Cardinal Hill Rehabilitation Hospital
Acute Inpatient Stroke Program

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

Number of clients served in 2010: 420
Ages of our clients:

24 years and under:	1.0%
25 to 49 years:	11.2%
50 to 64 years:	28.8%
65 years and older:	59.0%

Average Length of Stay is 18 days, however the length depends on each client's needs.

A Transdisciplinary Stroke Team
A transdisciplinary team specializing in the unique needs of stroke clients provides an individualized treatment plan. The team may include:

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

Appropriate medical consultations are provided, as needed.

An Individualized Treatment Plan
The rehabilitative plan of care for our clients is designed based on a reasonable expectation of improvement.

The client's program most frequently includes the following services:

- Physical, Occupational & Speech-Language Therapy
- Swallowing evaluation & retraining
- Community re-entry group
- Stroke education classes
- Bowel & 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 client's care daily. In addition, 24-hour rehabilitation nursing services are provided.

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

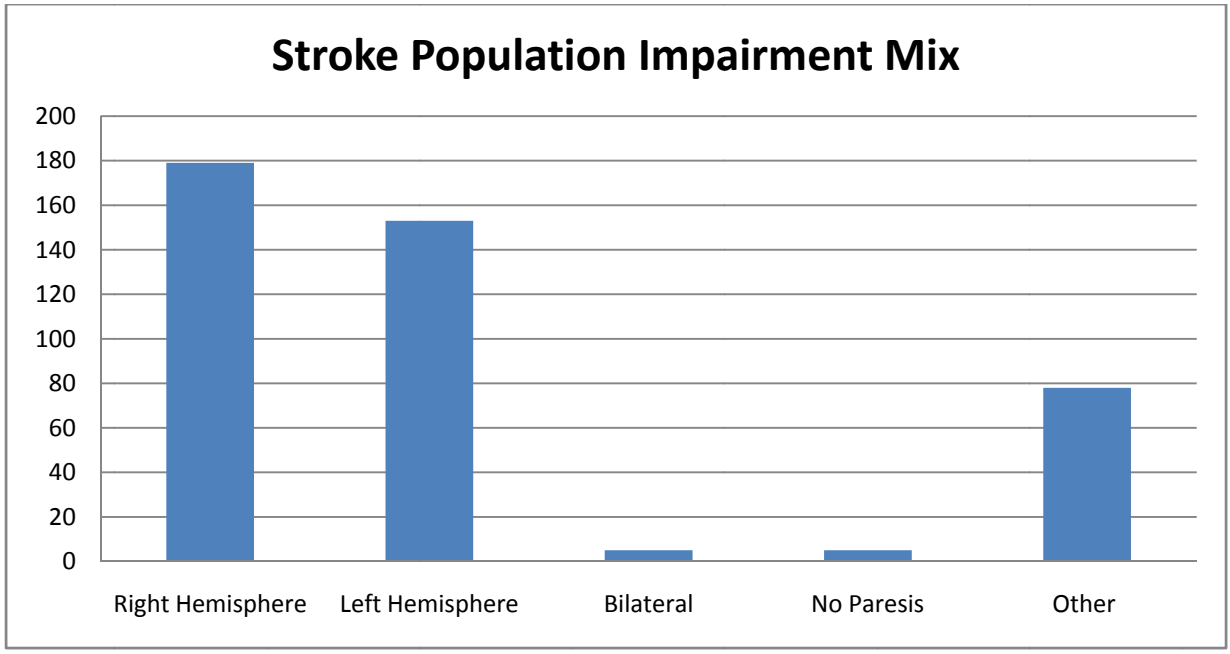
Family-Centered Recovery
Family involvement is vital to a client's success in rehabilitation. Visiting hours are open daily. We encourage the caregiver to participate in therapy sessions, training sessions and support groups.

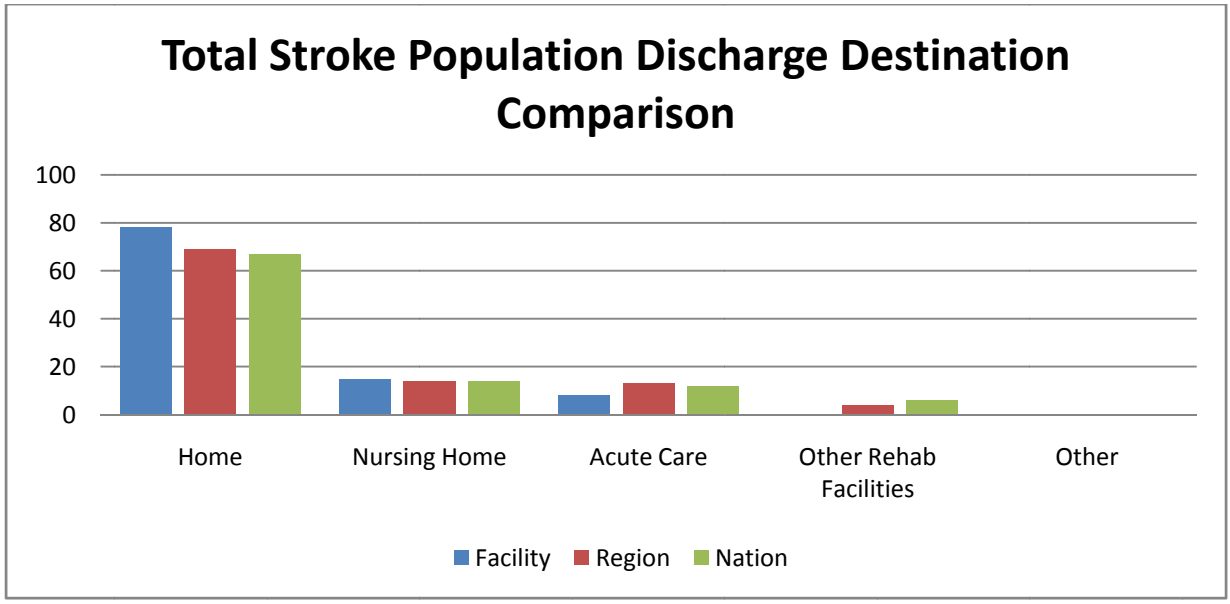
Personalized Care
Each client receives a personalized rehabilitation plan with the goal to restore independence to clients experiencing a debilitating crisis. Each plan takes into account the client's previous abilities, health, the area of the brain affected by the stroke and the extent of the injury.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

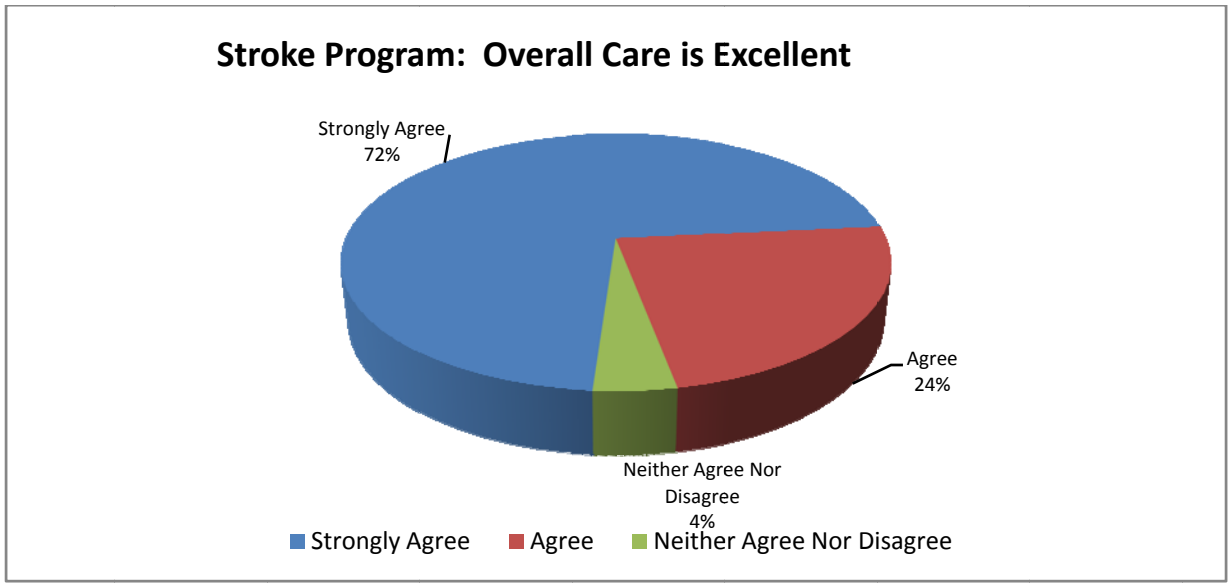
Follow-Up Services
The client's relationship with Cardinal Hill does not end with discharge from the inpatient program. Each client's primary care physician will receive a copy of the Discharge Summary. Outpatient or home care services can begin immediately. These may include a Day Program or Adult Day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

The client 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


Stroke Population Impairment Mix
200
180
160
140
120
100
80
60
40
20
0
Right Hemisphere
Left Hemisphere
Bilateral
No Paresis
Other


Total Stroke Population Discharge Destination Comparison
100
80
60
40
20
0
Home
Nursing Home
Acute Care
Other Rehab Facilities
Other
Facility
Region
Nation


Stroke Program: Overall Care is Excellent
Strongly Agree 72%
Agree 24%
Neither Agree Nor Disagree 4%
Strongly Agree
Agree
Neither Agree Nor Disagree