

Specialty Rehabilitation Fact Sheet



TIRR Memorial Hermann is a nationally recognized rehabilitation hospital that returns lives interrupted by neurological illness, trauma or other debilitating conditions back to independence.

Some of the world's leading physicians in rehabilitation medicine provide care at TIRR Memorial Hermann. The patient care environment blends passionate people, exemplary care and a commitment to each patient's overall quality of life.

TIRR Memorial Hermann offers comprehensive rehabilitation programs and services that address the individual needs of each patient. Core rehab programs include:

- Stroke
- Brain Injury
- Spinal Cord Injury
- Amputation
- Specialty Rehabilitation
 - Neurodegenerative diseases
 - Includes multiple sclerosis, Parkinson's disease, post-polio syndrome, rheumatoid arthritis, lupus
 - Multiple trauma
 - Any debilitating conditions

TIRR Memorial Hermann's comprehensive inpatient, outpatient and vocational services are accredited by CARF, the Commission on Accreditation of Rehabilitation Facilities.

Our programs focus on maximizing the patient's functional abilities by providing specialized medical management, nursing and therapy services in individual, group and community settings.

With our interdisciplinary team approach, support groups, counseling and individualized training are provided to prepare patients, their families and caregivers for additional responsibilities upon discharge.

Neurodegenerative Diseases, Debilitating Conditions and Multiple Trauma Program (Specialty Rehabilitation) Fact Sheet

Therapy is often overlooked for persons with complex or chronic conditions because of the nature of these conditions. However, rehabilitation services have proven to be invaluable for many of these patients, providing them with improved function, mobility, strength and the confidence to tackle the challenges of everyday life.

Oscar was diagnosed with Guillain Barré, a rare nervous system disorder that results from nerve damage caused by the body's own defenses (immune system), usually in response to an infection or other illness. He was paralyzed and made very few improvements in therapy during his acute care stay.



Oscar was transferred to TIRR Memorial Hermann and was in our neurodegenerative diseases program for six weeks. When he arrived, Oscar was ventilator dependent and could not eat, stand up or sit up in a chair. He and his family started to see improvements immediately in specialized therapy that helped to treat Guillain Barré. His daughter was even able to participate in therapy with him; Oscar would reach out to her and hand her things. Oscar says that each team member was important in his recovery.

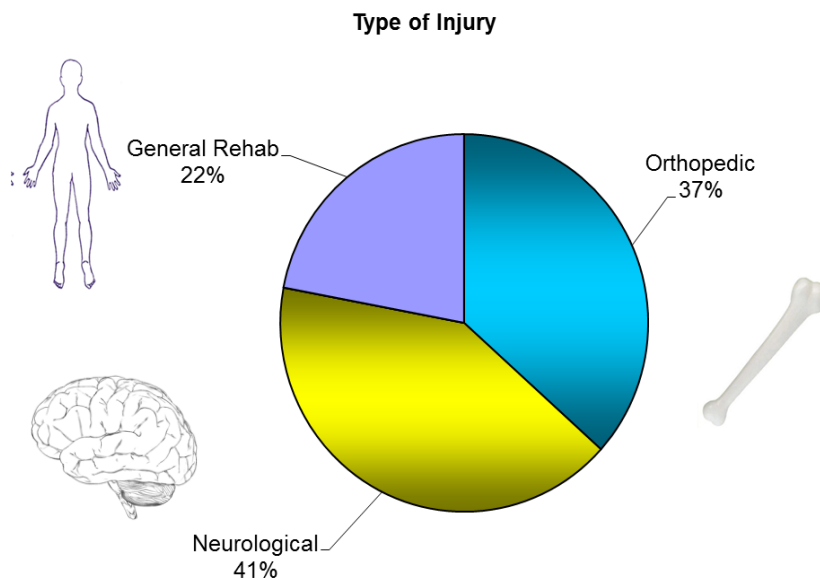
Oscar Rangel, Guillain Barré

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Specialty Rehabilitation Program Information

The Specialty Rehabilitation Program at TIRR Memorial Hermann has a team of physicians, therapists, nurses, case managers and social workers dedicated to expert care of persons with complex injuries and rehabilitation needs. This program was designed to meet the various needs of patients with different types of injuries.





In 2015, 150 patients were discharged from the Specialty Rehabilitation Program.

Type of rehab/injury	Number of patients	Percentage of patients	Examples
General rehab	33	22%	Heart or lung problems
Orthopedic injuries	55	37%	Multiple fractures or amputations
Neurological injuries	62	41%	Multiple Sclerosis and Guillain Barré

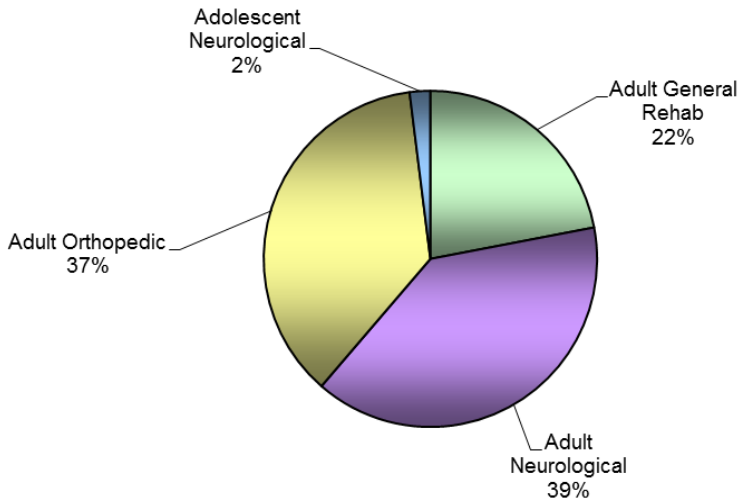
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Adult Statistics by Age and Gender

Type of rehab/injury	Average age	Percent of males 	Percent of females 
General rehab	59	56%	47%
Orthopedic injury	58	47%	45%
Neurological injury	51	44%	56%



Specialty Rehabilitation: Adults and Adolescents



Adolescent Patient Statistics by Age and Gender

(For our purposes, we define adolescent patients as ages 13 to 17.)

In 2015, three (3) adolescent patients were discharged from the Specialty Rehabilitation Program.

Type of injury	Age	Percentage of males 	Percentage of females 
Neurological injury	14	100%	0%

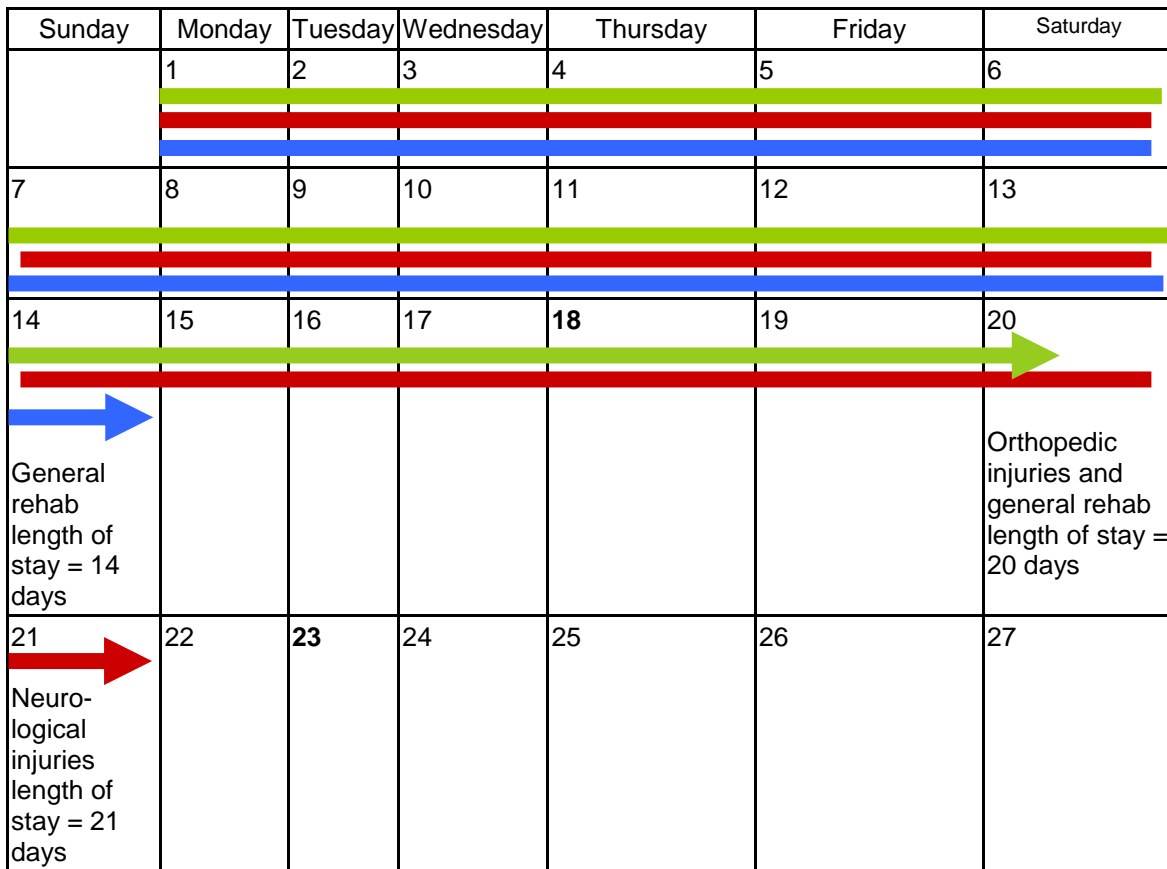
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Length of Stay

How many days are Specialty Rehab Program patients at TIRR Memorial Hermann?

Each patient care team contributes to the decision about how long you will be at TIRR Memorial Hermann, based on your individual rehabilitation needs.



Orthopedic injuries are shown in **green**.
Neurological injuries are shown in **red**.
General rehab is shown in **blue**.

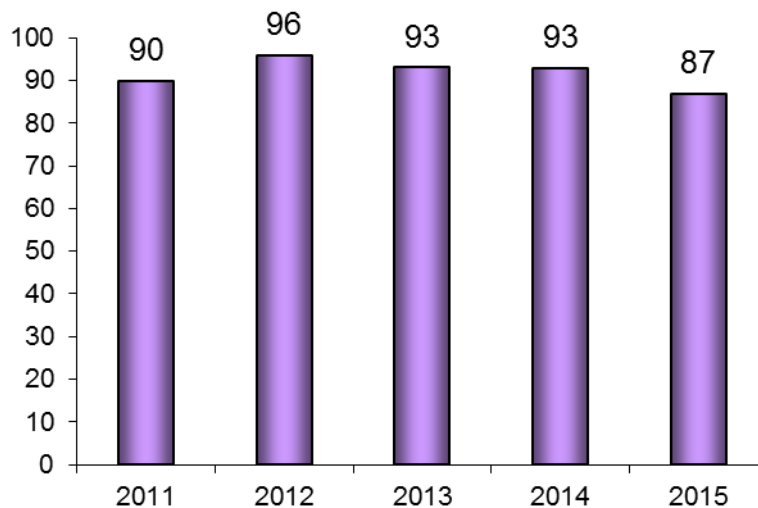
Type of rehab/injury	Average length of time patients stayed at TIRR Memorial Hermann
Orthopedic injury	20 days
Neurological injury or amputation	21 days
General rehab	14 days

Meeting Goals

Assistance in Setting Patient Goals and Meeting Patient Goals

The rehabilitation process begins by setting patient goals. The care team, working with you, or your family member, helps to establish goals that you will be working towards achieving by discharge. These goals assist the team in development of a treatment plan, which is designed to help patients meet their discharge goals.

Patient Goals



- In 2015, the mean score for staff assisting the patient, or family members, with meeting their discharge goals was at 87 for those patients in the Specialty Rehab Program.

Upon discharge, patients often continue working towards their goals through Outpatient therapy programs such as those offered at TIRR Memorial Hermann Adult and Pediatric Outpatient Rehabilitation or other outpatient therapy campuses within the Memorial Hermann Rehabilitation Network.

Average Number of Treatment Hours *How Much Therapy Do Patients Receive?*

Therapy services include physical, occupational, speech, music and recreational therapies. Each member of your care team will evaluate you. This team will help develop and coordinate your treatment plan. Based on this treatment plan, you will receive combined therapy equaling three or more hours per day, for five out of seven days a week.

- On the average patients received three to four hours of therapy per day among all disciplines, including group therapy sessions.
- The maximum number of hours of therapy that can be provided is between five and six hours per day.
- Rehabilitation nursing services, along with addressing medical care needs, are key parts of the therapeutic process which assist in carryover of therapy skills outside of therapy sessions. These needs may be scheduled or unscheduled and require attendance or participation to maximize independence, training, and/or recovery.
- While therapy is maximized during the week, weekend therapies are considered an integral part of the treatment schedule as well.
- Weekend Program includes (as designed by your team)
 - Education classes for families and patients
 - Therapeutic activities
 - Community re-entry activities
 - Medical management
 - Individual therapy sessions
 - Group sessions
- Scheduled therapy sessions may begin as early as 7am and can occur in the evenings as well, as late as 8pm, depending on patient goals that your team identifies. Therapeutic activities at TIRR occur every day of the year.

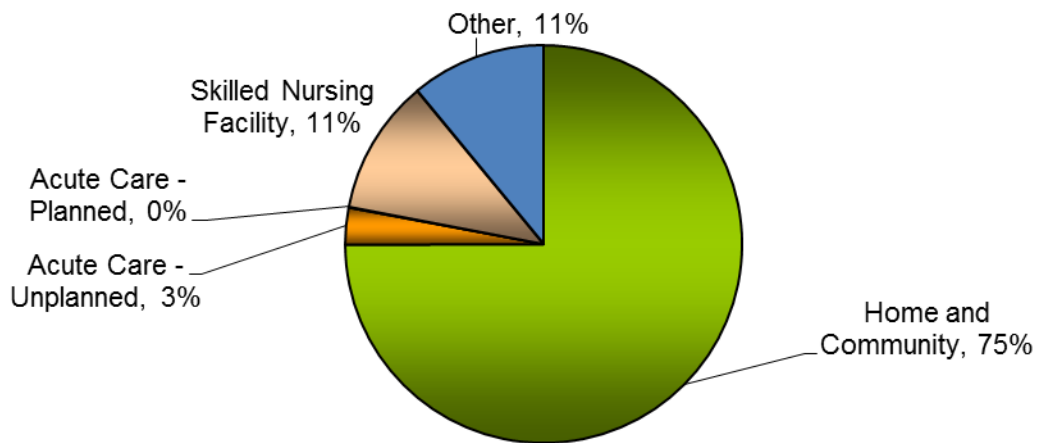
The Results of Rehab

How Many Specialty Rehab Patients Go Home to the Community?

You and your care team will work together to decide the safest and most appropriate place to discharge.

TIRR Memorial Hermann patients are most often discharged home; however, some go to acute-care hospitals for additional treatment or surgery and some go to a transitional setting such as a skilled nursing facility or long-term care.

Discharge Location Percentages in 2015



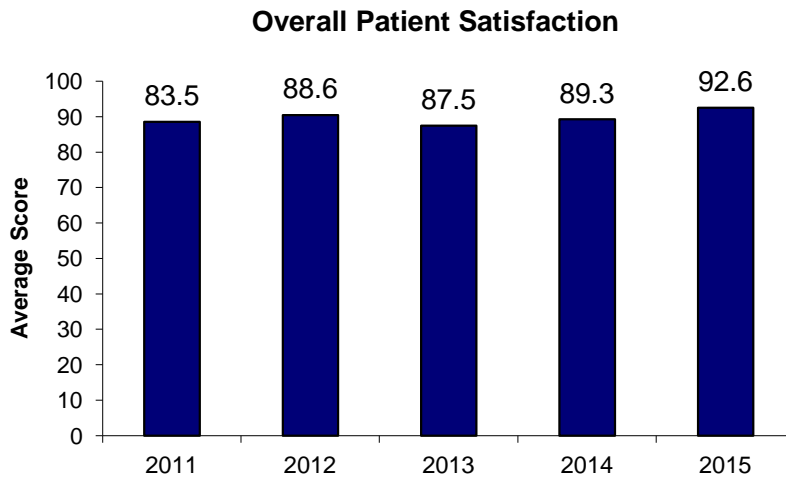
	Home or place in the community	Planned Acute-care facility	Unplanned Acute-care facility	Skilled nursing facility (SNF)	Other care facilities
Percent discharged	75%	0%	3%	11%	11%

Unplanned Acute Care Transfers

- Sometimes patients with medical complications have to return to an acute-care hospital for further medical care. At times these transfers are unplanned and are called “unplanned acute-care transfers.” In 2015, 4 out of 150 patients, or 3 percent, had an unpreventable unplanned acute-care transfer during their stay.

Patient Satisfaction

How TIRR Memorial Hermann Specialty Rehab Patients Feel About Their Care



You will be asked to complete a satisfaction survey after your stay at TIRR Memorial Hermann. You will be asked to rate the overall care at the hospital on a scale of 1 to 5 and the scores are converted to a scale of 0 to 100.

- In 2015, specialty rehabilitation patients and their families rated their care 92.6 points out of 100.
- When patients and their family members were asked if they would recommend TIRR Memorial Hermann to others, 93% percent responded that they would.

Thank you for choosing TIRR Memorial Hermann for your rehabilitation care.