Cardinal Hill Rehabilitation Hospital
Spinal Cord Injury Inpatient Program - 2010

Cardinal Hill's Spinal Cord Program was established in 1978. Accredited by CARF, this program is devoted to treating individuals who have experienced a traumatic or non-traumatic spinal cord injury. Cardinal Hill's state-of-the-art facility and team of caring professionals support each client and family's recovery and progress with the goal to help each client return to the most independent life possible.

SCI clients served in 2010: 147
Ages of our SCI clients:

0 to 44 years:	37.4%
45 to 64 years:	41.5%
65 to 74 years:	14.3%
75 years or older:	6.8%

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

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

- Physician
- Rehabilitation Nurse
- Physical Therapist
- Occupational Therapist
- Speech Language Pathologist
- Respiratory Therapist
- Certified School Teacher
- Case Manager/Social Worker
- Neuropsychologist/Psychologist
- Dietician
- Pharmacist
- Chaplain

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:

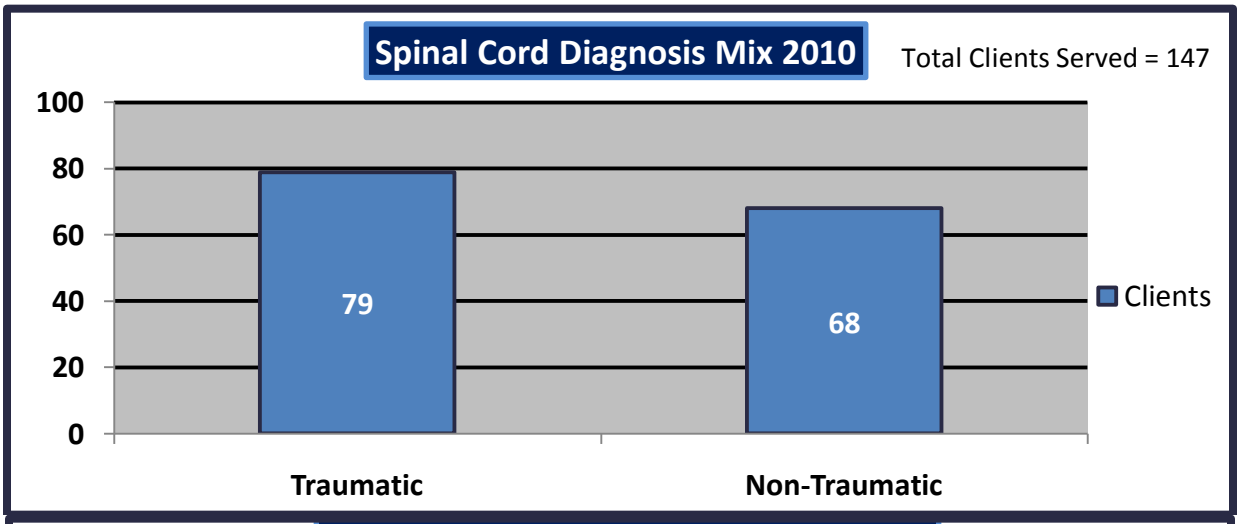
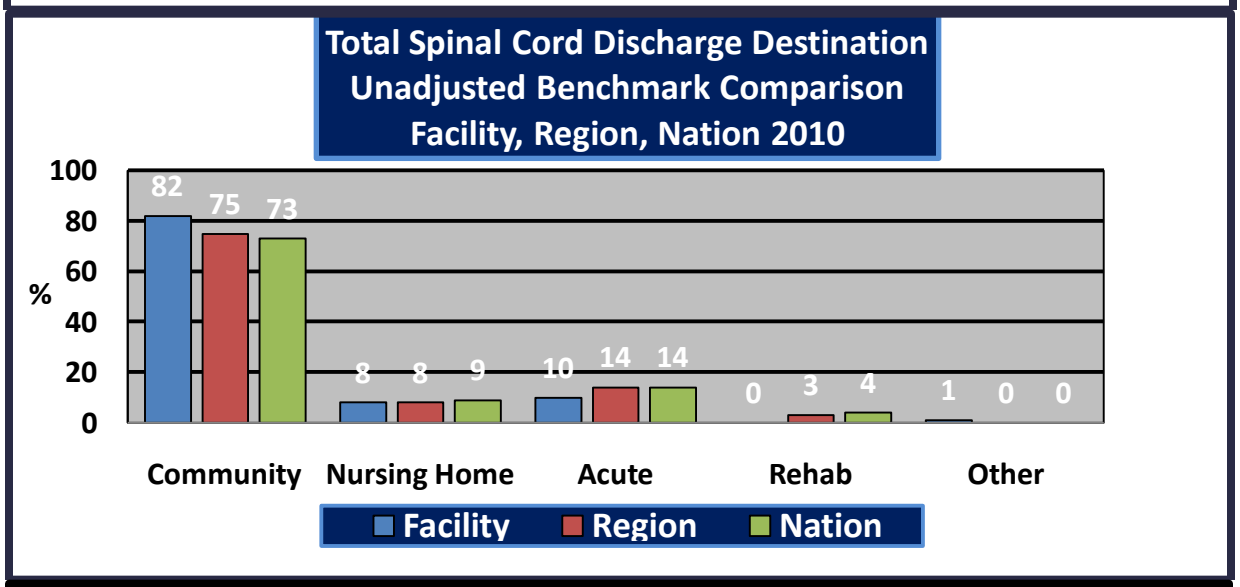
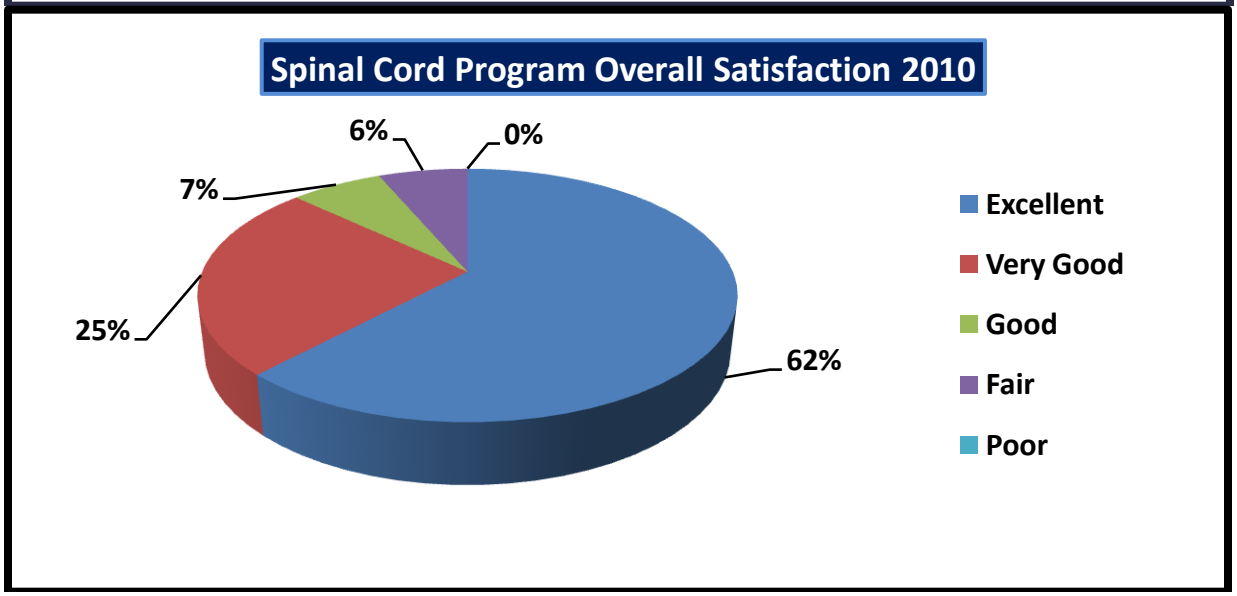
- Care by a Physical Medicine & Rehabilitation Physician
- Physical, Occupational & Speech-Language Therapy
- Bladder & bowel retraining
- Wound Care
- Adjustment counseling
- Sexuality counseling
- Community reentry activities
- Driving evaluation
- Home management training
- Aquatic therapy
- Vocational 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 22 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
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 client's general medical management, home program or home equipment.

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

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