

## Family Involvement

Family members are an essential part of the treatment team, and we encourage family involvement through all phases of the Amputee Program.

Family support is especially important in reinforcing independent living skills and a healthy lifestyle at home.

## Discharge & Follow-up

The care and support a client receives at our inpatient level does not end with discharge. Referral to Cardinal Hill's Home Care or Outpatient Services (or referrals to agencies in the client's home community) may be made. The clinic follow-up is to ensure proper healing and at this time the physician and therapists may recommend changes in the client's home program, therapy services or equipment.



## For more information

For more information about Cardinal Hill's Amputee Program or to make a referral, contact the Referral Relations Department at (800) 843-1408 or (859) 367-7120.

"The Amputee Program at Cardinal Hill is exceptional. The staff is terrific, it makes you want to go that extra mile for your therapist to please them."  
**Jessamine County resident**

"Cardinal Hill Hospital is the best hospital I have been in and their Amputee Program prepared me for life with a prosthetic limb. Everyone was professional, friendly and extremely helpful, but they made you work."  
**Madison County resident**

"I feel that I got the full benefit of the Amputee Program. It is like they knew exactly what I needed to prepare me for life after Cardinal Hill."  
**Perry County resident**

2050 Versailles Road  
Lexington, KY 40504

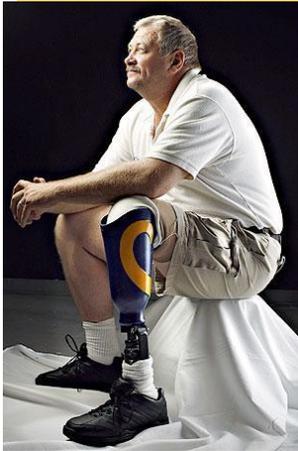
Phone: (859) 254-5701  
[www.cardinalhill.org](http://www.cardinalhill.org)

## Amputee Program



**Cardinal Hill  
Rehabilitation Hospital**

**A Leader in Providing Post Acute  
Physical Rehabilitation Services**



## Our Program

**Cardinal Hill's Amputee Program** serves clients who have undergone amputation of one or more extremities.

The goal of the program is to help the person with an amputation achieve maximal function.

## The Amputee Team

Our team approach helps promote a rapid and safe return to home and community. Some members of the transdisciplinary team may include:

- The client and family
- Physiatrist – physician specializing in Rehab Medicine
- Certified Rehabilitation Nurse
- Physical & Occupational Therapist
- Prosthetist/Orthotist
- Case Manager/Social Worker/Psychologist
- Dietician

## Individual Rehab Plan

Each client's plan of care is designed to meet his/her unique needs. In addition to training in mobility and self care skills provided by nurses, physical and occupational therapists, the plan of care may include any or all of the following services:

- Wound Care
- Speech and Language Therapy
- Home Management retraining
- Adjustment counseling
- Community re-entry activities
- Driving evaluation
- Vocational evaluation
- Community living skills group
- Support group for clients & families
- Evaluation of home environment
- Community referrals

## Rehabilitation Environment

The amputation of a limb, whether through illness or accident, is an emotionally and physically traumatic experience for the client and his/her family.

Cardinal Hill provides a caring, therapeutic environment, promoting both overall health and a return to maximal, functional independence.

## Individualized Care: A phased approach

**The Amputee Program at Cardinal Hill consists of a three-phase approach (the client can enter the program at any step along his/her road to recovery):**

**Phase 1** of the Amputee Program usually requires an inpatient stay of 10-14 days. The client may be referred for phase I shortly after surgery. The program is provided by staff that are specially trained to treat all of the client's post-amputation needs. The focus of this initial phase includes wound healing, instruction in self care skills, wheelchair or walker skills and home safety. The treatment team provides therapy and instructs the client and his/her family in wound care, desensitization techniques and limb shaping to prepare for future prosthetic use. A Prosthetist may also be consulted at this time to provide initial education to the client and his/her family.

**Phase 2** is a period during which the client may be receiving home health services or attending outpatient therapy. Ideally, the client is also being followed by the Cardinal Hill Amputee Clinic, where healing and shaping are monitored. If the situation and timing are appropriate, the Prosthetist may be contacted and the client measured for a prosthesis.

**Phase 3** begins with the completion of the prosthesis. For the client with a lower extremity or upper extremity prosthesis, learning to use the prosthesis to walk and/or function begins at this time. Final adjustments are made to the prosthesis as training progresses under the direction of the client's primary Physical and/or Occupational therapist and Physician. Functional tasks such as bathing, transfers and home management can also be addressed. Phase 3 may be provided on an inpatient or outpatient basis, depending on individual circumstances. Length of stay may vary from one to three weeks for inpatient treatment and longer for most outpatient treatment.