Cardinal Hill Rehabilitation Hospital
Orthopedic Inpatient Program - 2012

Cardinal Hill Rehabilitation Hospital offers both acute and sub-acute care for orthopedic patients. Cardinal Hill's state-of-the-art facility and team of caring professionals create an atmosphere that supports the orthopedic patient's recovery and progress. Patients work with experienced professionals who specialize in treating orthopedic conditions.

Orthopedic patients served in 2012: 415
Ages of our Orthopedic patients:

0 to 44 years:	4.3%
45 to 64 years:	23.1%
65 to 74 years:	19.5%
75 years and older:	53.0%

The Orthopedic Team
A transdisciplinary approach to care ensures that the patient's progress is as smooth as possible.

In addition to the Patient, Family and Caregiver, members of the treatment team may include:

- Physician
- Rehabilitation Nurse
- Physical Therapist
- Occupational Therapist
- Respiratory Therapist
- Case Manager/Social Worker
- Psychologist
- Pharmacist
- Dietician
- Chaplain

Appropriate consultations are provided as needed.

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

Integrated Treatment Plan
Along with *Medical Management*, the plan of care may include:

- Innovative Technology and Equipment
- Wound Care
- Home Management Retraining
- Evaluation of Equipment Needs
- Therapeutic Community Reentry Activities
- Diet and Medication Teaching
- Adjustment Counseling
- Prevocational Evaluation

Integrated Treatment Plan (cont.)

- Driving Evaluation
- Home and Work Evaluation
- Community Referrals
- Recreational Activities

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

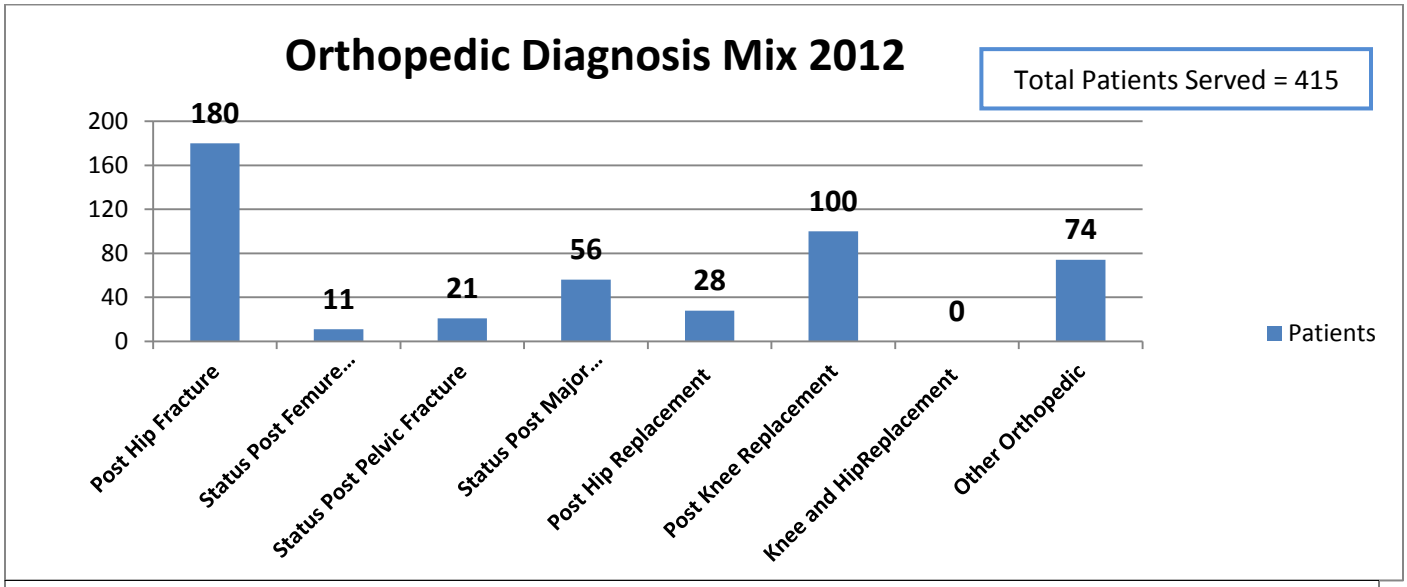
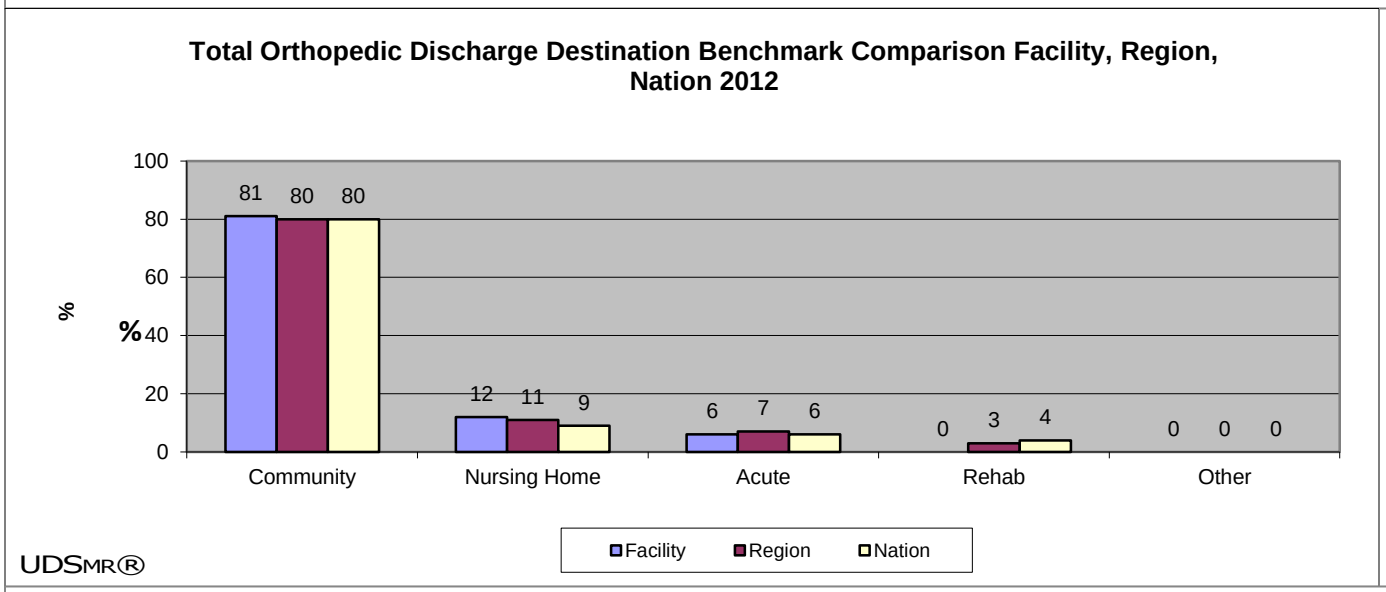
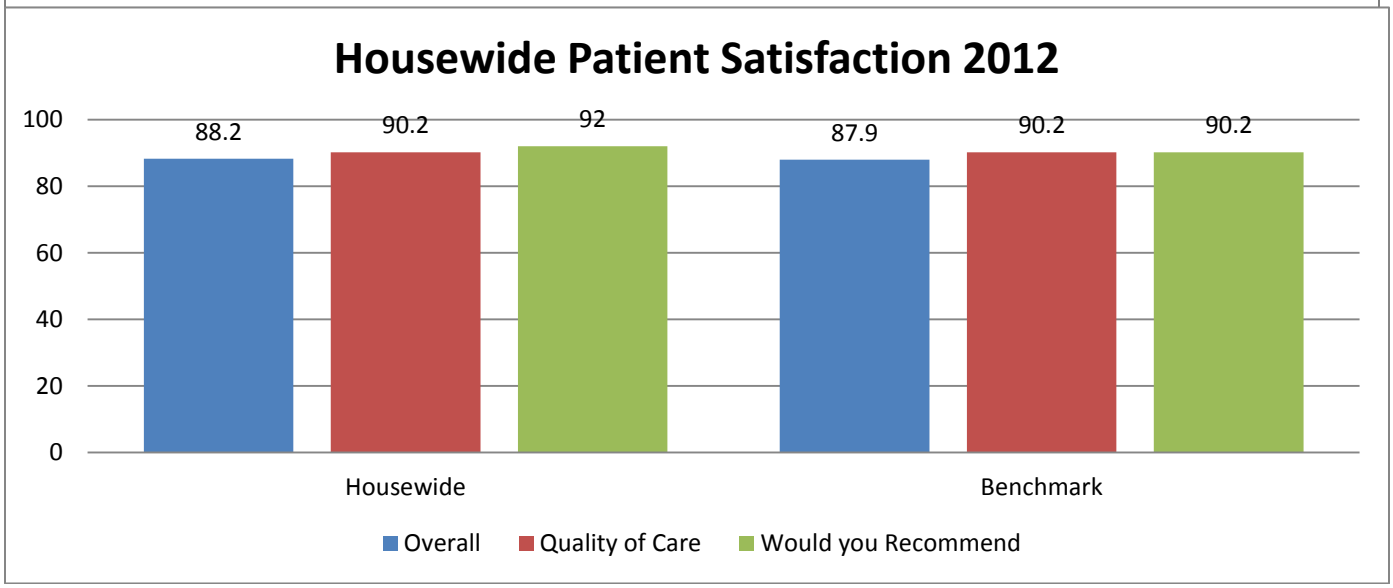
The acute rehabilitation program is devoted to treating orthopedic patients who can participate in intensive therapy for a minimum of three hours of therapy a day, Monday through Friday, with additional therapy on the weekends, as determined by the treatment team. Patients may receive additional therapy on the weekend, when indicated.

The sub-acute rehabilitation program specializes in the physical rehabilitation of individuals with orthopedic and mild neurological conditions, as well as deconditioned patients who do not qualify for acute level physical rehabilitation. Patients receive up to two hours of therapy a day Monday through Friday, with additional therapy on the weekend, as determined by the treatment team.

Length of Program
The average patient stay is 12 days; however, the length of stay varies depending on the patient's needs.

Family Involvement
Cardinal Hill believes that family support is a key ingredient to a successful rehabilitation experience. We encourage the family to be an active participant in the patient'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 patient's new needs.

Follow-Up Services
As discharge from the inpatient phase approaches, the team recommends a plan for ongoing rehabilitation. A follow-up visit with a Cardinal Hill physician may be scheduled, and the physician's Discharge Summary is sent to referring physicians in acute care and to primary care physicians at home. Referrals are made for home health or outpatient therapy services according to the individual's needs. At the time of discharge, changes may be recommended in the patient's general medical management, home program or home equipment.

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

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