

Intelligent Medicine

Working together for a healthy tomorrow.

Outpatient Rehabilitation

HELP FOR HEALING INJURIES AND MANAGING CHRONIC CONDITIONS



All therapy and rehabilitation at Golden Valley Memorial Hospital is aimed at a common goal: regaining the highest possible level of self care and functioning. For those who do not need intensive inpatient care, outpatient rehabilitation helps patients regain their abilities and teaches techniques for avoiding injury and/or managing conditions. In addition, outpatient rehabilitation offers continuing support for those who graduate from the hospital's new inpatient rehabilitation unit.



OUTPATIENT SERVICES

Outpatient services provide therapy to those suffering from:

- arthritis
- back pain
- chronic headaches
- chronic pain
- foot problems
- hand and wrist problems, such as repetitive motion injuries
- neck pain
- seasonal injuries
- sports injuries
- strains and sprains
- weakness
- wounds

GVMH has a long history of providing high-quality rehabilitation to its patients. In fact, GVMH Rehabilitation Services meets or exceeds national benchmarks for patient outcomes in several key areas, according to Focus on Therapeutic Outcomes, Inc., a nationwide outcomes database for medical rehabilitation providers.

GVMH Rehabilitation Services professionals are highly trained and receive at least 30 hours of continuing education every two years. All therapists have a minimum of a master's degree, and staff members stay current in rehabilitation techniques. Each has advanced training and passed a licensure exam. GVMH is privileged to have a board-certified orthopedic clinical specialist on staff, one of only 5,000 in the nation. The hospital values excellence and encourages all therapists to seek additional specialized board certification.

DISCIPLINES WORK TOGETHER

GVMH Rehabilitation Services provides physical, occupational and speech therapy in conjunction with one another to help each patient reach his or her goals.

Physical Therapists assist patients who need relief of chronic and acute pain, exercise to regain muscle strength, training following amputation, wound care, or to relearn how to handle daily activities. Agents used in therapy may include exercise, electricity, heat, cold, water,

*GVMH Rehabilitation
Services provides
physical, speech and
occupational therapy.*

synthetic dressings, orthotics and prosthetics to achieve desired goals.

Occupational therapists assist patients who need physical retraining of fine motor skills, developmental training, behavioral modification or adaptive equipment to achieve their goals.

Speech pathologists work to bring communication skills to their highest possible levels when they have been either developmentally delayed or impaired by illness or injury, such as stroke or brain tumor.

COUNT ON US

If you or someone you know needs rehabilitation services to heal an injury or manage a chronic condition, please call **660-885-5511, ext. 266**. The GVMH Rehabilitation Services professionals can tell you more about how they can help you get back to living well.

Inpatient Rehabilitation Unit

HELPING PATIENTS RETURN TO THEIR HOMES



Often, after suffering from a debilitating event, such as a stroke, heart attack or hip fracture, patients admitted to the Inpatient Rehabilitation Unit at Golden Valley Memorial Hospital (GVMH) face the hard work of relearning to walk, dress and even talk. This is no small feat. And one most patients don't want to attempt without their families nearby.

Patients often find comfort having their families and friends visit and be a part of their recovery. With rehabilitation services available at GVMH, this is possible. Clinton-area residents do not need to travel a long distance for their therapy, whether inpatient or outpatient.

At GVMH, the family is a valued part of the patient's recovery from day one. Family can watch and participate in day-to-day therapy. Craig Thompson, director of rehabilitation services, says, "The most basic function in rehabilitation is educating the patient and the family. The perception may be that therapy is mostly exercise, but more time is spent teaching the patient how to overcome obstacles and teaching the family how to work around injuries or disabilities."

Thompson continues, "Because we are located where our patients live, they can easily be reintegrated into their daily lives – where they normally do their shopping, working and living. Also, our staff members treat people who they see later at stores and restaurants or right next door, so I think our patients get extra care and compassion. It makes a difference."

GOAL-DRIVEN THERAPY

The smaller size of GVMH's inpatient rehabilitation unit allows the therapy team to give its patients truly individualized care. "Our patients get tons of help to learn all the skills they'll need to live at home," Deb Woods-Mills, rehabilitation services program director, says.

The unit's team focus brings rehabilitation therapists, nurses, doctors, social workers, dietitians, pharmacists, the patient and family members together to determine the best treatment plan.

"Our primary goal is for every patient to return to his or her home. It doesn't always work out, but that's what we strive for," Thompson says.

When patients are admitted to the inpatient rehabilitation unit, every aspect of the patient's current ability is evaluated. The patient and family share their goals for recovery, and the team assesses whether they are possible. The team then incorporates physical, speech and/or occupational therapy to achieve those goals.

Because the therapy team has worked together for many years and has so many years of collective experience and training, it



GETTING BACK ON HER FEET

Because of a childhood bout with polio, Nancy Davis has walked with crutches and used a wheelchair throughout her life. But on April 14, 2004, she fell and broke her hip, threatening her ability to ever walk again.

After surgery to place a pin in her hip, Dr. George Parkins referred Davis to the Golden Valley Memorial Hospital Inpatient Rehabilitation Unit.

"I wanted to get back to where I was before I fell – to be able to walk short distances and to get out of chairs better," Davis says.

During her therapy, Davis worked with physical and occupational therapists individually and in groups. She liked that each day's activities were different.

"I had at least two sessions of therapy every day. In the morning, the therapist had me exercise to build my strength, and in the afternoon, the occupational therapist facilitated group activities. We played games, such as Jenga, but we had to stand up while doing it. It was a full day, but enjoyable," she says.

Davis also was impressed by the variety of settings for her therapy. "They took us outside and had us practice walking on concrete, ramps and stairs," she says. "My therapists also helped me with the new vehicle I had bought just before I broke my hip. I parked my car at the hospital, and they worked with me to learn how to get my wheelchair in and out of the vehicle by myself. Also the occupational therapist developed adjustments to make the chair lift system work better for me. They took time to help me with actual life experiences I was going to have on my own."

Continued on page 4...

INPATIENT REHABILITATION SERVES MANY CONDITIONS

The inpatient rehabilitation unit provides services to patients with a variety of medical conditions including:

- amputation
- arthritis
- brain injury
- congenital deformities
- hip fractures
- joint replacements
- neurological disorders – e.g., MS, Parkinson's disease, ALS
- spinal cord injury
- stroke
- other disabling conditions – e.g., cancer, congestive heart failure, infection

provides a continuation of care not possible at other facilities. "Staff members from each discipline work elbow-to-elbow and share information with the sole purpose of improving the patient's condition," Woods-Mills says. "I have the best staff. They are committed, loving souls who see miracles and push to see more miracles happen."

The patients inspire the staff to work hard for them. Woods-Mills says, "Seeing patients get better is the most rewarding part of this job. For example, watching a stroke patient who couldn't walk get up and take his first few steps is wonderful."

CONTINUING CARE

Before leaving the inpatient unit, the team conducts a home evaluation and teaches the patient how to handle particular issues of the setting, such as stairs or uneven sidewalks.

After completion of inpatient therapy, most patients need to continue their work toward full recovery on an outpatient basis. "We like patients to come back to the hospital for outpatient therapy," Thompson says. "The more patients are encouraged to get out of the home, the better they will recover and become more integrated into the community. But home health outpatient therapy is available when patients can't travel to the hospital."

The staff at GVMH rehabilitation services looks forward to helping patients through the recovery journey, and they welcome questions about the facility. Tours of the unit are available to those considering therapy at GVMH. Please call **660-885-5511, ext. 344**.

Because the therapy team has worked together for many years and has so many years of collective experience and training, it provides a continuation of care not possible at other facilities.

RANKING MELONS

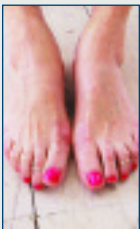
When it comes to choosing the best melon in the grocery store, are you a shaker, knocker or sniffer? Regardless of how you put an individual melon to the test, make sure the type you're choosing makes the grade when it comes to nutrition. According to a study by the *Berkeley Wellness Encyclopedia of Food and Nutrition*, cantaloupe is the most nutritious melon when compared to casaba, honeydew and watermelon. In a serving of $\frac{3}{8}$ of a cup of each melon, cantaloupe packs the most nutrients, with 42 milligrams of vitamin C, 309 milligrams of potassium and 2 milligrams of beta carotene.



APPLES MAY PROTECT BRAIN CELLS

An apple a day to keep Alzheimer's disease away? The *Journal of Agricultural and Food Chemistry* reports that a strong antioxidant found in apples – quercetin – may fight brain cell damage. A study at Cornell University in New York found that brain cells treated with quercetin had significantly less damage than cells treated with vitamin C and cells that were not exposed to antioxidants. Quercetin is more abundant in the skins of fresh red apples than green or yellow apples. It is also found in onions, blueberries and cranberries.

GETTING BACK ON HER FEET...continued from page 2



With all the demands of therapy, Davis had sore muscles by the end of the day, but she stayed motivated by focusing on her goals.

“All the staff were great and supportive, too. They cheer everything you do and the progress you make,” Davis says. “They pushed me to do more, but not to overdo. This is especially important for a post-polio situation like mine, and Craig (Thompson, director of rehabilitation services) was cognizant of this.”

After completing her inpatient program, Davis used outpatient rehabilitation services once a week for about a month. There, she learned exercises to do on her own to achieve full recovery.

Davis says, “I'm close to where I was before. I can again walk short distances, but I'm still building my strength.”

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have medical questions, please consult your medical professional. ©2005 Priority Publications.