Cardinal Hill Rehabilitation Hospital
Acute Inpatient Stroke Program - 2012

Cardinal Hill's Stroke Program was created in 1978 with one goal: to return patients to meaningful lifestyles in the shortest time possible. We help patients reach their goals to function independently through benchmark rehabilitation services.

Number of patients served 2012: 505
Ages of our patients:

24 years and under	1.0%
25 to 49 years:	10.3%
50 to 64 years:	28.4%
65 years or older:	60.7%

An Interdisciplinary Stroke Team
An interdisciplinary team specializing in the unique needs of Stroke patients provides an individualized treatment plan. In addition to the Patient and family the treatment team may include:

- Physiatrist (Physician specializing Rehabilitation Medicine)
- Rehabilitation Nurse
- Physical Therapist
- Occupational Therapist
- Speech Language Pathologist
- Case Manager/Social Worker
- Neuropsychologist/Psychologist
- Dietician
- Pharmacist
- Chaplain

Appropriate consultations are provided as needed.

Integrated Treatment Plan
The rehabilitative plan of care for our patients is designed based on a reasonable expectation of improvement:

- Physical, Occupational & Speech-Language Therapy
- Swallowing evaluation & retraining
- Community re-entry group
- Stroke education classes
- Bowl & bladder retraining
- Diet & medication teaching
- Adjustment counseling
- Home Management training
- Evaluation of home environment

Intensity of Services
A rehabilitation physician is available 24 hours a day and reviews each patient's care daily. Rehabilitation nurses are available 24 hours a day.

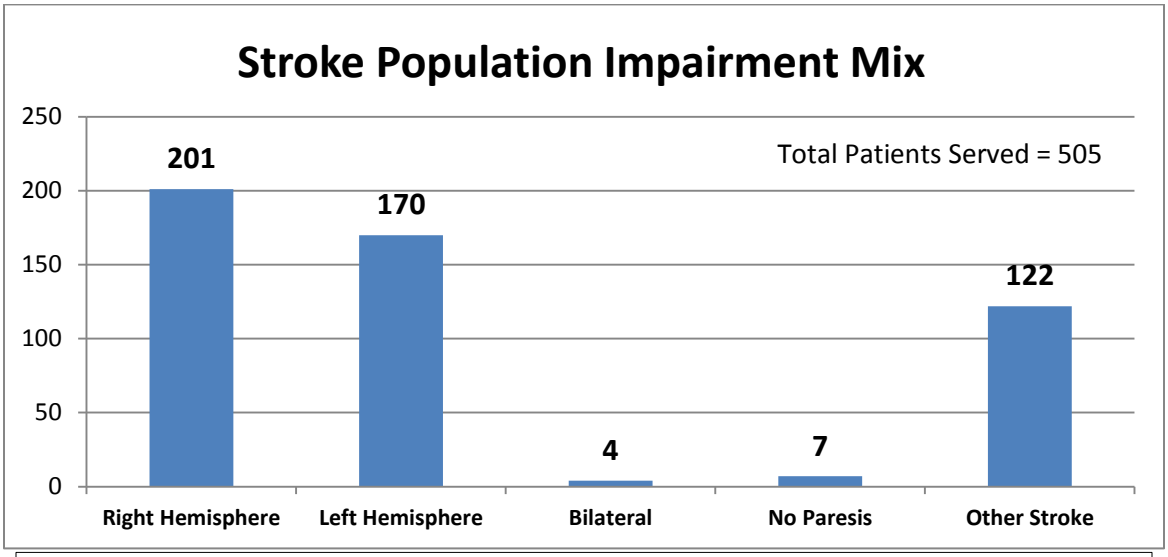
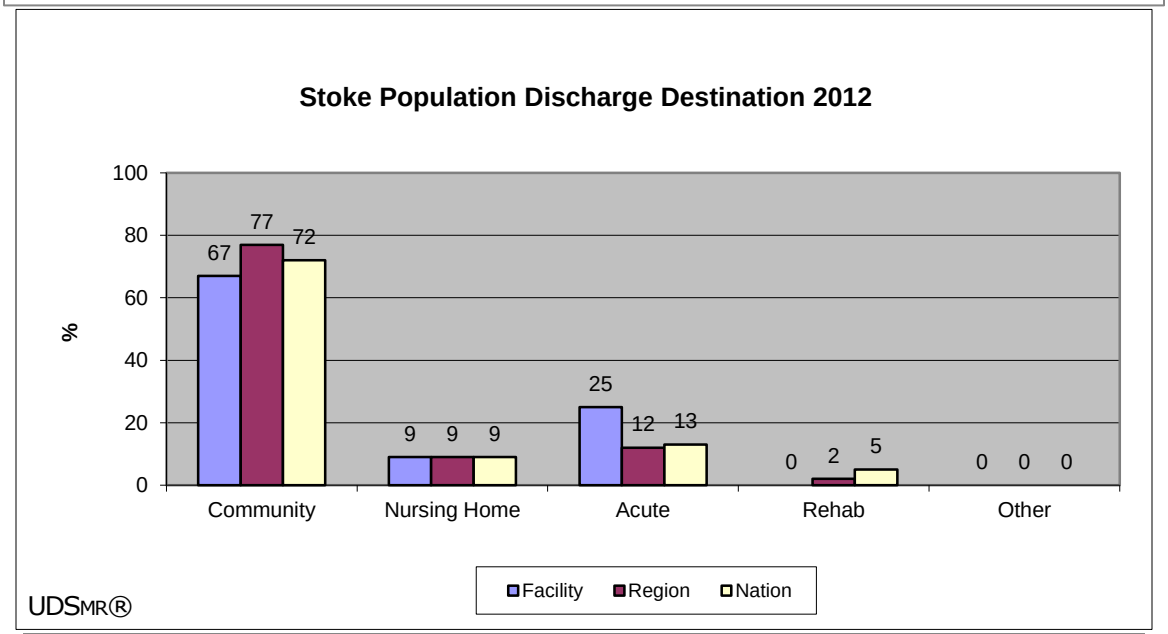
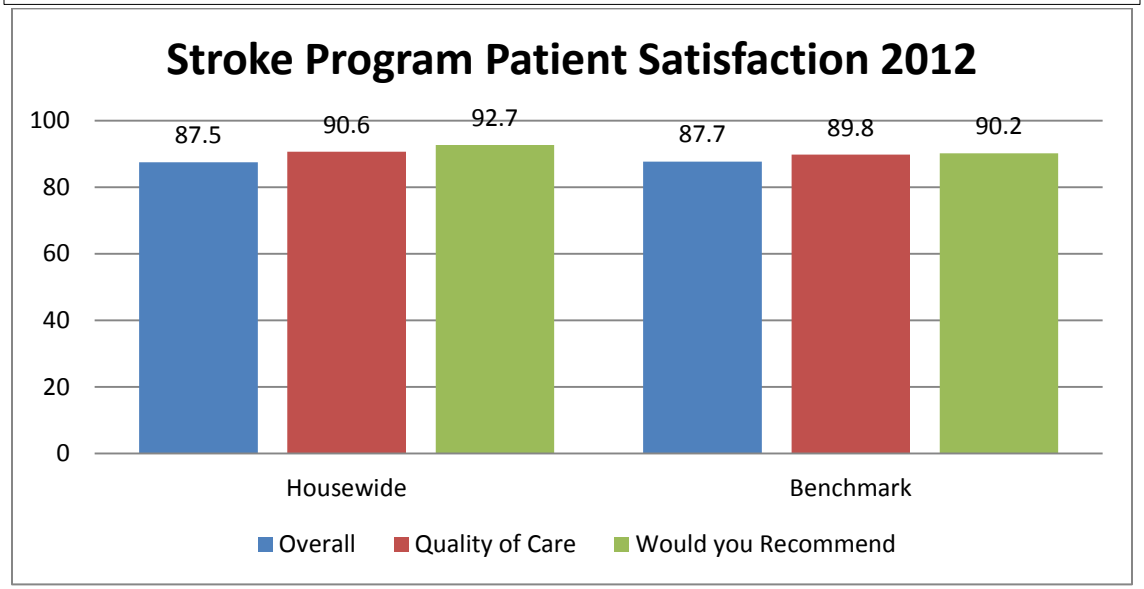
Unless there are medical problems, patients receive three hours of therapy a day, Monday through Friday; with additional therapy on the weekend, when indicated.

Family-Center Recovery
Family involvement is vital to a patient's success in rehabilitation. Visiting hours are open daily. We encourage the caregiver to participate in therapy sessions, training and support groups.

Personalized Care
Each patient receives a personalized rehabilitation plan with the goal to restore independence to patients experiencing a debilitation crisis. Each plan takes into account the patient's previous abilities, health, the area of the brain affected by the stroke and the extent of the injury. Patients work to improve mobility, self-care, communication and socialization while promoting a healthy lifestyle. Hospital length of stay and discharge are dependent upon the patient's progress, the home situation and the level of family involvement.

Follow-Up Services
The patient's relationship with Cardinal Hill does not end with discharge from the inpatient program. Each patient's primary care physician will receive a copy of the Discharge Summary. Outpatient or Home Care Services can begin immediately. These may include a day program or Adult Day Health. A referral to a provider closer to home may be made for the patient's convenience.

The patient also may be scheduled to return for Outpatient Clinic visits with his/her Cardinal Hill Physician. During these visits, progress is assessed and changes are made in the home program or equipment, as needed.

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

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