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 and preparing families and caregivers for responsibilities upon discharge.

Features:
- Specialized medical management
- Rehabilitation nursing
- Therapy services in individual, group and/or community settings
- Interdisciplinary team approach
- Support groups
- Counseling
- Individualized training
Stroke Program Fact Sheet

The Stroke Rehabilitation Center at TIRR Memorial Hermann is specially designed to optimize the outcome for patients who have suffered a stroke.

Theresa “Missy” Campbell, Stroke

“I cannot describe what my experience here was like. I woke up here with a new life, as you may remember a new life I did not want to accept. I went from working 50 hours a week in a hospital to being a patient in a hospital. The staff making patients feel we are the same people we used to be is the best gift anyone could give us.”
The Stroke Program at TIRR Memorial Hermann has a team of physicians, therapists, nurses, case managers and social workers dedicated to expert care of persons with stroke.

- There are designated education classes dedicated to teaching you or your family about stroke.
- The Stroke Program provides patient rooms, nursing care units and gym space specifically designed and equipped to meet the unique needs of a person with stroke.

In 2012, 350 patients were discharged from the Stroke Program.

<table>
<thead>
<tr>
<th>Type of stroke</th>
<th>Number of patients</th>
<th>Percentage of patients</th>
<th>Side of brain affected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Left body involved</td>
<td>135</td>
<td>39%</td>
<td>Right</td>
</tr>
<tr>
<td>Right body involved</td>
<td>151</td>
<td>43%</td>
<td>Left</td>
</tr>
<tr>
<td>Both sides involved</td>
<td>26</td>
<td>7%</td>
<td>Both</td>
</tr>
<tr>
<td>Other forms</td>
<td>38</td>
<td>10%</td>
<td></td>
</tr>
</tbody>
</table>
Adult Patient Statistics by Age and Gender

In 2012, 346 adult patients were discharged from the Stroke Program.

<table>
<thead>
<tr>
<th>Type of stroke</th>
<th>Average age</th>
<th>Percent of males</th>
<th>Percent of females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Left body involved</td>
<td>57</td>
<td>59%</td>
<td>41%</td>
</tr>
<tr>
<td>Right body involved</td>
<td>59</td>
<td>61%</td>
<td>39%</td>
</tr>
</tbody>
</table>

Stroke Program: Adults and Adolescents

- Adult: 99%
- Adolescent: 1%
Adolescent Patient Statistics by Age and Gender

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

In 2012, four adolescent patients were discharged from the Stroke Program.

<table>
<thead>
<tr>
<th></th>
<th>Average age</th>
<th>Number of males</th>
<th>Number of females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescent patients</td>
<td>17</td>
<td>50%</td>
<td>50%</td>
</tr>
</tbody>
</table>
Length of Stay

*How many days are stroke patients at TIRR Memorial Hermann?*

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

- The average length of time patients with stroke were at TIRR Memorial Hermann was **29 days**.
- The National average length of time patients with a stroke were at other rehabilitation facilities was **16 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 Chart]

- In 2012, the mean score for staff assisting the patient, or family members, with meeting their discharge goals was at 93 for those patients in the Stroke 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.
**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.
- 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
- Therapy may begin as early as 7:00 a.m. and can occur in the evenings as well, as late as 8:00 p.m., depending on patient goals that your team identifies. Therapeutic activities at TIRR Memorial Hermann occur every day of the year.
The Results of Rehab

How Many Stroke 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 2012

<table>
<thead>
<tr>
<th>Location</th>
<th>Percent Discharged</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home and Community</td>
<td>66%</td>
</tr>
<tr>
<td>Planned Acute-care facility</td>
<td>8%</td>
</tr>
<tr>
<td>Unplanned Acute-care facility</td>
<td>12%</td>
</tr>
<tr>
<td>Skilled nursing facility (SNF)</td>
<td>14%</td>
</tr>
<tr>
<td>Other care facilities</td>
<td>1%</td>
</tr>
</tbody>
</table>

### Unplanned Acute 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 2012, 42 out
of 350 patients, or 12 percent, had an unpreventable unplanned acute-care transfer during their stay.

**Patient Satisfaction**

*How TIRR Memorial Hermann Stroke 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 2012, patients with stroke and their families rated their care 89.3 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.*