Cardinal Hill Rehabilitation Hospital
Spinal Cord Injury Inpatient Program

Cardinal Hill Rehabilitation Hospital's Spinal Cord Injury Program established in 1978, is a specialty CARF accredited program. We serve clients with neurological and functional loss due to spinal cord injury.

SCI clients served in 2008: 130
Ages of our SCI clients:

16 years and under:	1%
17 to 34 years:	23.8%
35 to 49 years:	28.5%
50 to 64 years:	27.7%
65 years and older:	19.2%

The Spinal Cord Injury Team
A transdisciplinary approach to care ensures that the client's progress is as smooth as possible. Team members include:

- The client & family
- Physiatrist (Physician specializing in Rehabilitation Medicine)
- Rehabilitation Nurse
- Speech-Language Pathologist
- Physical Therapist
- Occupational Therapist
- Case Manager/Social Worker
- Therapeutic Recreation Specialist
- Vocational Rehabilitation Specialist
- Dietitian
- Psychologist

Appropriate consultations are provided as needed.

Education
Clients and families are offered classes to educate them about living with a spinal cord injury. Classes include:

- Anatomy & physiology of the spinal cord
- Respiratory care
- Bladder & bowel management
- Health maintenance
- Medical complications
- Skin care
- Diet & medications
- Equipment
- Community resources/advocacy
- Options for leisure activities

Individualized Care
The client truly is the focus at Cardinal Hill and our transdisciplinary team provides a personalized rehabilitation plan tailored to meet the needs of each client and his/her unique injury. We work with the client and family to focus on realistic, functional goals. These goals are continually reevaluated as the client progresses toward greater independence.

Integrated Treatment Plan
The rehabilitative plan of care after a spinal cord injury may include any or all of the following services:

- Care by a Physical Medicine & Rehabilitation Physician
- Physical, Occupational & Speech-Language Therapy
- Bladder & bowel retraining
- Wound Care
- Adjustment counseling
- Sexuality counseling
- Community reentry activities
- Driving evaluation
- Home management training
- Aquatic therapy
- Vocational evaluation
- Equipment evaluation
- Evaluation of home & work environments
- Peer support program
- Community referrals

Intensity of Services
A rehabilitation physician is available 24 hours a day and reviews each client's care daily. Rehabilitation nurses are available 24 hours a day.
Unless there are medical problems, clients receive three hours of therapy a day, Monday through Friday; with additional therapy on the weekend, when indicated.

Length of Program
The average client stay is 23 days, however the length of stay varies depending on the client's needs.

Family Involvement
Cardinal Hill believes that family support is a key ingredient to a successful rehabilitation experience following a spinal cord injury. We encourage the family to be active participants in the client's program as he/she works to achieve functional goals. We provide individual counseling, support groups and family education to prepare caregivers to deal with the client's new needs.

Follow-Up Services
The relationship with Cardinal Hill does not end when the client is discharged. Continuing rehabilitation needs can be met through regularly scheduled follow-up visits in our Outpatient Clinic, continued therapy services in either an intensive Day Program, Outpatient or Home Health settings. For traumatic spinal cord;

- 77.0% of clients return to follow-up clinic
- Clients average 1 clinic visits within 1years following inpatient rehabilitation
- 21.0% of clients attend seating & mobility clinic
- 24.2% of inpatients return for outpatient therapy at Cardinal Hill, averaging 11.7 visits.
- Follow-up recommendations include communicating with the client's Primary Care Physician.

For More Information
For more information about Cardinal Hill's Spinal Cord Program, call us at (859) 254-5701

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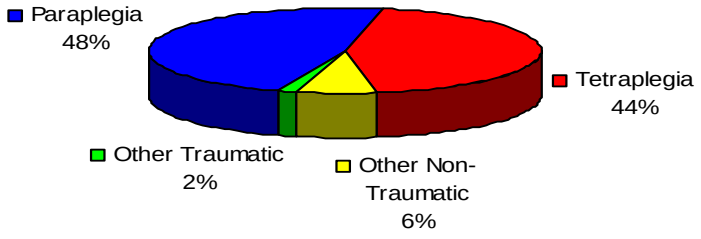
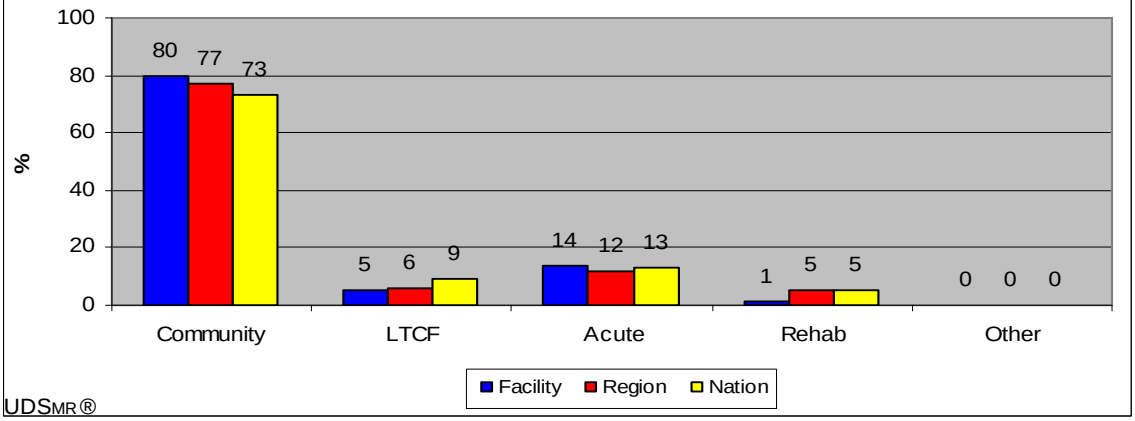
Spinal Cord Diagnosis Mix: January - December 2008



Spinal Cord Injury Population Unadjusted Benchmark Comparison Facility, Region, Nation 2008



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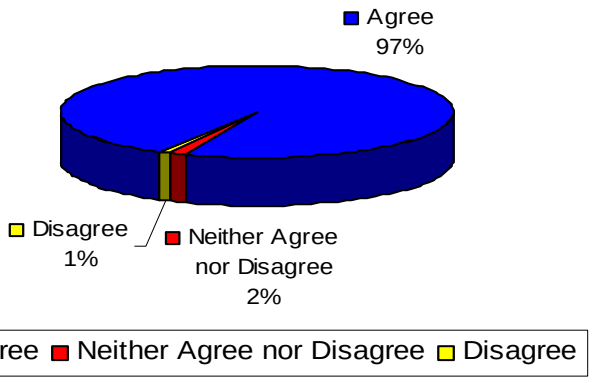
Spinal Cord Population Client Satisfaction Results: While here, I have been helped to get better January - December 2008