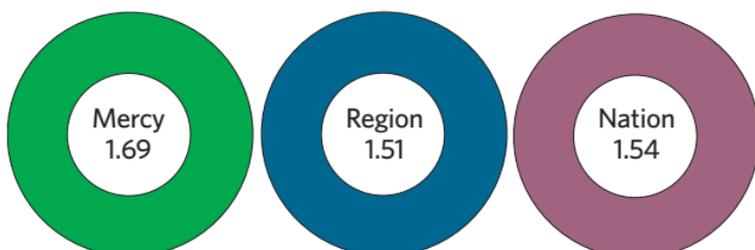


## Length of Stay Efficiency\*



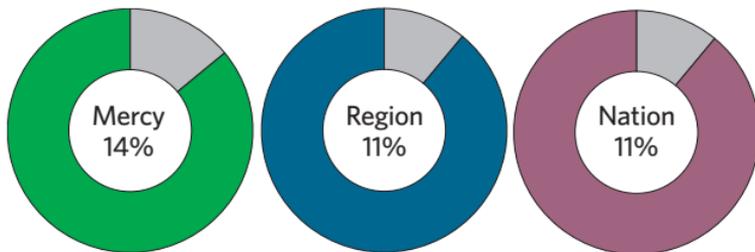
\*Length of Stay Efficiency is a numeric scale that measures a patient's total amount of improvement per day until discharge. A higher LOSE would be that a patient progressed quickly in a short amount of time.

## 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 - Stroke



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

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